HEALTH AND FITNESS

Fitness Salahkar

Abstract idea (Mobile and Web App)

At a time when obesity is on the rise, when most of the day is spent on a desk, staring on various digital screens, we are neglecting the most important thing in life: HEALTH.

Why is it needed?

- Lack of awareness of fitness
- Lack of proper nutrition and diet
- A one stop solution which combines exercise and diet
- Everybody is conscious of their fitness but do not know where to start

What?

We propose 'Fitness Salahkar' – an application with a goal of keeping the user fit and healthy by keeping a track of the user's diet and monitoring their workout.

How?

We would require the following basic inputs from the user:

1. Height
2. Weight
3. Age
4. Gender
5. Any health issues (Diabetes, Blood Pressure, Asthma, etc.)
6. Allergies to any particular food ingredient
7. Vegetarian/Non Vegetarian/Vegan

We would calculate the user's BMI (Body Mass Index). The aim of the app is to keep the user's BMI in the normal range so that the user remains fit.

Depending on the user's BMI, the app would generate a diet as well a workout plan. The plans will be on the weekly basis. The user would be asked to update his/her details weekly in order to keep record of the progress. Regular notifications will be sent to motivate, encourage and remind the user.

The **diet plan** would include recipes for breakfast, lunch, snacks and dinner. At the end of day, the user will be asked to validate, if he/she followed the diet plan or not.

If the user consumed anything that was not in the diet plan or if the diet was not consumed completely, a rough amount of calorie consumed will be generated.

The recipes provided would be locally sourced and maintained depending upon the user's location, the seasonal availability of ingredients and personal choices like South Indian, Punjabi food, etc. The user would be allowed to rate every recipe that he/she uses to improve recommendations in future. The user would also be able to keep track of the amount of water consumed daily- to ensure that the volume consumed is in accordance with the existing health standards.

Weekend special like feature could be added in which fast food or something like that could be suggested if the user followed the plan throughout the week. *Because who does not love a cheat meal?*

The **workout plan/Yoga plan** would include a list of exercises depending on the user's BMI. Along with the exercises, a short video will be there explaining and describing the user on how to perform the exercise. Also a short description about the exercise and how it will benefit will be provided. The user would be asked what all exercises he/she did and did not do from the list. Depending on the answer, a rough amount of calorie lost will be generated.

This workout plan would also be flexible depending on the user's responses to the previous exercises and **regular feedback** that would be sourced from the user at regular intervals.

The exercises and recipes will be generated considering the user's allergies, diseases and physical health.

A statistics section will be provided in the app. This would allow the user to check his/her progress regularly. The details will be presented in an attractive manner using pie, bar charts and progress bars.