Obesity

Why is obesity problem?

Obesity is problem because it is dangerous for the heart and blood vessels. Heart rhythm may be violated with the threat of a heart attack. Obesity is a big health risk.It may cause diabetes, high blood pressure, high cholesterol or heart disease and diseases of blood vessels.

Our idea

Our idea is a machine that will make you run and exercise.

Every day this machine give you exercise and number of kilometrs you must to run and after this it gives you some healthy food.

How does it work?

In the morning it start alarm and you must wake up. It gives you some healthy breakfast and after breakfast it show you kilometers that you must run but before the runing you must do some exercise to begin. After runing you have a rest time and at twelve a clock it give you healthy food and drink. After lunch you have rest time and after rest time it give you exercise to do. Rest of the day you can do whatever you want.