**Requirements Elicitation and Analysis**

Topic: Fitness - Gym and Nutrition

CA 2: Usability Design Project Deliverable 1

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# Executive Summary

We all know the importance of being physically fit. A fit person is capable of living life to its fullest extent and enjoy the internal happiness. Eating a balanced diet full of nutrients and including physical activity like sports or gym or both helps us release stress, anxiety, sweat out the harmful substance out our bodies, which helps us prevent diseases, improves mood and sleep better. Physical fitness is directly linked to our mental, cardiovascular health etc.

But the sad thing these days is most of human population (mainly in cities) is consuming processed and fast foods which leads to excessive weight gain and various health problems.

# Identification of Stakeholders