

# **Problem statement**

College students are struggling to balance work and personal fitness in their schedules. Gyms on campus have long waiting times and packed to the brim. This is a common problem on campuses across the country, and it really becomes a drain on kids after a while. The “Freshman 15” is a thing mainly because new students are trying to cope with the new work life and are intimidated by the sheer amount of other students.

## **Who is experiencing the problem?**

Average student just trying to work out, maintain their physiques and stay in shape. Exercising, especially in the forms of weight lifting, is an honorable past time that has become even more popular. Now, everyone wants to get a lift in and become the people they have dreamed of becoming.

## **What is the Problem?**

Gyms on campus are often too packed. It can take hours just to get a workout , and half the time you cant workout the muscle groups you want because there are massive lines just for one kind of machine

## **Where does the problem present itself?**

At Strom and BLATT, and most college gyms generally. The gyms at large state schools just simply are not big enough to accommodate everyone.

## **Why does it matter?**

As people are trying to get into better shape people want to go workout or partake in physical activities but the gyms and facilities at Strom and BLATT PE get too crowded.