THE OLYMPICS ON THE HORIZON

LEARNING TO LEVERAGE ANALYTICS TO ENHANCE YOUR FITNESS LEVELS

ANCIENT OLYMPIC GAMES

On your mark, get set, go! These three phrases embody the Olympic spirit. As the Olympic Games in Paris approach this summer, these words may soon become routine for many. The Olympic games highlight humanity's rich history, and its ability to pass the torch from era to era seamlessly. Historians trace the games back to 776 BC when they began as part of a religious festival in honor of Zeus, with athletes competing every four years. While much has changed, the essence of this beautiful event remains, and very soon Los Angeles is set to host the games in 2028.

1932

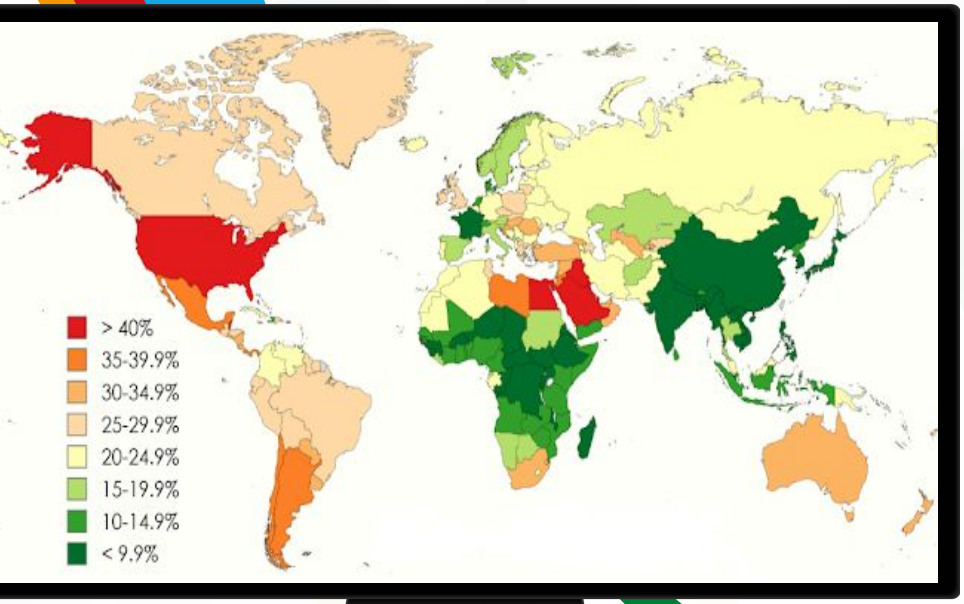
1st Time the Olympic Games were held in Los Angeles, California.

1984

Last time and the only other time the Olympic Games were held in Los Angeles, California.

HEROES

The Olympics can bring even the unlikeliest countries into the spotlight. It can allow an Olympian to transcend the sport itself. Look no further than the politician and Zimbabwe's current Minister of Sport, Arts, and Recreation, Kirsty Coventry, who in her heyday brought home nearly all of Zimbabwe's Olympic medals to date.



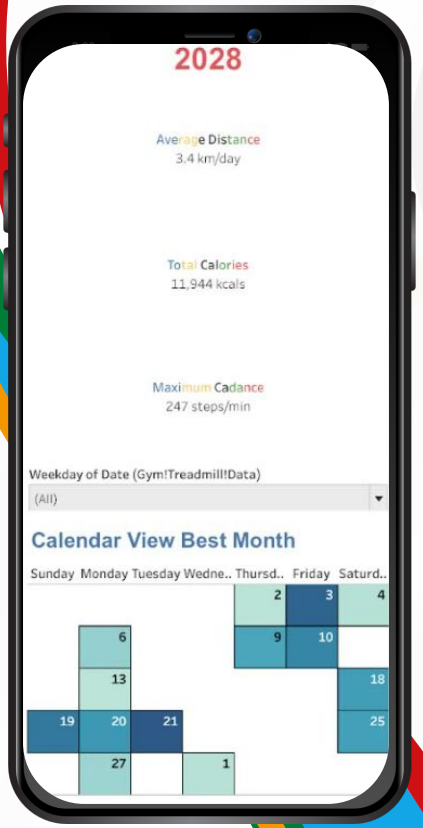
PROBLEM

The United States has one of the highest obesity rates in the world with an obesity rate of 42%. It's no surprise that many have found a solution in weight loss drugs like Ozempic, Mounjaro, Wegovy, or Zepbound. Drugs that have gained popularity, especially among celebrities. But are these drugs effective? Perhaps. Are they safe? Maybe. What are the long-term effects? Well, perhaps that might be a question for another day. What is certain, though, is the timeless efficacy of a fitness routine and dietary measures.

