



## Profile

Hospitality-focused, dedicated to excellence, and highly knowledgeable are just a few terms most often used to describe Angela. This Ontario native was immersed in her family's hospitality and the food service industry from an early age. Her father was an energetic and successful restaurateur in Ontario who kept her engaged in the business throughout her youth.

## Frustration

- Finds difficulty in maintaining health
- Feels obesity
- Can't keep herself fit
- Disturbed mind due to obesity

## Demographics

*Name:* Angela Mathew

*Age:* 55

*Location:* Ontario, Ca

*Job:* Entrepreneur

*Salary:* Ca\$50000-Ca\$60000/year

*Family:* Two children and husband

## Interests

- Trying new food menu at home
- Attending food fairs
- Taking part in a food contest
- Conducting food competitions
- Preparing different cuisines for children
- Reviewing various restaurants

## Goals

- Needs fitness tips to remain fit
- Need a health instructor who can guide her after eating a variety of food
- Needs meditation and yoga tips