I.   BACKGROUND

Maintaining good health and wellness is a critical aspect of leading a fulfilling life. Individuals who prioritise their physical and mental well-being tend to be more productive, engaged, and happier. However, the abundance of information and resources available can often lead to confusion and misinformation, making it difficult for people to make informed decisions about their health. To address this need, we propose the creation of a website dedicated to health and wellness. The website will provide individuals with accurate and reliable information on healthy lifestyle choices, fitness tips, nutrition advice, and mental wellness resources. Furthermore, it will offer tools for tracking health goals, accessing telehealth services, and finding local health and wellness facilities, providing a comprehensive and accessible platform for individuals to manage their health and wellness.

The World Health Organization defines health as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Similarly, wellness is an active process of becoming aware of and making choices towards a healthy and fulfilling life. Despite the growing awareness of the importance of health and wellness, individuals face several challenges in maintaining healthy lifestyles. The lack of access to reliable information, high healthcare costs, and the fast-paced nature of modern life are some of the reasons why people struggle to prioritise their health and wellness. Moreover, the COVID-19 pandemic has brought attention to the importance of maintaining good health and wellness, as individuals with underlying health conditions are at a higher risk of severe illness.

Creating a website dedicated to health and wellness will address these challenges by providing individuals with easy access to accurate information and resources to make informed decisions about their health. The website will offer a wide range of information on healthy lifestyle choices, fitness tips, nutrition advice, and mental wellness resources, enabling individuals to tailor their health and wellness journey to their unique needs. Additionally, the website will leverage technology to provide telehealth services, making it easier for individuals to access care remotely. Furthermore, the website will connect individuals with local health and wellness facilities, making it easier for them to access the care they need.

The proposed website dedicated to health and wellness will provide a comprehensive and accessible platform for individuals to manage their health and wellness. The website will offer accurate information and resources on healthy lifestyle choices, fitness tips, nutrition advice, and mental wellness resources, as well as tools for tracking health goals and accessing telehealth services. By creating a

centralised platform for health and wellness, we aim to promote healthy living and improve the quality of life for individuals.

II. PROBLEMS AND/OR ISSUES

- *Information accuracy*: A potential problem with a health and wellness website is ensuring that all information provided is accurate, up-to-date, and from credible sources.

- *Accessibility*: While a website can be a useful platform, it is important to consider the potential limitations faced by some users, such as low internet connectivity or limited computer literacy. The website's design should be user-friendly and accessible to all users.

- *Privacy*: If the website collects personal health data or provides telehealth services, privacy concerns may arise. The website should have clear and detailed privacy policies to ensure users' data is secure and only used for its intended purpose.

- *Sustainability*: A health and wellness website requires ongoing maintenance, updates, and resources to provide quality information and tools.

- *User engagement*: To make the website effective, it is important to engage users actively. This could be done by providing interactive tools, regular updates, and resources to encourage user engagement.

III. OBJECTIVES

This project aimed at creating a comprehensive and accessible website dedicated to health and wellness. The website will provide visitors with reliable information, resources, and tools to support their physical and mental health goals. It will be designed to be user-friendly and engaging, offering a one-stop resource for anyone seeking information on healthy lifestyle choices, fitness tips, nutrition advice, mental wellness resources, and tools for tracking their health goals. The project also aims to address healthcare access issues by providing visitors with information on local health and wellness facilities and telehealth services.

To achieve our objective, we will optimise the website through research and testing to meet the needs and preferences of its target audience. The website will feature various types of content, including articles, videos, infographics, and interactive tools, providing visitors with a diverse range of ways to engage with the material. The website's content will cover a broad range of health and wellness topics, such as healthy eating, exercise, stress management, sleep hygiene, and mental health. Additionally, the website will have a community section where visitors can connect with other individuals working towards similar health goals, fostering engagement and support.

Regular updates will ensure that the website reflects the latest research and trends in the field of health and wellness. We will promote the website through various channels, including social media, search engine optimization, and digital marketing strategies, to increase its visibility and engagement. Moreover, we plan to establish partnerships with other health and wellness organisations to further promote the website's mission and objectives. Ultimately, the objective of this project is to become a trusted and reliable resource that empowers visitors to make positive changes in their lives and enhance their overall health and wellness.

IV. MEMBERS AND THEIR ROLES

Guilas Felino (a Developer)

In his capacity as a developer, he assumes the responsibility of scrutinising project specifications, devising technical remedies, and implementing them using the Angular language. He works in close collaboration with the team to design functional and efficient software and systems, and adeptly identifies and resolves any technical challenges that may arise during the project's course.

Magbanua Karl Caniel (a Researcher & Problem Analyst)

In his role as a researcher and problem analyst, he makes noteworthy contributions to the project team by conducting comprehensive research to gather relevant information, identify potential challenges, and propose alternative solutions. Leveraging his adept problem-solving and critical thinking skills, he analyses the data collected to overcome potential roadblocks and ensure that the recommended solutions align with the project's objectives. Moreover, he collaborates with other team members to validate the viability of the proposed solutions.

Santos Jessica Shaine (a Project Manager & Objective Planner)

In her capacity as a Project Manager, she assumes a pivotal role in providing strategic direction and effective leadership to the project team. Her responsibilities encompass overseeing and coordinating all project activities to ensure seamless progress towards the achievement of project objectives. As a proficient project manager, she takes charge of project management and serves as an impartial planner who establishes concrete goals and timelines to facilitate the team's adherence to project timelines and objectives. Her exceptional organisational and communication skills are vital assets that enable her to steer the project towards successful completion while maintaining a focus on its core goals.

Tongol Daniel Joshua (a Writer & Designer)

The project receives substantial value from his multidisciplinary expertise as both a writer and designer. Through his exceptional writing skills, he is able to generate compelling and engaging content that effectively communicates the project's message to the intended audience. In addition, his proficiency as a skilled designer enables him to create visually striking designs that align with the project's specifications and are aesthetically pleasing. His inventiveness and attention to detail further elevate the project's impact and excellence, resulting in a visually appealing and audience-engaging outcome.

V. REFERENCES:

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