


*logo



Welcome to EldaFit

Your journey to a healthier you starts here.

Email Address

 Enter your email

Password

Enter your password





☐ I confirm I am 40 years or older.

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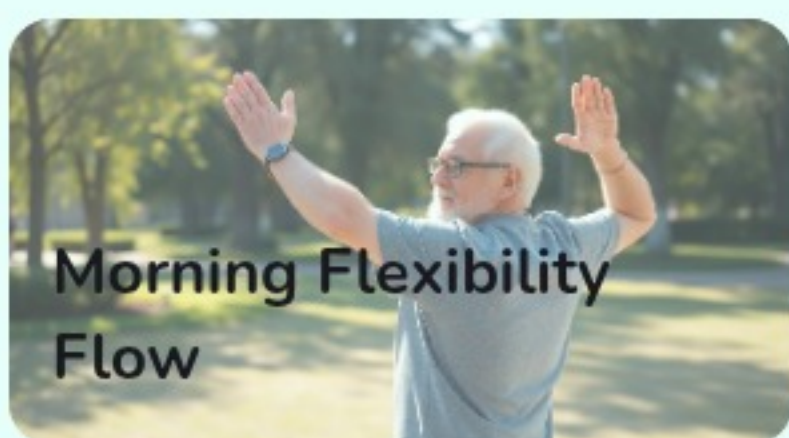
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Morning Flexibility Flow

Joint-Friendly | Gentle Cardio



75% Complete

Start Workout

Voice Guidance

On: Guiding you through workouts.



Your Progress Snapshot



15

Workouts Completed



345

Total Minutes



12 days

Longest Streak

View Full Progress

Quick Actions



Emergency Help



Educational Content



Exercise Library



Your Current Plan

Premium Monthly

Active until October 24, 2024

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Explore all premium features for 7 days, absolutely free.

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Monthly Access

\$9.99/month

- ✓ Full exercise library
- ✓ Progress tracking
- ✓ Guided workouts
- ✓ Access to educational content

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Annual Savings

\$99.99/year

- ✓ Save 20% annually
- ✓ All Monthly Access features
- ✓ Priority customer support
- ✓ Exclusive content updates

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Family Plan

\$19.99/month

- ✓ Up to 4 users
- ✓ All Annual Savings features
- ✓ Personalized family profiles
- ✓ Shared progress tracking

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Call Emergency Services

Dr. Anya Sharma

Family Doctor

+255 789 123456






Sarah Mbwana

Daughter

+255 678 567890







Safety Guidelines

-  Always warm up before exercise.
-  Listen to your body, stop if you feel pain.
-  Hydrate regularly throughout your workout.
-  Consult your doctor before starting any new routine, especially with existing conditions.
-  Use proper form to prevent injury, refer to the 3D guides.

Enable Audio Alerts



Using Emergency Features

-  Tap 'Call Emergency Services' for immediate professional help.
-  Add and manage custom emergency contacts in your Profile Settings for quick access.
-  If enabled, audio alerts will automatically notify your listed contacts during an emergency.
-  Familiarize yourself with local emergency numbers if traveling.



Injury Prevention

Learn how to protect your joints and prevent common fitness injuries with our comprehensive guides.

[Explore](#)

Joint Health

Expert advice on maintaining healthy joints, managing discomfort, and improving flexibility.

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Professional Guidance

Recommendations for when to consult a doctor or physical therapist for personalized advice.

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Pre-Workout Reminders



Warm-Up Essentials

A quick guide to essential warm-up exercises to

🕒 2 min read

[Read More](#)

Hydration & Nutrition Tips

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Exercise Form

Detailed guides with visual cues on proper exercise form to maximize benefits and minimize risk.