TWO-FOLD SOLUTION

VISUALIZATION TOOL

1. Microsoft Excel
   - Accessible and easy to use
2. Power BI
   - More technical, but powerful for detailed visualizations
3. Tableau Desktop
   - High-end option for creating interactive dashboard.



SMART-WATCH AND FITNESS TRACKER

Budget Option: Fitbit Inspire Fitness Activity Tracker

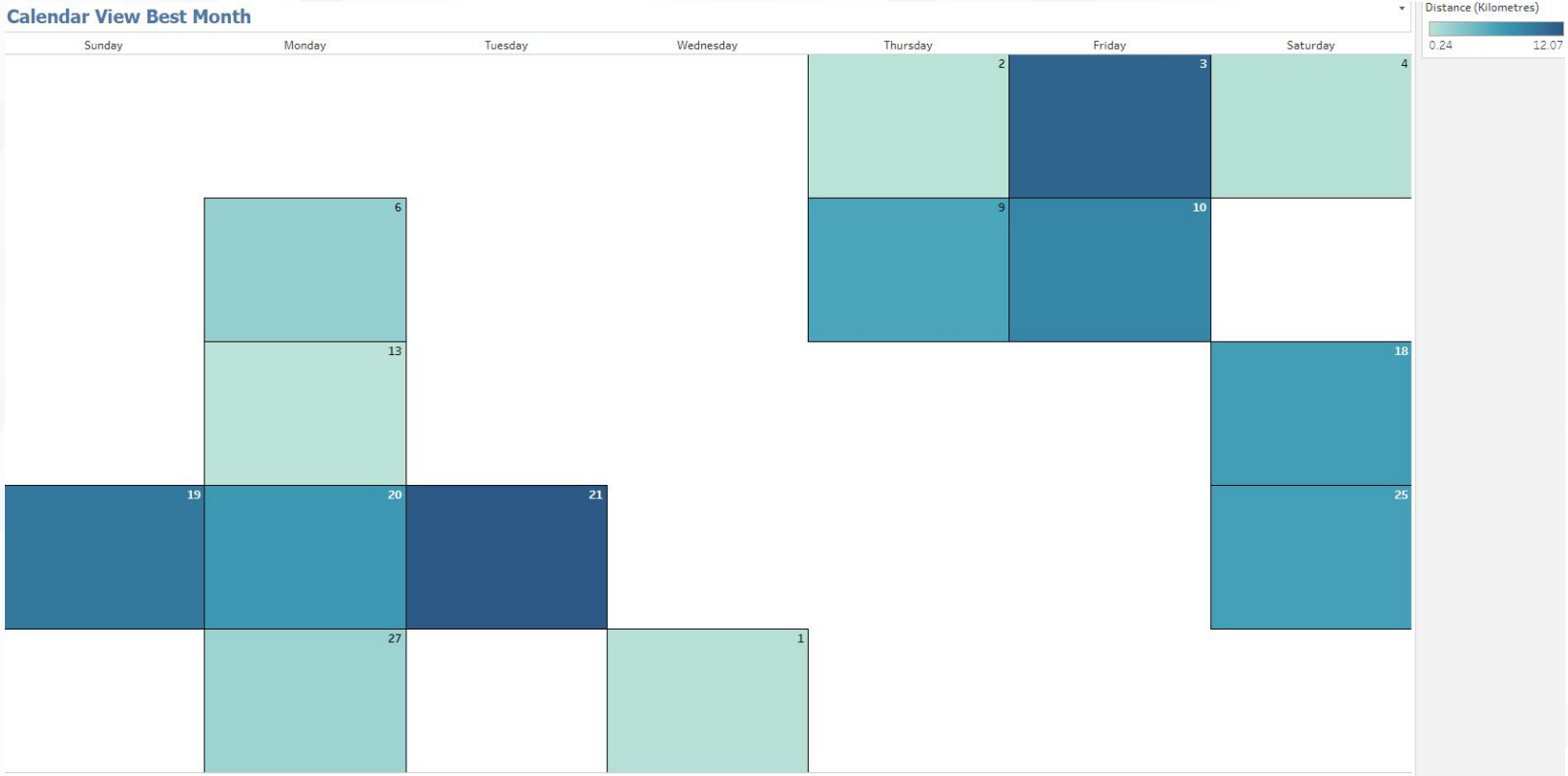
- Lightweight device

Higher End Option: Garmin Forerunner

- 2-week battery life

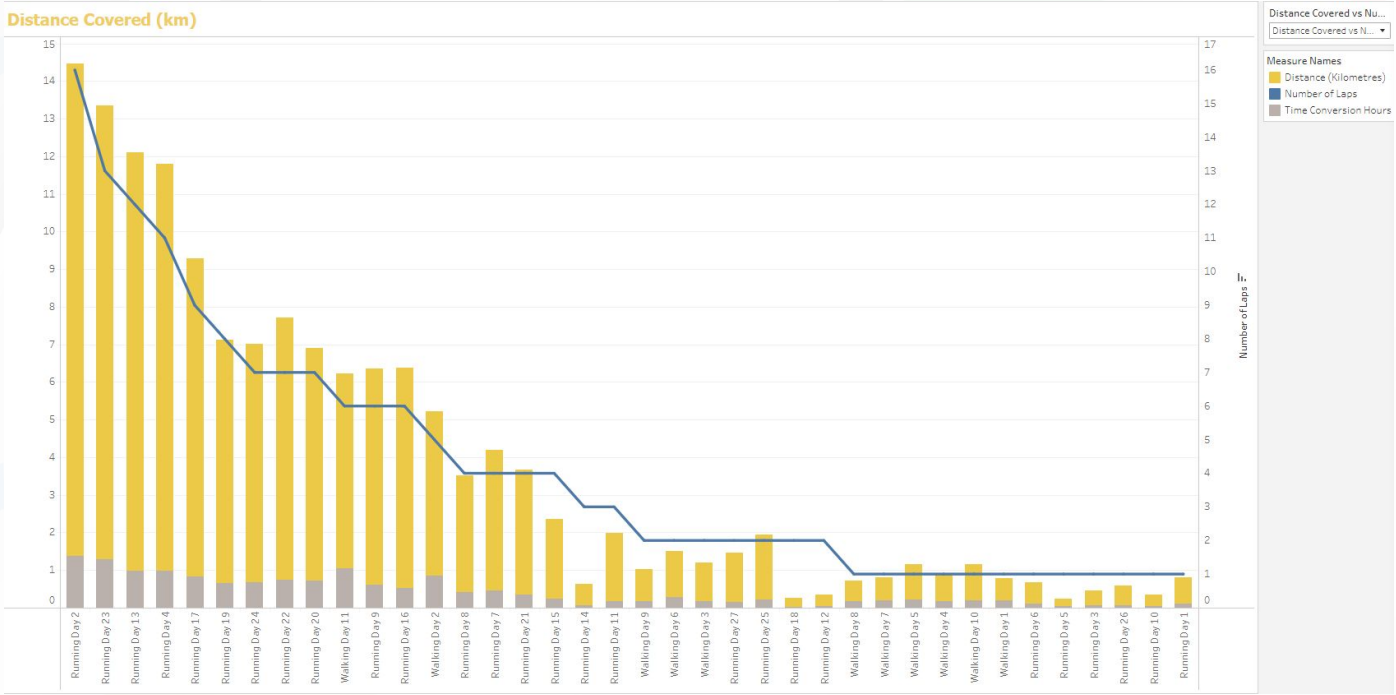
ANALYTICS AND INSIGHTS

