



"FITIA: PERSONALIZED HEALTH AND WELLNESS PLATFORM BASED ON DATABASES

01



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.