[Explore](#)

Dashboard



Library



Progress



Profile

Profile & Settings



Personal Information



Name

Amina Juma

Email

amina.juma@exi

Date of Birth

1975-03-15

Height

165 cm

Weight

70 kg

Fitness Goals

Strength Gain



Update Goal

App Language

English / Kiswahili



More Options



Subscription Management



Educational Content



Emergency & Help



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Library






Progress



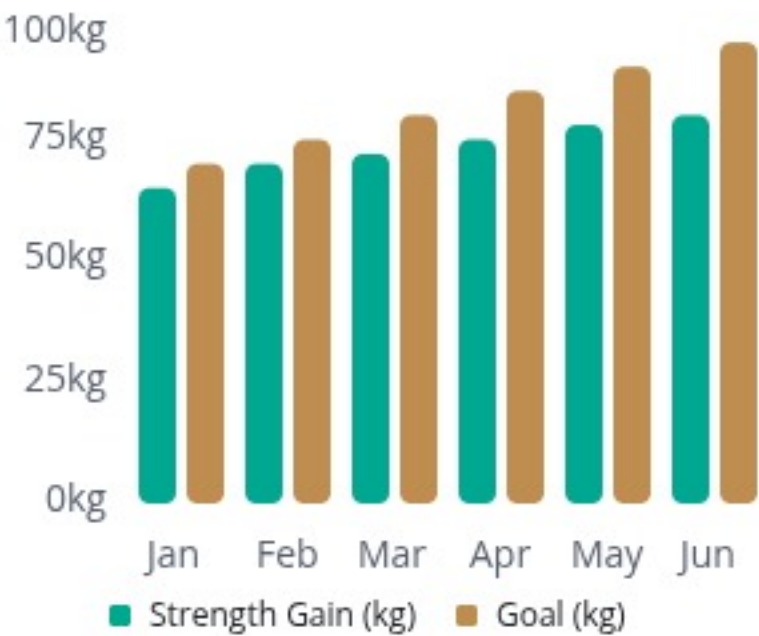
Profile



Your Progress Overview

 Total Workouts	42
 Average Duration	45 min
 Calories Burned	8,500

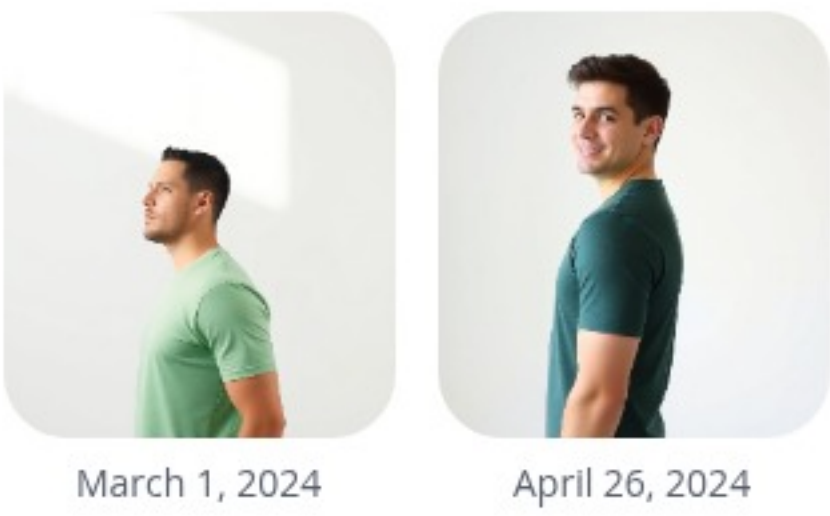
Strength Gains (Last 6 Months)




Endurance Progress (Minutes)





Weekly Photo Comparison





 Update Photos

Your Achievements

- First Workout
- 5-Day Streak
-  Cardio Pro
- Goal Setter
-  10-Day Streak
- Endurance Master

Workout Streaks


5
Current Streak (days)


12
Longest Streak (days)



01:30

Playback
Speed

0.75x

1x

1.25x

1.5x

Camera
Angle

Front

Side

3/4

Movement Guide: Knee-Friendly Squat

1. Stand tall with feet hip-width apart, shoulders relaxed.
2. Engage core muscles, keeping your back straight.
3. Slowly lower your body as if sitting into a chair, bending at the knees and hips.
4. Keep knees aligned over ankles, do not let them go past your toes.
5. Ensure your weight is in your heels, not the balls of your feet.
6. Lower until thighs are parallel to the floor, or as comfortable without strain.
7. Hold for 1-2 seconds, then slowly push back up to starting position.
8. Breathe out as you push up, breathe in as you lower.