STEP ONE: CALENDAR VIEW



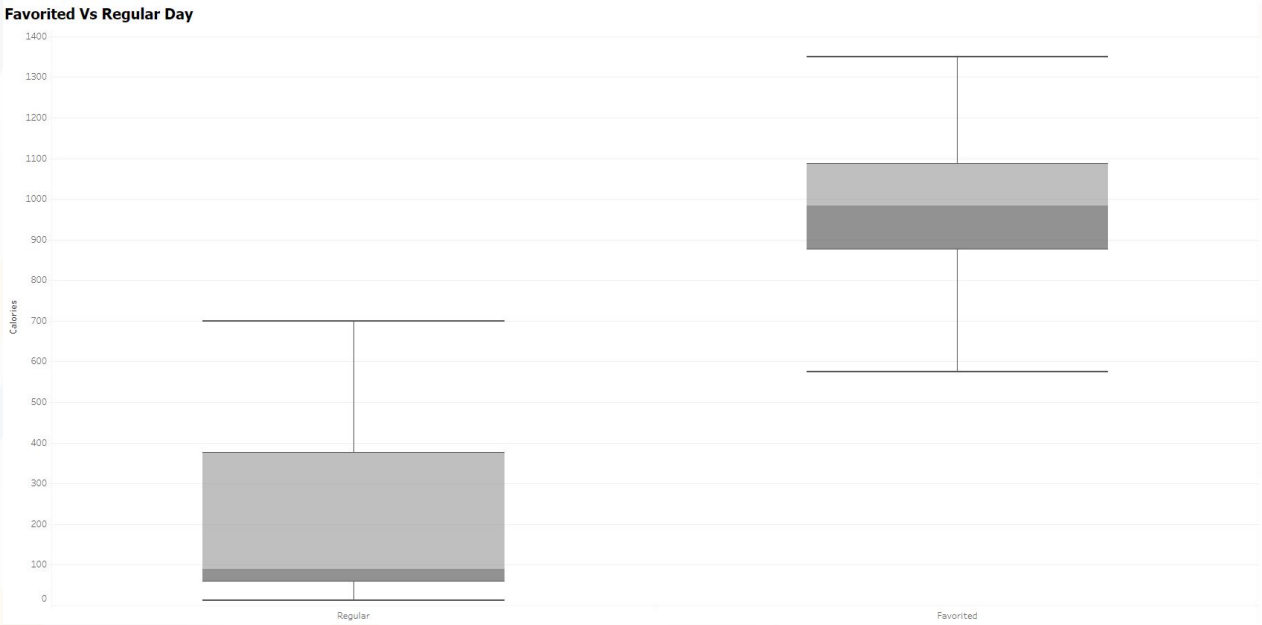
ANALYTICS AND INSIGHTS

STEP TWO: DISTANCE COVERED



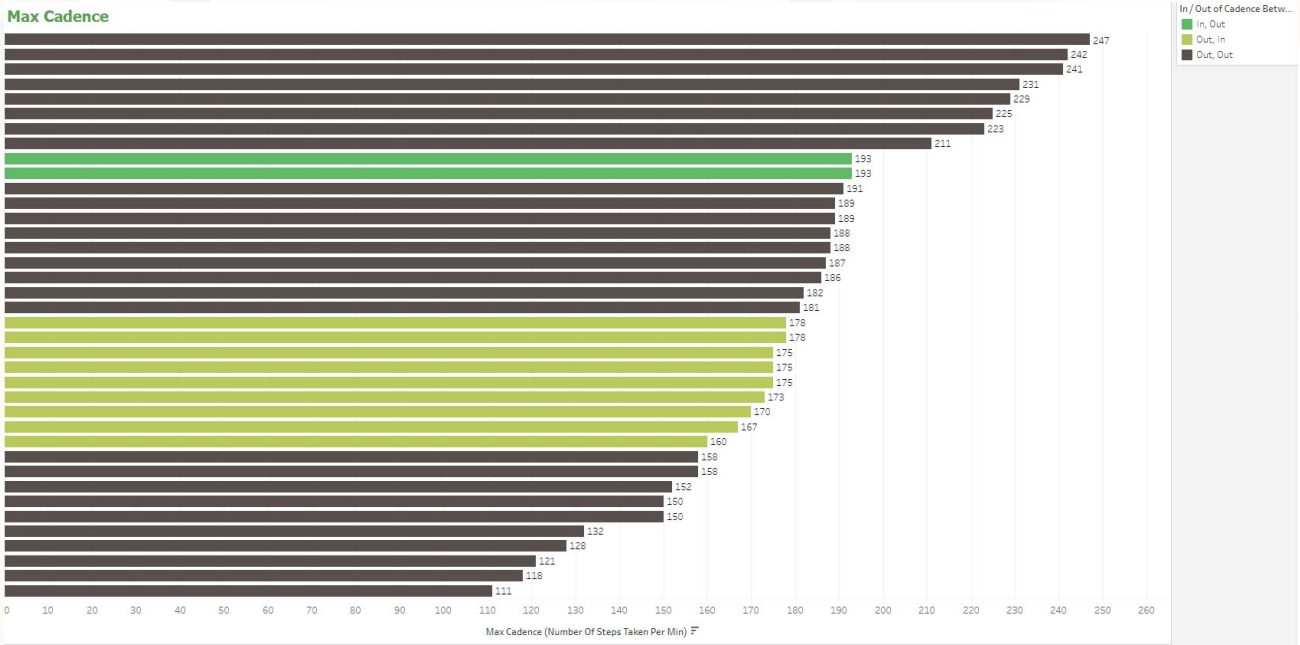
ANALYTICS AND INSIGHTS

STEP THREE: CALORIE COUNT



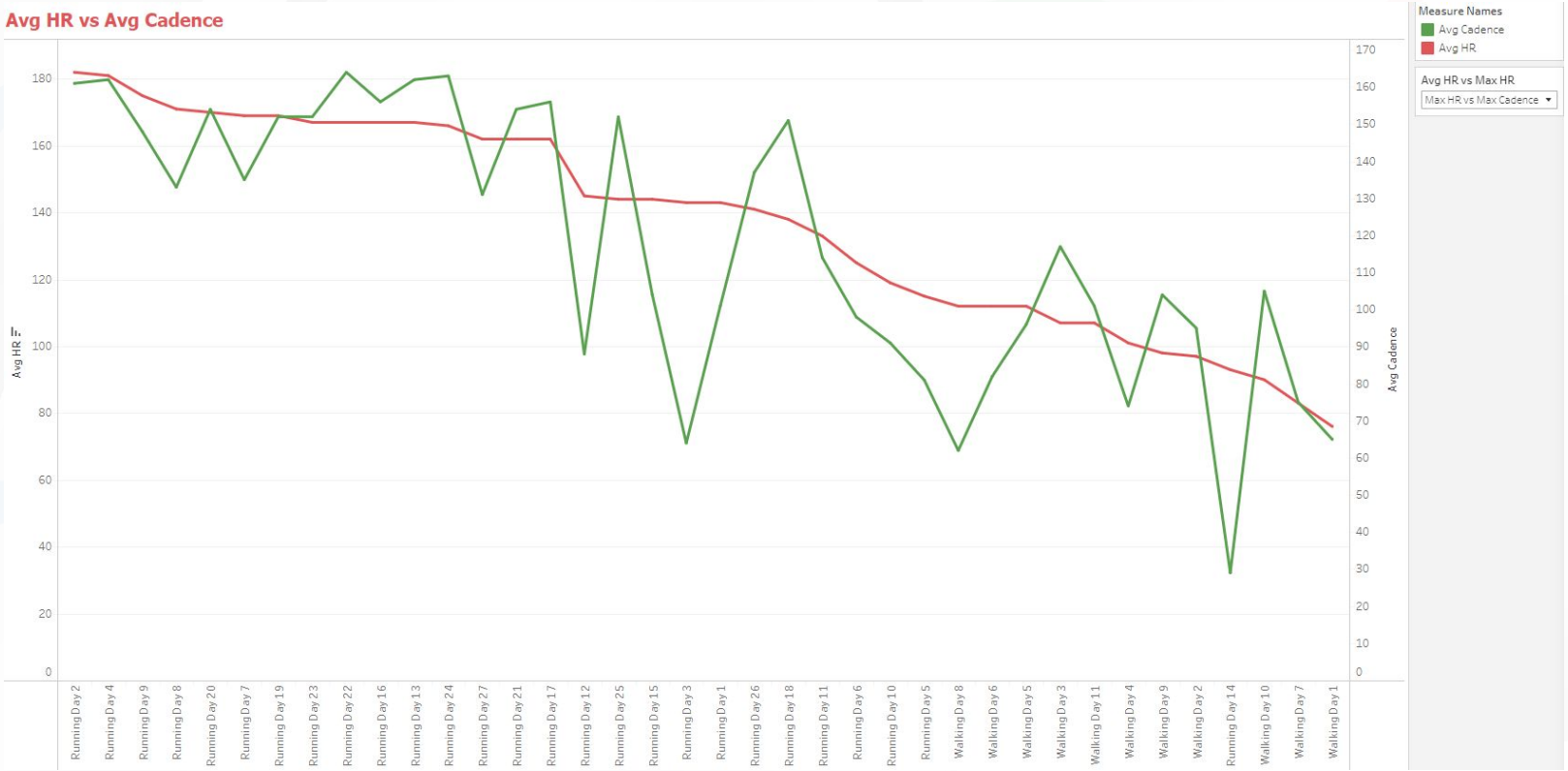
