**Mahendra Engineering College,**

Namakkal

(Approved by AICTE, New Delhi, Affiliated to Anna University)

Department of Electronics & Communication Engineering

IBM NALAIYA THIRAN M

**PROBLEM STATEMENT**

### Project Name : AI-powered Nutrition Analyzer for Fitness Enthusiasts

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PROBLEMSTATEMENT

The amount of physical activity you need depends on your individual fitness goals and your current fitness level. It’s important to start within your abilities and listen to your body’s cues in terms of pain and injury. Obesity is a common health issue that is defined by having a high percentage of body fat. Being overweight or obese increases your chances of dying from hypertension, coronary heart disease, sleep apnea, and endometrial, breast, prostate, and colon cancers. Junk foods are high in calorie but low in nutrition value and lead to an excess metabolic weight leading to obesity. An obese individual is prone to life-threatening diseases which are not only limited to cholesterol or diabetes but also can cause stoke and NCDs. Overtraining may wear down the immune system. It Increases cardiovascular stress. Incorrect workouts may cause sprains, strains, fracture and other painful injury.

SOLUTION:

To overcome these problems, we should do proper diet and exercise. Obesity prevention begins at a young age. It’s important to help young people maintain a healthy weight without focusing on the scale. Build early relationships with healthy foods- Encourage your child to try a variety of different fruits, and proteins from early age. As they grow older, they will like to add healthy foods in their diet. More physical activity can help prevent obesity. You might learn weight training techniques by watching your friends or others in gym. If you are in beginning of training better to consult a physical therapist, athletic trainer or other fitness specialist. And double check your technique and identify any changes you need. Learn to do each exercise correctly. Better to avoid junk foods and better to intake nutrition foods. A healthy diet maintain or improves overall healthy life.