✓ DO: Keep your chest up and shoulders back.

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Next Exercise



Previous Exercise

9:41



Exercise Library



Search exercises...



Joint-Friendly



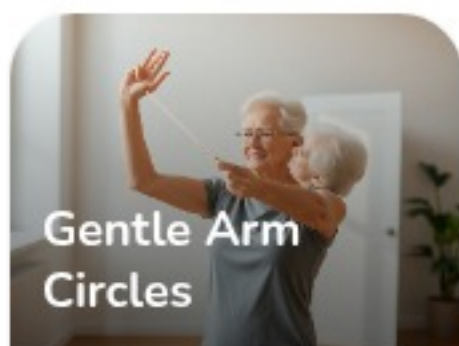
Strength



Flexibility

Recommended for You

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Gentle Arm
Circles

Beginner

Start Workout



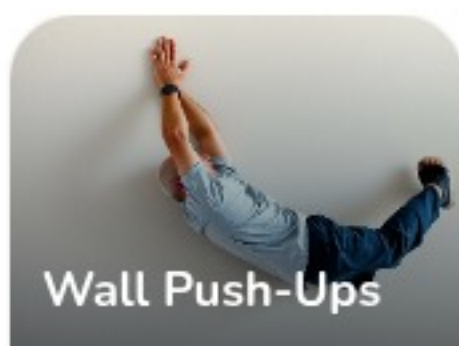
Seated Leg Lifts

Intermediate

Start Workout

Bodyweight Essentials

[View All](#) >



Wall Push-Ups

Beginner

Start Workout



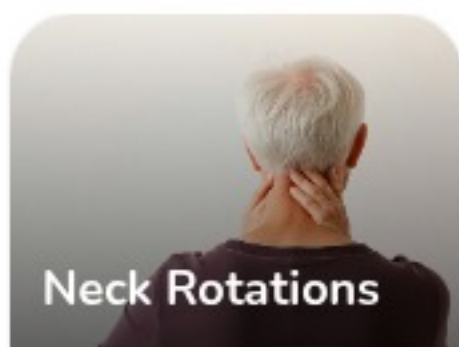
Chair Squats

Intermediate

Start Workout

Mobility Focus

[View All](#) >



Neck Rotations