ANALYTICS AND INSIGHTS

STEP FOUR: MAX CADENCE

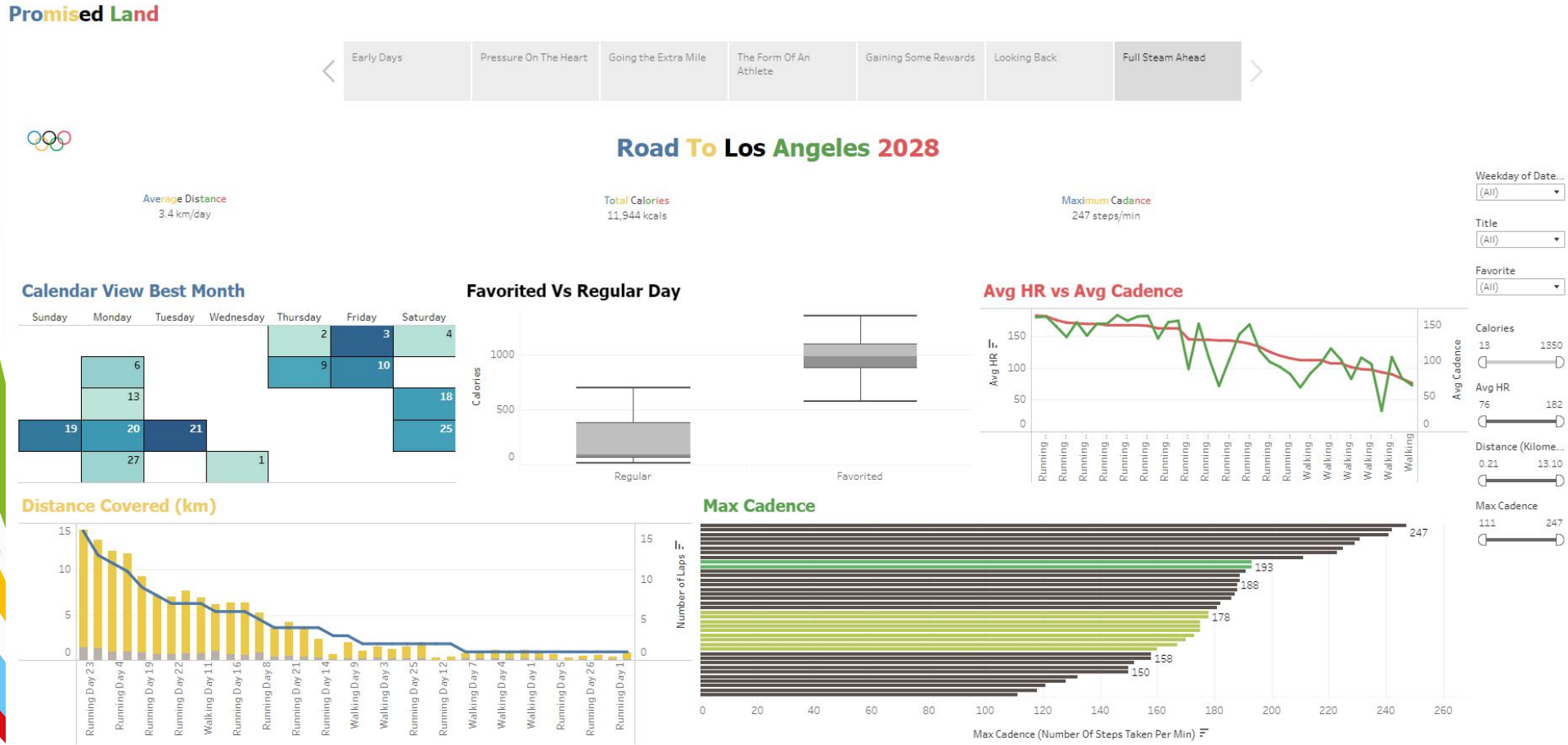


ANALYTICS AND INSIGHTS

STEP FIVE: HEART RATE



INTERACTIVE DASHBOARD: ALL TOGETHER



WANT TO KNOW MORE

Find out how to create fitness routines and seamlessly integrate them into your analytics to take your fitness to the next level.

https://deardatadiary.blogspot.com/

VIEW THE TABLEAU DASHBOARD IN REAL TIME

https://public.tableau.com/app/profile/pasi.gonese/viz/OperationLightningMcQueen/MagnumOpus

THANKS