

Sports and healthy food for longer life



**ASSIGN
BUSTER**

The paper " Sports and Healthy Food for Longer Life" is a good example of a report on sports and recreation. INTRODUCTIONThe purpose of this project is to raise awareness about why eating healthy foods and regular exercise and engaging in sports can greatly improve a person's life. Most importantly it will strengthen his or her immunity to sickness and promote a longer life. The 30 seconds advertisement aims to remind our people to stay healthy and in good shape. PRODUCT RESEARCH AND ANALYSISAs an old saying " Picture tells a thousand words", compiling pictures of sports events and people doing exercises such as jogging, running, swimming, ball games, and other popular sports may help a lot in promoting physical fitness. Along with pictures of vegetables, fruits and other vitamin-rich foods will also promote awareness for a healthy diet. In a society where people are so busy with their work and junk foods are accessible anywhere, people tend to disregard health foods in exchange for fast foods just to satisfy their hunger. Proper eating nowadays is only occasionally done especially in the cities. Automation is also changing our way of life through less physical effort in everyday lives. People rarely use their strength at work and even at home. Automatic doors, opening, and closing on their own, stairs were replaced by escalators and elevators, carts and trolleys are everywhere to carry our luggage for us. At home, dishwashers, floor polishers, vacuum cleaners, food processors and others easily doing our chores for us. It is in some way making us lazy in a way that we don't use much physical effort anymore. In this kind of living, we definitely need to exercise and eventually engage in sports that we love. The effective and proven means of informing, reminding and getting the attention of every individual in our country and probably the world is the worldwide web. Millions will be reached by an advertisement <https://assignbuster.com/sports-and-healthy-food-for-longer-life/>

posted on the internet. Through this approach, we can effectively touch the lives of our people from all walks of life. DESIGN AND DEVELOPMENT OF

PRODUCTDESIGN:

- An attractive 30 seconds advertisement to be posted on the web
- Compatible with internet explorer and other popular browsers.
- The animation file must be in GIF format for fast loading in browsers.
- The movie must have text messages to clearly send messages to the viewer.

DEVELOPMENT OF PRODUCT:

- Compilation of pictures of sports events and healthy foods.
- Designing of movie interface for viewer attraction
- Finalization of text messages
- Selection of animation software
- Programming of the animated movie

TESTING AND EVALUATION OF PRODUCT

- Testing of the movie sequence
- Testing of text message timing
- Checking of quality and clarity of animated pictures.
- Run and test the product on the internet browser
- Note errors and improvements to be made.

CONCLUSION AND FURTHER WORK

- The movie runs well in the internet browser
- The quality of the pictures are great

- There were noted a few seconds delay in the sequence and will improve the timing.