

Problem Statement No.13 - Fitness Buddy

The challenge - In today's fast-paced world, many individuals struggle to maintain a healthy lifestyle due to lack of personalized guidance, time constraints, and inconsistent motivation. Traditional fitness solutions often require expensive subscriptions, in-person consultations, or rigid schedules that don't adapt to personal preferences or daily routines.

There is a growing need for an accessible, friendly, and intelligent virtual assistant that can provide on-demand fitness advice, healthy lifestyle suggestions, and basic nutrition guidance—all tailored to individual needs and available at any time.

Fitness Buddy aims to solve this problem by offering a conversational, AI-powered health and fitness coach that can:

Recommend home workouts and routines based on user input.

- Provide motivational tips and daily fitness inspiration.
- Suggest simple, nutritious meal ideas.
- Encourage habit-building and consistency.

Technology: Use of IBM cloud lite services /IBM Granity is mandatory.