# **Introduction**

The focus of this project is to promote a healthier lifestyle through a smartphone application by encouraging individuals to exercise more and help implementing healthy habits in their lives.

Over the years, technology has greatly improved and made lives easier. Technology is being used in nearly every sector, from construction to medicine, and by every kid, teenager, adult in their daily lives. However, technology has a lot of negative impacts associated with it; excessive use of technology is making people lazy, making them less active and effecting their well-being. For this reason, technology has always known to be pervasive, however in the past few years, innovative ways of using technology to benefit people’s well-being have been sought. The lack of exercise in our society has led to increase in a lot of health-related diseases/illnesses such as heart diseases, obesity and play a big role in other medical conditions as well. As the result of this, there are now countless smartphone applications and many fitness equipment (i.e. smartwatches) made available to the people in hopes of helping them stay healthy and improve their overall well-being.

However, despite there being so many resources being made available, and research still being done innovating new ways of improving health, the statistics show that the physical health related diseases such as obesity is still increasing over the past couple over years instead of decreasing. This suggests that, although there are now very good technical resources in place which are benefiting people, it is mostly used by people with some fitness background; majority of the general populace are not using those resources. The reason for this is, the average person would not know how to get into exercising as they lack the necessary information or where to start if they want to start living a healthier lifestyle. Another reason is lack of motivation, which can also be linked with the first reason, as they do not have all the information available to them, they will find it hard to be motivated and do their own research resulting in them giving up after a while.

**Aims and Objectives**

This project aims to develop a smartphone application which will encourage and help motivate individuals live a healthier lifestyle. It will contain all the necessary information they will need to improve their well-being such as; different physical exercise, indoors and outdoors; how to manage weight; managing calories intake and other beneficial healthy habits. It will focus on different ways to keep the users motivated and engaged over time, helping them reach their goal of living a healthier lifestyle. The project will take inspiration from popular fitness applications and will look to improve on the features already available by developing a solution which will aim to focus on the areas they are lacking in.

The roadmap to the rest of this document, Chapter 2: Context will analyse existing research and solutions promoting healthier lifestyle. It will also identify the limitations of the current solutions and how to overcome them. The following chapter, Chapter 3: New Ideas will propose a new solution, taking the research done in the previous chapter into consideration, by building on and improving on strong features identified in chapter 2. Chapter 4: Implementation documents the process of the designing and implementation of the proposed solution. Once the proposed solution has been implemented, Chapter 5: Results/Discussion will analyse and discuss the results of testing and evaluation carried out on the implemented solution. The final chapter, Chapter 6: Conclusions/Future Work reflects on what has been learned and summarise the success of the project, in addition to briefly discussing any potential improvements and/or future work.