**Observation：**

**Observation Target：Zhang Wei is a surveying engineer who has been working on construction sites for over twenty years. Now in middle age, he increasingly feels that his body is showing signs of wear and tear. Long hours spent hunched over drafting tables and continuous outdoor measurement activities have put considerable strain on his cervical and lumbar spine, as well as his joints. Particularly after a day's work, he often experiences back and waist pain, sometimes even finding it hard to fall asleep. In addition to physical fatigue and discomfort, Zhang Wei has also started to realize that his eyesight is deteriorating, which directly impacts his precision work.**

**Scene 1：He is facing the issue of weight gain. Although he has always maintained healthy eating, getting older may have led to metabolic changes, making weight management more challenging. As he ages, his self-discipline is not what it used to be, and he occasionally consumes too many calories.**

**Scene 2：Zhang Wei sometimes experiences lower back pain, especially after long periods of standing or sitting for work. This discomfort has made him realize that he can no longer ignore his body's warning signs like he used to when he was younger. Although he has tried to alleviate the symptoms through some home remedies and localized massages, the effects have not been significant. As a result, he has decided to seek professional medical advice to get a more effective treatment plan.**

**Scene 3：Zhang Wei has also tried using some health apps like Apple Health and Google Fit, but to little avail. This is because these apps are not specifically designed for middle-aged and older individuals like him, and many of the health suggestions provided do not suit his personal condition. Therefore, he has chosen to consult with medical professionals for advice.**