

Info needed

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Sources of Info

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Solutions

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Ways to spread info

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Future

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Calories

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internet

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Creating a Website

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Have categories of places to dine

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Expand beyond just the university

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nutrients

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Books

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Fliers

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Provide information on gyms that are accessible

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Create and monetize a YouTube channel

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Places where students eat

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Library Sessions

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Talk to students about nutrition, diet, and exercise

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Interactive sessions, people can ask questions and get answers

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Help people around the world who may not have access to the same things

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Best foods to eat

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Create an app

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similar to nutrislice, provide what is being given at different dining halls on specific days

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nutritional value of different foods

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Exercises/workouts to do

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Exercise groups

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Form groups of people that'll go to the gym or other areas to exercise

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