**UT-RGV Vaqueros Healthy Living Guide: Local and Global Impact Study**

**Brief**

Physical inactivity and poor dietary-intake are related activities that impact on the health, welfare, and maintenance of a healthy life. These behaviors augment the risk of an unhealthy lifestyle. Risk for heart disease, stroke, type two diabetes, osteoporosis, various cancers and depression are linked by behavioral and biomedical health determinants such as physical inactivity, poor dietary behaviors and overweight/obesity.

**Introduction**

The purpose of this software is to educate students about the importance of healthy living through proper diet, exercise, and medical checkup. Moreover, this software will help students, faculty members and the public in general by providing information about the three following topics:

* Proper Diet

This software will provide healthy diet information: the amount of protein, carbohydrates, dietary fiber, fat, and saturated fat of several foods.

* Exercise

This software will provide information about physical exercises, its resolution is to enhance or maintain physical fitness and overall health and wellness.

* Medical checkup

This software will help the user to compile the information of its medical history and physical conditions to help determining a correct diagnosis and devising a general treatment plan.