

# 24alife

*Live your best life*

Presented to you by **24+**

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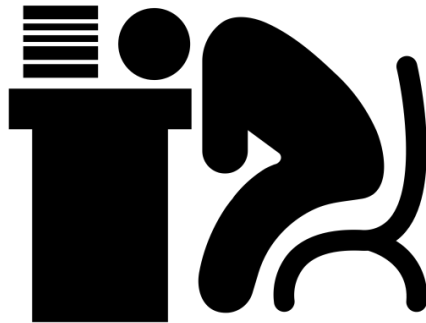


Summer school 2018 – **Health and well-being**

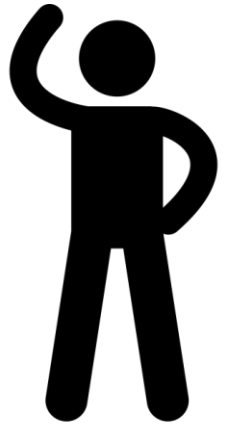


## Problem

- ▶ Living a fast-paced life
- ▶ Work-family conflict
- ▶ Lots of stress
- ▶ Finding balance



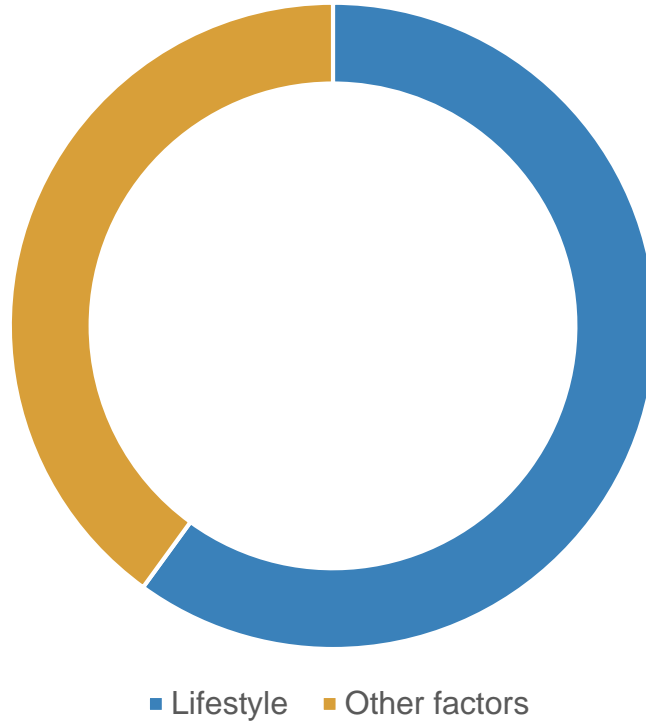
- ▶ Living life to the fullest
- ▶ Improving subjective-wellbeing
- ▶ Improving health status



# 3

Factors that impact health  
- World health organization  
(2016)

