HUMAN COMPUTER INTERACTION

WHOLESOME

BRAINSTORM

Physically Fit

Long Life

Value of routine

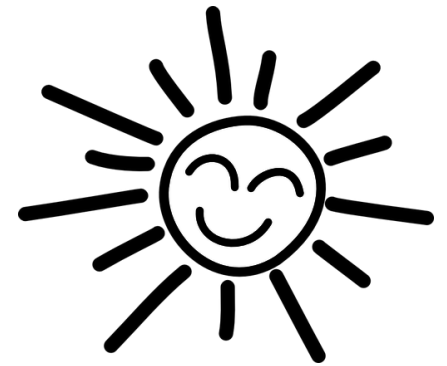Fight Depression

Mentally Fit

Confidence

Energetic

Good Sleep

Stronger Immune

Healthier Habits

"HEALTHY LIVING"

A mobile application that helps improve one's physical and mental health by controlling food, being physically active and adopt a positive mental attitude.

EXPERT INTERVIEW QUESTIONS

1. What is a balanced and healthy lifestyle?

2. How important is it to be physically active?

3. How to improve mental health?

4. How many hours of sleep is sufficient daily?

FIRST EXPERT INTERVIEW

Enifer Rowena
Nutrition Consultant and Instructor

Sustaining a balanced diet, alongside personal fitness, can help improve and stabilise one's overall health and wellbeing.

Being physically active can **reduce the feeling of stress and anxiety**, it can aid in weight management and improve your body functions.

There are many things that can help **improve one's mental health**, for example, eat well, keep active, talk about your feelings etc.

7-8 hours of sleep each night helps **recharge body**.

SECOND EXPERT INTERVIEW

Zakir Hussain
Fitness Instructor

A path to a balanced and healthy lifestyle is different for different people, but it's very important to understand **what works for you**.

It's very important to have some level of physical activity, especially now when we are are **confined to our homes**.

Mental health can be improved by taking the time out for **self care**, and paying attention to your physical health.

Sleep is when your body repairs itself, so it's very important to have at least 7-8 hours of uninterrupted sleep every night.

END USER SURVEY

Questions:

1. How would you describe your current lifestyle?

2. What measures do you take to ensure you're healthy?

3. How would you describe your current stress levels?

4. How do you manage stress?

5. How would you describe your eating habits?

6. Do you use any softwares/mobile applications that aid maintaining a healthy lifestyle?

END USER INTAKES

"Balancing health with a hectic life is extremely important"

"Health= Nutrition+Fitness+Balance"

"High protein diet after a good workout"

"Keeping track of your daily routine is a must"

"Keep a watch on the calorie intake"

"Meditating once a week can help reduce stress"

EMPATHY MAP

SAYS

My lifestyle is generally alright but I would like to improve it

I try to eat healthy on most days

I try maintaining a positive mindset towards things

I'm going to workout on a regular basis

THINKS

Maintaining a positive mindset helps me feel like I have a good mind/body balance

I wish I was more generally active

Following a daily routine helps me be productive during the day

Working out is primarily a personal task

DOES

Took the stairs instead of the lift

Tries to control calorie intake

Meditates for a few minutes everyday to manage stress

Tries to stick to a fix sleeping schedule

FEELS

Overwhelmed with stress sometimes

Tired due to lack of physical activity

Proud whenever they achieve a goal

More confident when they have been working out

INITIAL CONCLUSIONS

‣ The necessity of a healthy lifestyle is understood by both users and experts

‣ Mental and physical health are interrelated

‣ Immediate stress management techniques like deep breathing are most effective when combined with an overall healthy lifestyle

‣ For most people, some sort of external motivation is required to follow and maintain a healthy lifestyle

LOOKING AHEAD

‣ Value for routine

‣ Constant sleep cycle

‣ Constant motivation

‣ Keeping track of tasks

‣ Taking time out for self care is important