

Final Project Proposal: Ways to Fitness

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BACKGROUND

The main objective of my site is connecting **social and fitness** together. I was inspired by the TED talk (<https://www.youtube.com/watch?v=8KkKuTCFvzI>). The main finding of this 75year-long Harvard research is that rather than money, power or popularity, people who maintain proactive relationships with people can live happier, healthier and longer.

OBJECTIVE

- There are many fitness rooms in Hong Kong, but **newcomers** like us don't know **where** to find them and **what** facilities are in them.
- Much exercise like tennis, badminton or basketball require more than one person to play.
- As the Harvard research shows, proactive relationships benefit both mental and physical health. So if we combine the sociability with the exercise, this kind of activity would be far more healthy.

TARGET USERS

- Newcomers to HK who have no idea about where to work out
- People who shy about work out alone so give up exercise
- People who want to start to work out but cannot find a good channel
- People who just want to social and find friends

SCOPE PLANE

Functional specifications

- Help users to find their suitable exercise place : fitness rooms filter by type and address
- Find partner to work out: Airtable Form to organize users' information and display for others to connect. (but I am not sure users can trust that the information can be safely stored and used)

Content requirements

- Fitness room information: collected from HONG KONG GEODATA STORE
- Information to encourage users to work out and social: introduction to Harvard research and etc.