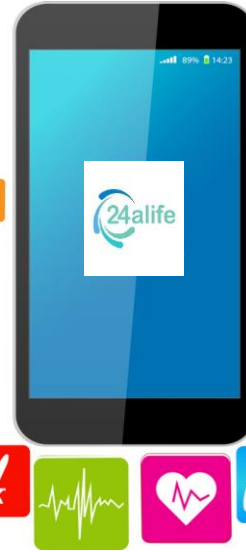
## Health



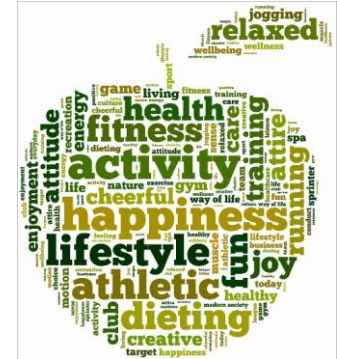
# Personal adviser and assistant



# Successful time management



# Tips to live healthier life



# Live the life you dream about

## Value added

**Individuals**



**Society**



**Companies**

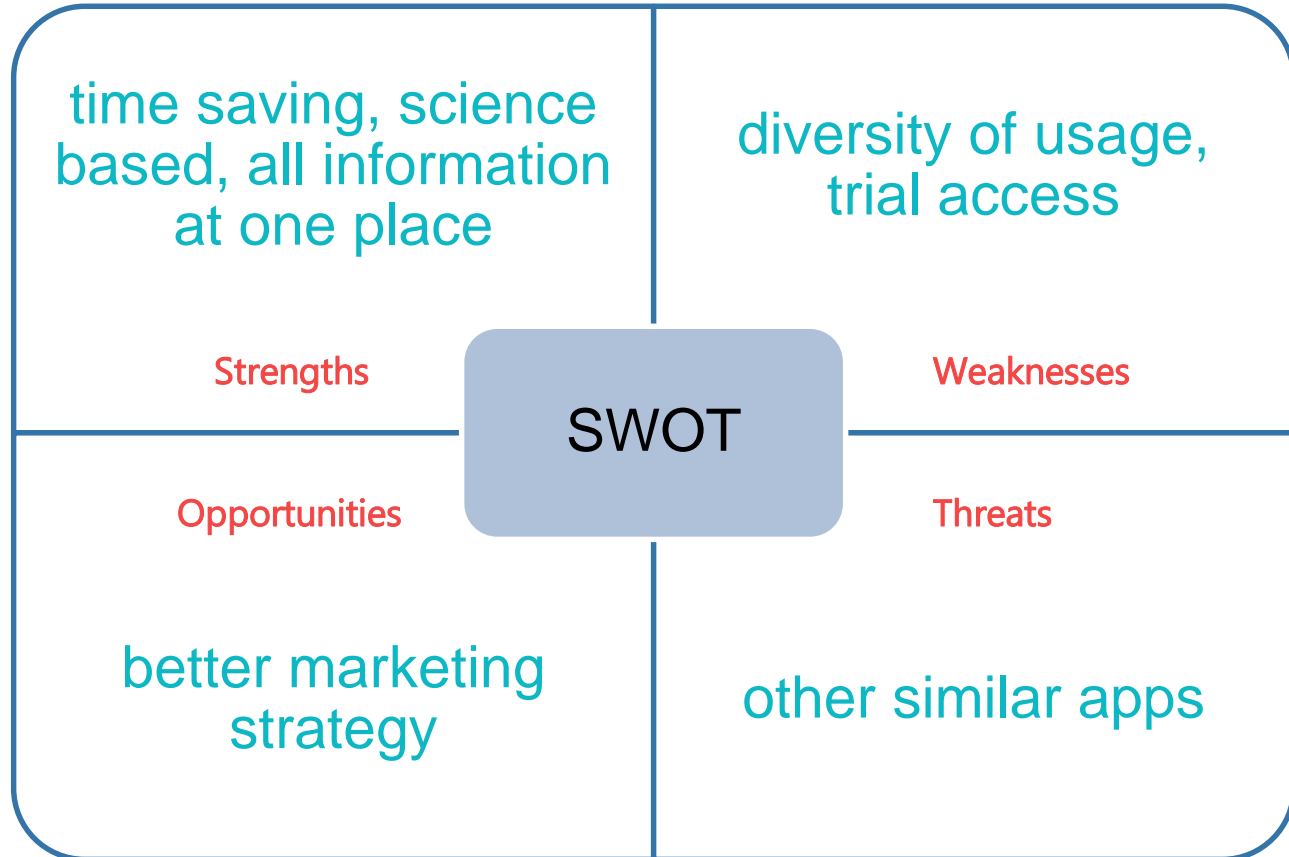


## Value added for **INDIVIUALS**

- Improve psychological resilience,
- Improve physical strength,
- Improve nutrition,
- Improve individual's well-being and healthy lifestyle habits.



# SWOT ANALYSIS



## Compliance with the EU laws

- ▶ Special attention to vulnerable groups (overweight people)
- ▶ Meet GDPR requirements
- ▶ Ensure safety usage of application (not possible to hack or falsify the data)





▷ *So how to solve the problem?*

”

- ▶ Omnipresence
- ▶ Implement free trial period
- ▶ Collaborate with well-known individuals ( for example Tina Maze, Luka Dončić -> importance of culture!)
- ▶ Pair up with trainers

Take a  
**free** trial



***Want to know more?***

*Contact us, we don't bite 😊*



Thank you for your attention!  
Have a nice day. 😊

