Artificial intelligence (A.I.) is beginning to be a daily part of our lives. Its usages vary, but one usage I feel it would be helpful in is supplemental weight loss support. This could be completed based on personalized metrics per user & custom-tailored meal prep plans. Additional parameters could be to further refine A.I. assistance such as desired weight loss goal, food preferences, & measured eating habits. A.I. could provide meal suggestions that are both practical & effective. Machine learning algorithms play a pivotal role in refining these recommendations over time as they learn from the user’s habits. This could be updated anywhere from daily to monthly changes based on progress.

Tracking calories & the user’s nutrient intake is another essential feature offered by A.I. Applications powered by A.I. will be to track food consumption by various methods, such as barcode scanning, photo recognition, & manual user input. Of course, not without limitations, user taking a photo of the food will allow A.I. to estimate calories, macronutrients, & portion sizes. Deeper learning will assist to make tracking effortless & accurate, while building up a potentially shared database.

If wearing a fitness tracker or smart watch, A.I. could be used to input reminders to monitor physical activity & send small workout suggestions or reminders. The watch could periodically send suggestions based on current activity levels, like Samsung Health & the Samsung watch ecosystem. If a user has been inactive, suggestions of stretching or taking a brief walk to keep the body limber.

One of the most impactful ways A.I. supports weight loss is by analyzing behavioral patterns to identify and address challenges such as overeating or a lack of activity. Predictive analytics and sentiment analysis enable A.I. to detect emotional or environmental triggers that may lead to unhealthy habits. An example could be stress-induced eating, which would be detrimental for the end-user. If this happened to reoccur, the A.I. could suggest relaxation techniques as these changes are detected. Addressing the underlaying caused would be more beneficial in the long run, towards healthier lifestyle habits.

Anyone who is working on a weight loss journey, loves to see their progress. Whether this be through graphs, charts, numbers on the scale, people love their progress. Users can monitor their weight, body measurements, & and other health metrics while the A.I. systems display the information in a progressive manner. Such feedback is instrumental in maintaining motivation and guiding users toward their goals.

The use of A.I. can extend well past physical health. Issues like emotional & mental health also affect weight loss, or more weight gain, detrimental to the user’s end goal. Virtual coaches & interactive chat bots offered by health services can provide motivational messages, remainders, & constructive feedback for the users. Rewarding or celebrating such milestones could further support the user, as these are human-like interactions that support.

Finally, A.I. can serves as an educational tool by delivering educational articles about weight loss, new studies in health fitness, or recipes if the user so requests it. These content recommendation engines adapt to individual preferences, making learning both engaging and relevant.

By integrating these capabilities, A.I. transforms the weight loss experience into a highly personalized and supportive process. Having the ability to adapt to an everchanging user, learn new habits, & support the end user make sit a great assistant for those striving for that perfect look, or healthy change in lifestyles habits.

**Sources**

Khokhar, S., Holden, J., Toomer, C., & Pairigi, A. D. (2024, April 4). *Weight loss with an AI-powered digital platform for Lifestyle Intervention*. Weight Loss with an AI-Powered Digital Platform for Lifestyle Intervention. https://pubmed.ncbi.nlm.nih.gov/38573389/

Overfelt, M. (2023, June 29). *Ai can coach you to lose weight. but a human touch still helps.* Stanford Graduate School of Business. https://www.gsb.stanford.edu/insights/ai-can-coach-you-lose-weight-human-touch-still-helps

*How AI helps employees achieve sustainable weight loss*. Found. (2024, August 22). https://joinfound.com/resource-center/ai-weight-loss-for-employees

Mustafa, H. A. M. A. (2024, February 28). *Artificial Intelligence, Generative A.I, and how it helps in weight loss*. LinkedIn. https://www.linkedin.com/pulse/artificial-intelligence-generative-ai-how-helps-weight-aidillah-o8fwc/