Beginner

Start Workout



Ankle Circles

Beginner

Start Workout



Dashboard



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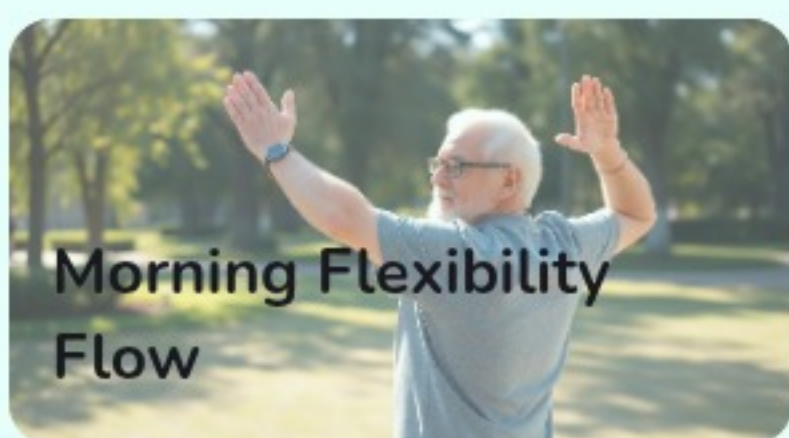
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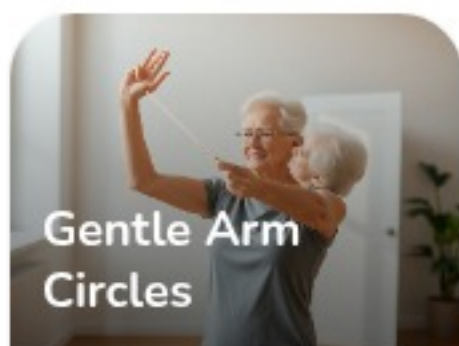
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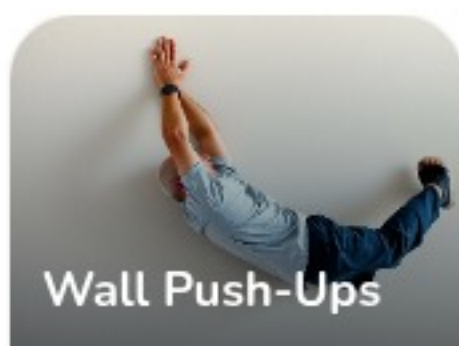
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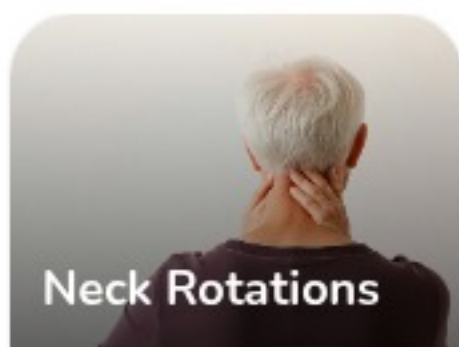
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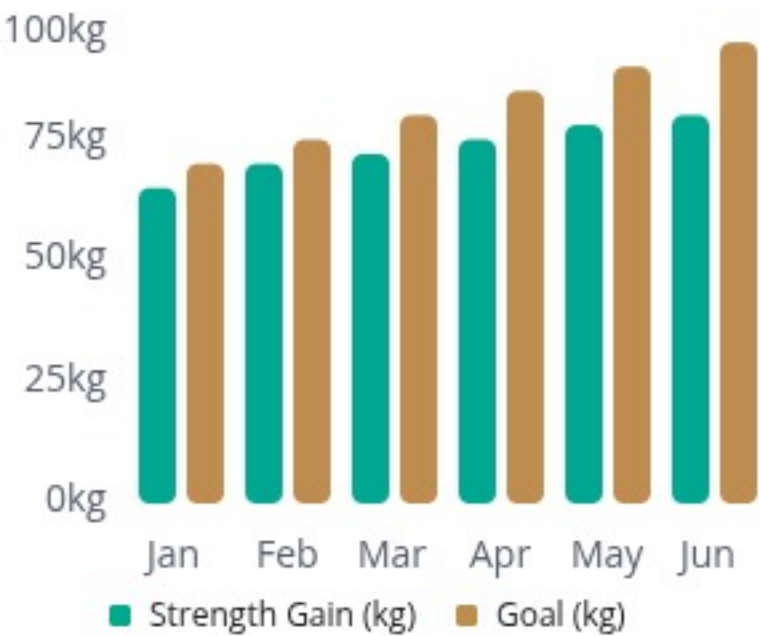
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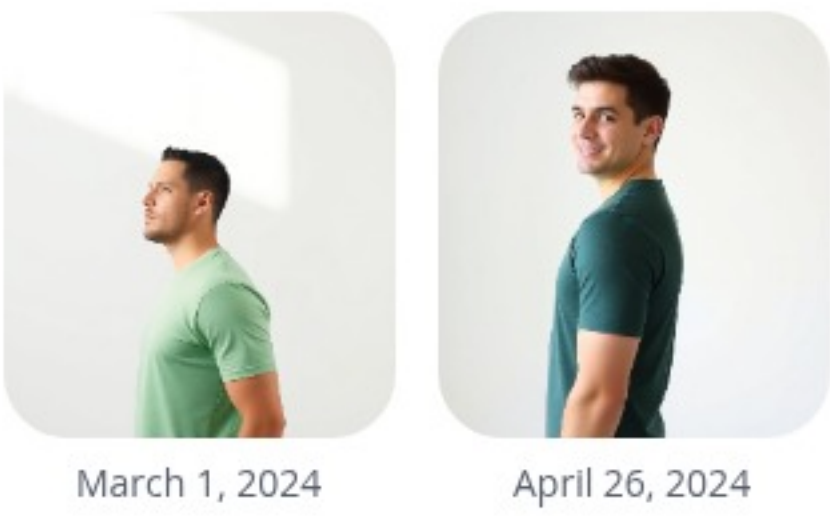
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