Abstract

Considering that the United States is one of the leading countries in obesity, it is vital that there should be an abundance of platforms available for people to maintain a healthy lifestyle. One of the main factors of maintaining a healthy weight is by exercising often and while this may seem like a boring and laborious task. While there are numerous fitness applications available, most of these applications don’t have the spice to make exercising enjoyable. That said, we are coming up with a fun and exciting application, Gymmie, to motivate people to exercise. The purpose of our fitness application is to construct a user-friendly experience for the consumer, the platform itself incorporates a distinctive type of learning protocol such data sciences centered on injuries and self-performance.