

# FitNU

“FitNU is a college student’s go-to source for all things health and fitness.”

# Problem?

Many times, college students find it difficult to eat the right foods and maintain healthy diet. Motivation to walk outside and hit the gym lessens, while the tendency to stay in and avoid physical activity increases.

***This raises the questions:***

Where and how can I eat more healthy on, or off, campus?

Are there any events I can participate in today that include physical activity?

How can I motivate myself to sustain a healthy lifestyle?

# Solution.

We created a free app that addresses all these problems. Associated with the on-campus club, FitNu, the app focuses on helping students increase their physical and mental health. It's broken down into three categories:

*Eat*

*Move*

*Grow*

Let's take a closer look...



**EAT**

## AT HOME

### **Recipes**

Divided into breakfast, lunch, dinner and dessert.

Posted by other students. Includes specific dietary needs

## ON CAMPUS

### **Dining Halls, Eateries, Coffee/Tea, On-The-Go**

Provides the menu for that day & map

## OFF CAMPUS

### **Grocery Stores, Restaurants, Coffee/Tea, On-The-Go**

Provides the menu for that day & map



**MOVE**

# Personal

Gym Services

Workouts

My Schedule

# Group

On-Campus Events

Marino Classes

Motivation

# Personal

## Gym Services

Addresses how to properly use gym equipment in Marino.

## Workouts

Students are free to share any workout tips, circuits etc. they feel others would benefit from. Users can then “like” these posts and save them to use in the future.

## My Schedule

Creates a schedule for the user that includes both academic and Marino classes.



# Group

## On-Campus Events

Shows all upcoming events associated with FitNU, on and off campus, promoting physical and mental health.

## Marino Classes

Access to signup and pay for classes at Marino. Provides the weekly schedule, and allows the user to add classes to their personal schedule.

## Motivation

Blogs written by other students sharing personal stories and promoting a healthy lifestyle.



**GROW**

## GROUPS

Provides a list of all club sports on campus.

## EVENTS

Shows upcoming events on campus for both mental or physical health.

## CHATS

Allows user to access personal chats with other users, or create group chats.

# PRESENCE





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FitNU

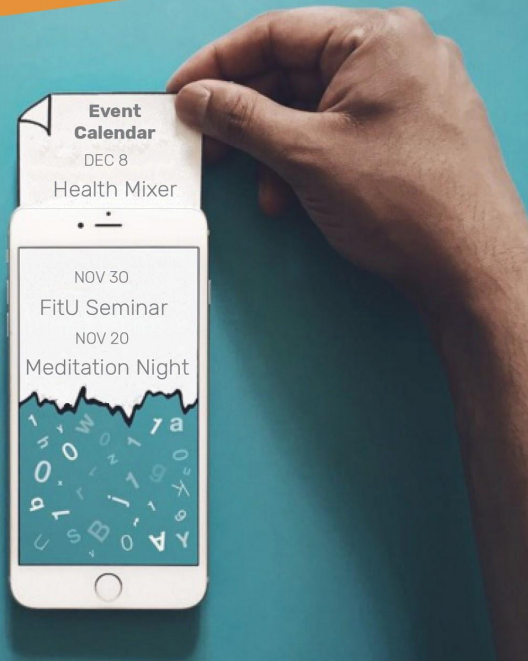


TIRED OF EATING  
LIKE CRAP ON  
THE RUN TO  
CLASS?



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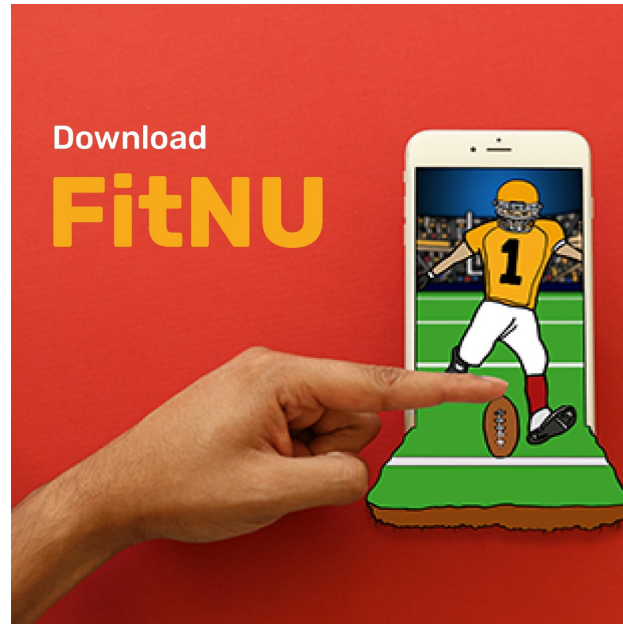
# FitNU



**COULD USE A  
MENTAL HEALTH  
BOOST?**

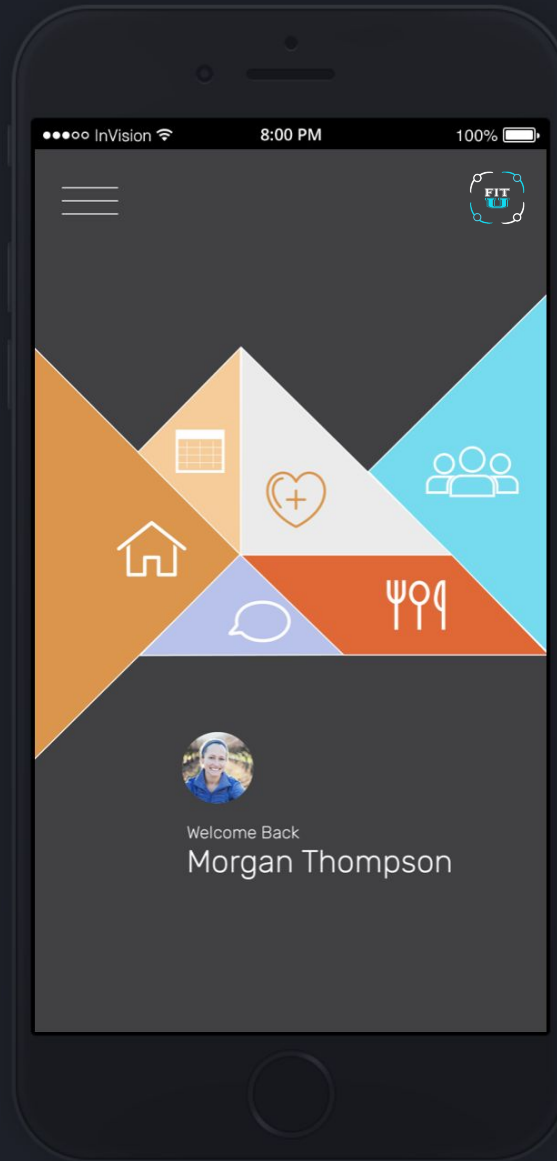
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# FitNU



**SKIPPED  
THE GYM  
A FEW  
TOO MANY  
TIMES THIS  
WEEK?**

# THE APP



Click image to  
experience the app.

