

Working out: Keeping Young Users Active and Healthy

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Problem Statement

Our users are having a challenging time getting into and/or staying motivated with their fitness routines since the global pandemic has caused massive gym shutdowns throughout the world.

Who is experiencing the problem?

Young adults who are not able to go to the gym.

What is the problem?

Young adults are having a challenging time getting into and/or staying motivated with their fitness routines.

Where does the problem present itself?

The user is at home, especially now due to a pandemic with plenty of gyms closed or at half-ability.

Why does it matter?

Lots of young adults are now more motivated to start a fitness routine since they are urged to