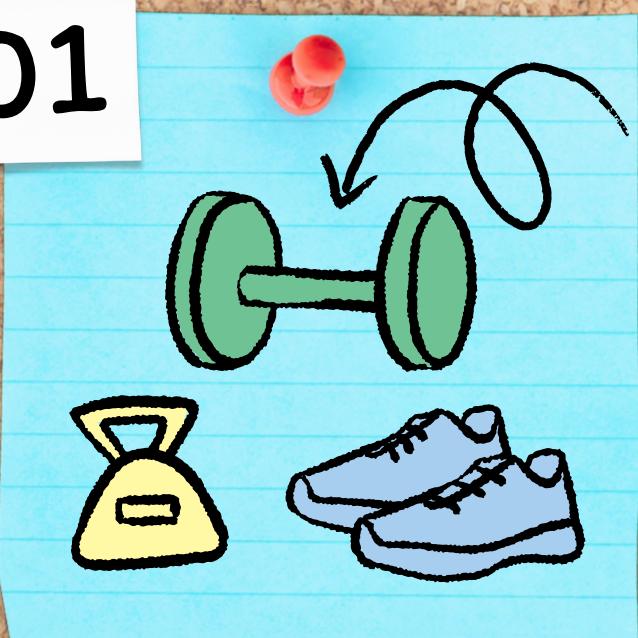




"FITIA: PERSONALIZED HEALTH AND WELLNESS PLATFORM BASED ON DATABASES

01



introduction

- "Fitia" is an application designed to improve people's health and well-being through personalized exercises, meal plans and progress tracking. Users can create a profile, set health goals and receive recommendations tailored to their needs. With "Fitia", transform your lifestyle and achieve your health goals effectively and sustainably.

interested people

- End users: people interested in improving their physical condition and health.
- Developers and administrators of the "Fitia" app.
- Support and customer service staff

02



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benefit and added value

- Improvement of the health and well-being of users.
- Personalization and adaptability of exercise routines and meal plans.
- Access to advice and recommendations based on updated and reliable information.



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Objectives

- Improve the physical condition and health of users.
- Provide personalized exercise routines and meal plans.
- Monitoring and analyzing user progress.

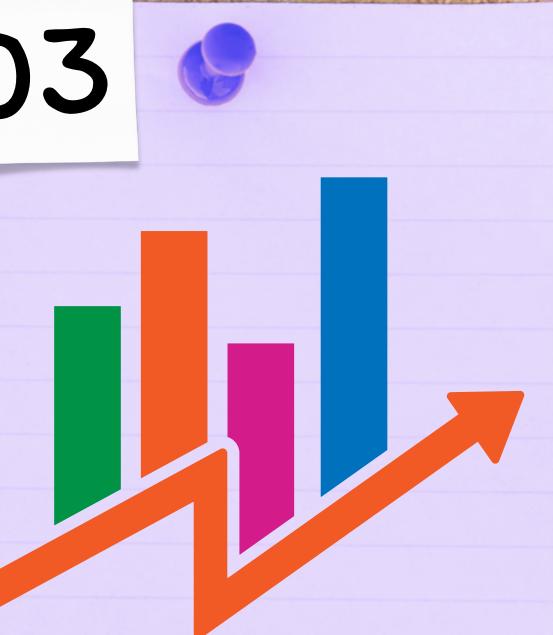
main features

- Registration and creation of personalized user profiles.
- Personalized exercise routines and meal plans.
- Progress monitoring and statistics analysis.
- Health and wellness tips related to exercise and nutrition.

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operation and value to the company

- 1.Increase in User Base.
- 2.Customer loyalty.
- 3.Data Generation and Information Analysis.
- 4.Differentiation and Competitiveness in the Market.
- 5.Resource Optimization and Operational Efficiency.
- 6.Collaboration and Strategic Alliances.