



Health & Wellness: Personal Health

Jenn Hu, Angel Pan, AJ Rossman, Emily Yang

Meet the Team



Jenn Hu

Senior
IR Undergrad



Angel Pan

Senior
CS Undergrad



AJ Rossman

Junior
CS Undergrad



Emily Yang

First-year
MSCS

Needfinding Methodology



Outreach

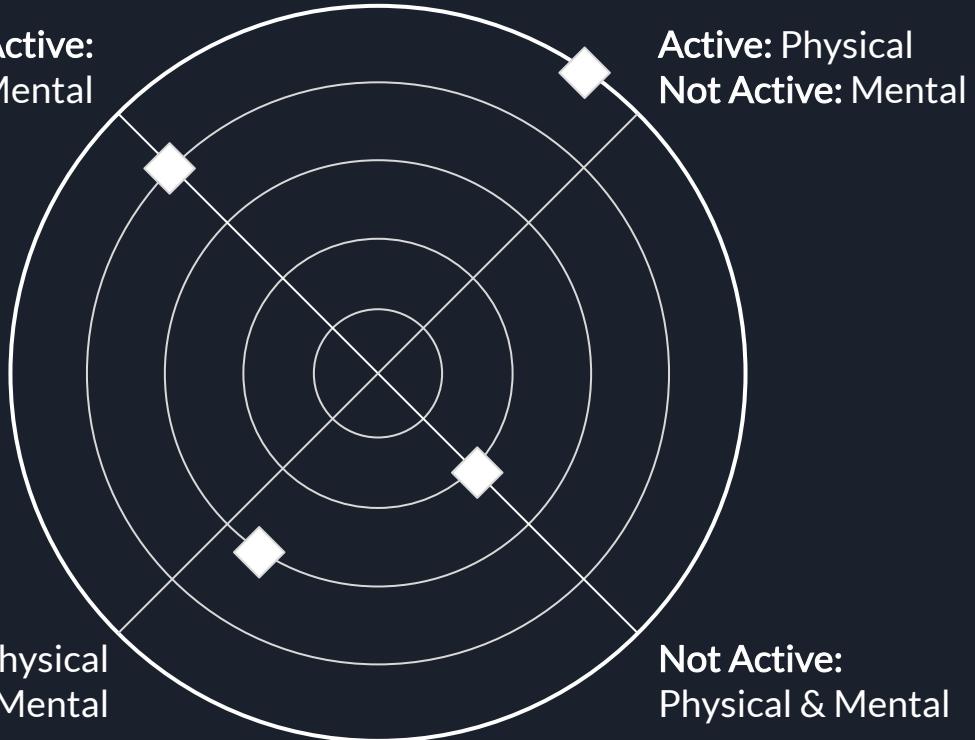


21+ years



Not Active: Physical
Active: Mental

Active:
Physical & Mental





Questions

What does personal wellness mean to you?

How does personal wellness have an effect on your life?

Tell me what your ideal wellbeing is like?

How has your idea of personal wellness changed over the years?

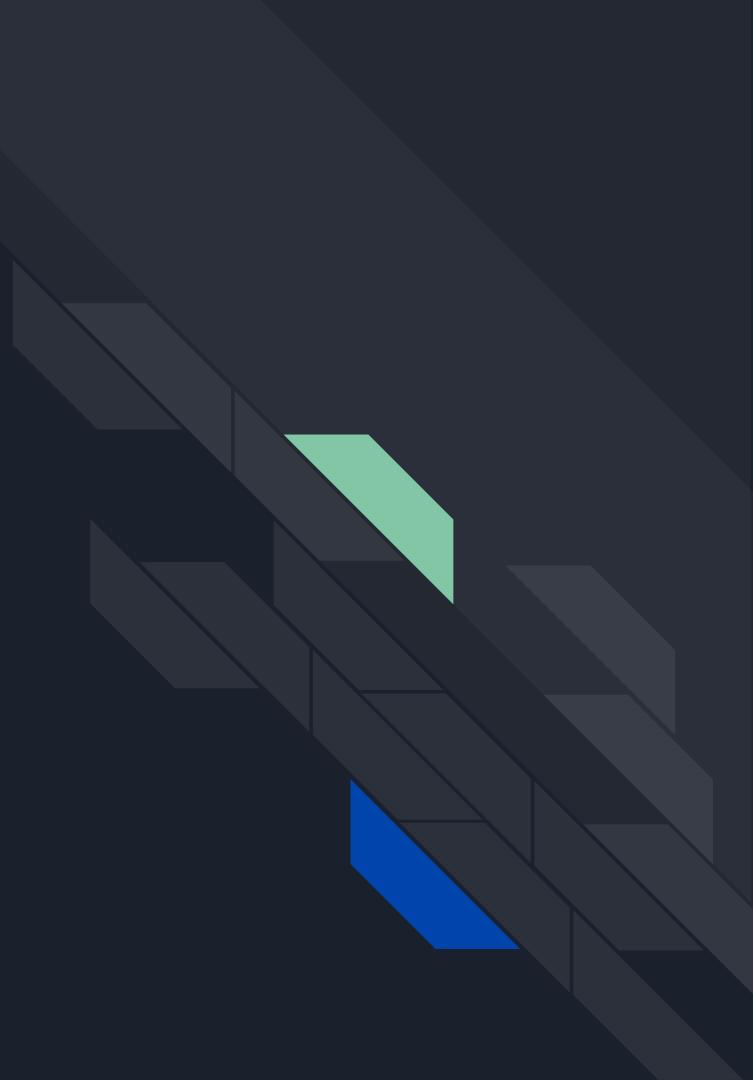
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How do you currently engage with physical/mental wellness?

