The Sangam is a person who works in the TI company as a QA.

1. What's a typical day like at your home? Are there physical activities involved?

* A typical day at home involves regular chores like cooking and cleaning. Sometimes I do some light exercises or go for a walk in the evening.

1. Have you tried making your daily tasks simpler or more efficient?

* Yes, I try to find easier ways to finish my tasks faster, like organizing my schedule or using helpful social media.

1. How do you usually spend your free time or holidays?

* During my free time or holidays, I enjoy relaxing with family, watching movies, playing badminton, or reading books.

1. What are the major challenges in your job, and how do you manage your time to handle them?

* In my job, meeting deadlines and many times some things testing can be challenging. I manage time by prioritising tasks and staying organised.

1. Do you do anything specific to stay healthy during busy periods? How do you relax and clear your mind?

* I try to eat well and take short breaks to stretch or meditate during busy periods. Relaxing music helps me unwind.s

1. What do you think about your health? Do you have any concerns, and why?

* I think I'm healthy, but I sometimes worry about maintaining a balanced lifestyle.

1. How do you feel about new technologies or innovations for health?

* New technologies and innovations are exciting, especially if they simplify daily life or enhance productivity but have no ideas for any health-related information.

1. What do you look for in physical activities that you find helpful or enjoyable?

* I prefer physical activities that are fun yet beneficial, like cycling or playing sports.

1. Can you remember a recent time when it was hard to maintain a healthy lifestyle?

* There was a time when work demanded a lot, making it tough to stick to a healthy routine.

1. Do you have any wish existed to make health-related tasks easier for you?

* It would be great to have an app that suggests quick and healthy meal options based on a busy schedule.

1. what do you want to need for physical feeds on your health?

* For my physical health, I need nutritious meals and some form of exercise regularly to stay active and fit.

The Pradesh Sapkota is a person who works in Food delivery.

1. How do you manage the work and exercise during your free day, and how many times walking or run for at least minutes per day?

* On Saturday I have full free time but on other days morning time I physically exercise then in the evening time join the gym training center for 2 hours where walking and running for around 45 minutes per day.

2) How many hours of sleep are you getting on average each night?

* I sleep around 7 hours from 11 PM to 6 AM.

3) Do you consume a balanced diet with a variety of fruits, vegetables, lean proteins, and whole grains?

* Yes, I maintain a balanced diet by including a variety of fresh fruits and different food items daily.

5. Are you staying every day feeling physically healthy by doing enough of your work throughout the day?

* No, I often feel fatigued from my work and recognize the importance of incorporating rest and better time management into my daily routine to maintain physical well-being.

6. Do you take breaks from sedentary activities, such as working at a desk or watching TV, managing stress through techniques like mindfulness, meditation, or relaxation exercises, and performing flexibility exercises, such as stretching or yoga or anything more?

* Yes, I do take breaks from sedentary activities and incorporate stress management techniques and flexibility exercises. However, I lack sufficient knowledge about how to maintain physical fitness.

7. Would you consider joining a training or fitness-related knowledge application to enhance your physical fitness, based on your current priorities and time management for exercise in your daily or weekly schedule?

* Yes, considering my current priorities and time constraints, joining a training or fitness-related knowledge seems like a practical choice to enhance my physical fitness.

8. What do you need for your physical fitness to maintain a healthy life?

* I need effective food-eating management, entertainment, and adherence to fitness guidelines, Yoga, or other physical activity.