Local and Global Impact

Living a healthy life style through proper dieting and exercise can help improve people’s lives and also benefit the lives of people around them. As a society we should encourage and promote good health habits to increase the overall production of our society. The goal of *VAQHealthyLivingGuide* is to provide students with information on how maintain a healthy life style by providing them with a application that gives them suggestions on what to eat or which exercise routines is best suited for their health. This document will focus on the local and global impacts of this software.

The local and global impacts of this application should be mainly positive since the application is simply providing students with a tool to make it easier to live healthier lives. One of the positive impacts on the individual users, which are the students using the application, could be to help reduce the risks of getting diseases like diabetes. Reducing the chances of students getting health problems can help promote a better experience at the university. In addition to improving the student’s life’s by educating the importance of healthy life’s style it could also have a positive effect on the community by encouraging others to also live healthier lives. As the students continue to use the application they will hopefully be able to share the information with people they know. In addition to monitoring the student’s health the application will provide links to health websites with the purpose of educating students on the importance of maintaining a healthy life style. It can also provide students who are already using existing tools that track their health with a simpler system. Having an application that combines the tracking and tips into one software could help reduce the time spent for students using multiple tools to achieve the same goal. Providing the students with this information and a way to track their progress can increase their production and in result increase the overall production of the university.

One of the problems that this application can occur is not properly implementing the system that recommends food choices and exercise routines. If the application doesn’t properly collect the data it could possible give the users incorrect information. Resulting in food choices or routine exercise that do not properly match the individual student. The designing of this application should adequate address this concern in order to make the software reliable to the users.