**Eat&Fit**

SE-3-13

By: Viktorya Hlustov; vickyhl@ac.sce.ac.il  
 Yuval Avitan; yuvalav1@ac.sce.il

Advisors: Dr. Michael Kiperberg 1, Alex Veksler

1Shamoon College of Engineering, Beer-Sheva

In recent years, awareness of fitness, nutrition, and global obesity has increased. Many studies provide information and tools to improve body systems. After the long-term effects of the corona epidemic, the need to find solutions for a healthy lifestyle arose. The target audience of our website, "Eat&Fit," is people interested in weight loss/weight maintenance. The project aims to encourage people to adopt a healthy lifestyle. Measures of success in our project are people achieving their goals and maintaining a healthy lifestyle.

**Keywords:** diet, healthy lifestyle, nutrition, fitness, nutrition menus, calories, success indicators, the corona epidemic.