Tell me something about wellness you wish you knew about earlier?

What are some struggles you encountered?

Interview Results



Interviewee 1

“I had been training for 6, 7 hours a day for years. After the Olympics, I felt like I couldn’t have a good workout if it wasn’t for 3 hours.”

John
*Stanford Men's Water Polo
coach*



Interviewee 2

“Starting was always the hardest, but once I got past the mental block and got the habit going and committing to it, it got easier and I gained confidence.”

Sherry
Law Firm Finance Analyst



Interviewee 3

“In my pursuit of wellness, my community has been integral in keeping me accountable and reminding me that I am not on this journey alone.”

Michael
*Second-year university
student in Singapore*



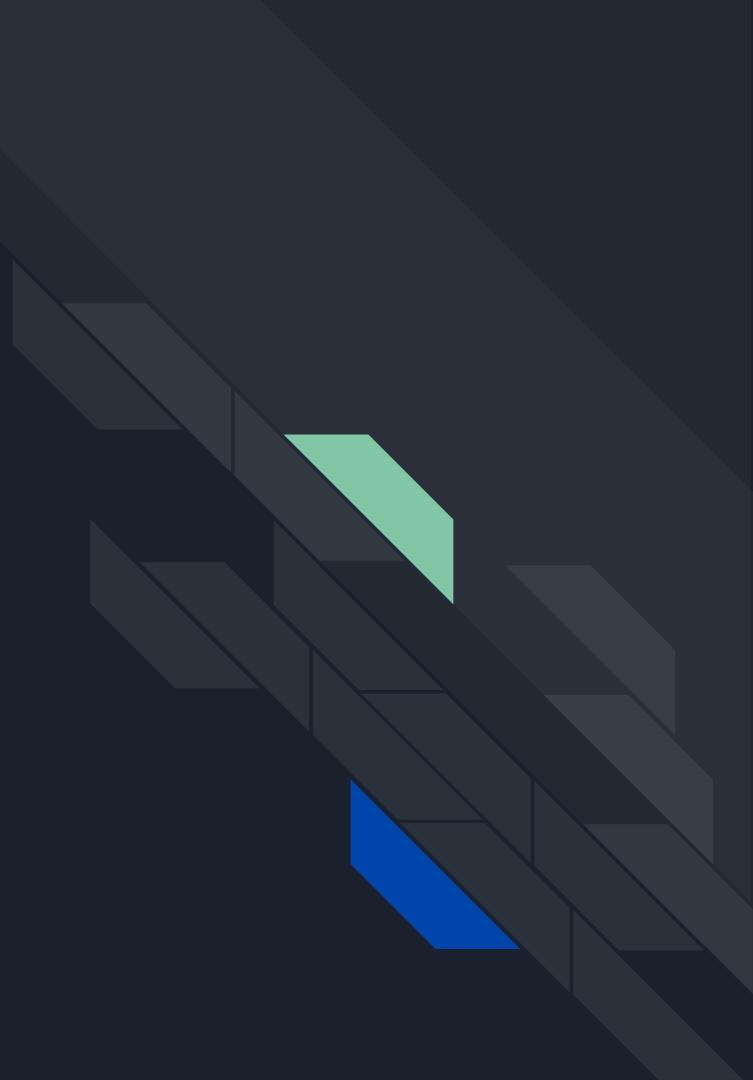
Interviewee 4

“A really big issue for me in general is consistency, [but] what I have noticed is that I have the most motivation when physical wellness is coupled with social aspects.”

Jenny
Fourth-year university student in Minnesota



Analysis



Empathy Map





SAY

"It makes me feel motivated to live every day"

"Seeing results help motivate me and become a better person"

"I enjoy doing physical activities"

"I had to get over a mental block before running became a routine"

"I try to feel full and happy after eating"

"Hitting small goals made me know I achieved something that day"

"I like doing activities with friends - it makes sports more interesting"

"I didn't understand as a child I had to do other activities to supplement getting stronger"

"It's nice to go outside and be able to do things with my body"

"Being a functional human being"

"It was hard to ask people exactly what I was thinking sometimes"

"Doing something is better than doing nothing"

DO

Exercises every day (i.e. running)

Very involved with sports (wushu, ice skating, running, swimming)

