

FITNESS APP

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- Personalized Exercise Plans
- Mood-Based Adaptation
- Progress Tracking
- Wellness Reminders
- Symptom-Specific Recommendations
- Wellness Reminders
- Inclusivity for All Users

1. Personalized Exercise Plans

- Users input their fitness goals (e.g., weight loss, muscle gain, recovery) and current condition (e.g., health status, age, physical limitations).

2. Mood-Based Adaptation

- Users select their current mood (e.g., energetic, tired, stressed) before starting a session.
- The app adjusts exercise intensity and type based on the input (e.g., lighter routines for tired moods, high-energy for motivated days).

3. Progressive Difficulty

- Exercises adapt automatically as users improve, ensuring continuous progress without being overwhelming.
- Example: Increase reps or duration gradually based on performance data.

4. Wellness Reminders

- Gentle reminders for breaks, hydration, or stretching after prolonged periods of inactivity.

*Animation for basic and further adding videos