Enjoys happy moments and accepts sad days

Eats a balanced diet

Frequently views motivational posts and quotes on IG, and cute comics

Enjoys participating in activities involving friends and accountability

Did hobbies on mentally difficult days to distract herself

Consistently checks in with her emotions and introspects

Had a difficult time expressing herself when it came to mental health

Got excited when talking about feeling stronger

Showed some reluctance to talk more about mental health stories

Talked more animatedly and more content for physical health

THINK

It's easier to stick with physical activities if friends are involved

Finds freedom and confidence in being able to move freely

Does her own thing first before reaching out to others for help

Mental health is important and paves the way for good relationships

Enjoys the feeling of self-improvement and getting stronger

Wants to make the most of her time doing something active

Repetition will lead to improvement and overcome mental blocks

Enjoys consistency and self-reflection

Health and self-preservation is a priority

Wishes knowledge she obtained from experience could've been done without hardship/pain

Wishes there was more emphasis on learning how to cope with emotions & managing social relationships

Wants attainable goals to maintain motivation

FEEL

Inspired after looking up resources online on how to perform better

Inspired knowing the progress she makes each week

Upset about getting physically injured in the past due to lack of knowledge

Reluctant to reach out to others for advice until she thought she was physically more qualified

Lonely because COVID meant little to no activities with friends

Grateful for friends and the encouragement they bring

Sad that the emotional knowledge she obtained was primarily from first-hand experience

Determined to have a routine in her life

Reluctant to reach out to friends on a bad mental day

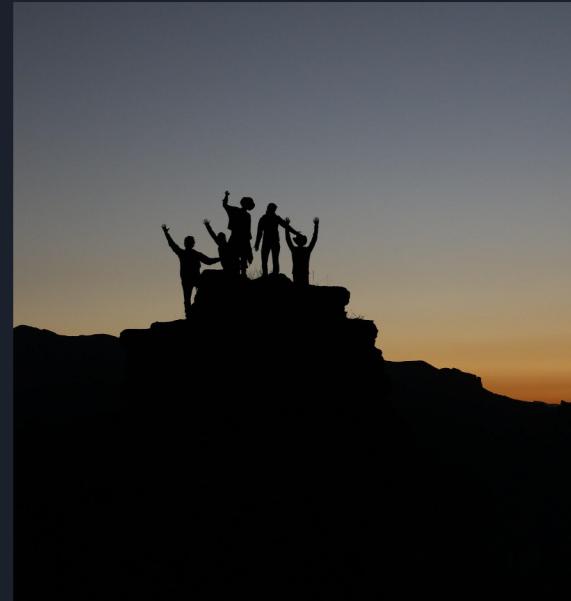
Motivated when being able to connect with friends physically and emotionally

Happy when going online for motivation

Contradictions & Surprises

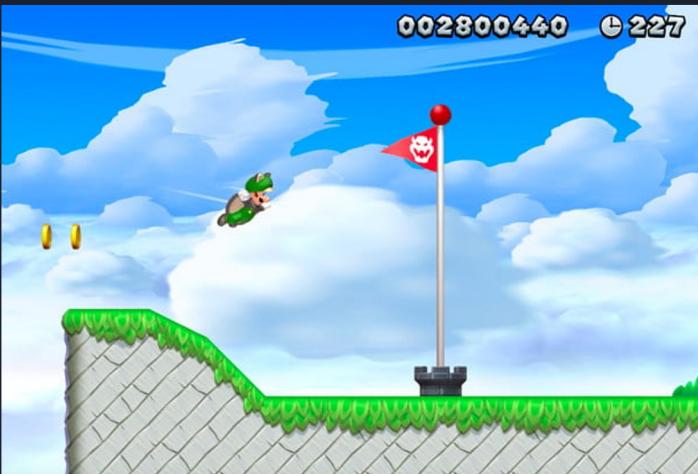


Needs alone time....



BUT also needs community for support!

Contradictions & Surprises



Reluctant to reach out to others for advice until they were at a certain physical prowess...



BUT enjoys doing activities if it involves interacting with friends

Contradictions & Surprises



Claims that physical wellness is
really important...



BUT it is one of the first things to
be dropped when things gets busy

Insight & Need

Routine can be a useful tool to build healthy mental and physical wellness habits.



Insight & Need

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Need: A way to enforce and build routine for personal wellness.

Insight & Need

Community is important....



In starting the journey...



AND continuing it.

Insight & Need

Community is important....



In starting the journey...



AND continuing it.

Need: Support channels that offer **encouragement**, while ensuring **accountability**.

Insight & Need

There are many people who want to start their own fitness journey or have questions towards personal wellness, but feel intimidated when reaching out to others.



Insight & Need

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Need: An easier, less intimidating, way to begin working on personal wellness and outreach for help.

Insight & Need

The fundamental baseline of personal wellness is being able to wake up and have the functional physical/mental strength to do the things they want to do.



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The fundamental baseline of personal wellness is being able to wake up and have the functional physical/mental strength to do the things they want to do.

Need: Ways to protect this functionality and preserve it as they get older.



Summary



- Wide range of interviewees
- Identified common themes among interviewees:
 - Social Aspect /Community
 - Routines
 - Asking for help
 - Functionality of health
- Next steps: more interviews to identify gaps, develop user POVs

Questions?

