A.I-POWERED PRECISION FITNESS AND HEALTHCARE: A PERSONALIZED PATH TO WELL-BEING

Md Omar Mukhtar
School of Computer science and Engineering
REVA University
Bengaluru, India
mdmukhtaromar75@gmail.com

Faizal Hussain
School of Computer science and Engineering
REVA University
Bengaluru, India
faizal03hussain@gmail.com

Kushal V
School of Computer science and Engineering
REVA University
Bengaluru, India
kushalvenkatesh6363@gmail.com

Umesh Khamitkar
School of Computer science and Engineering
REVA University
Bengaluru, India
umeshk1235@gmail.com

***Abstract*— The importance of fitness and health is growing, as evidenced by the fact that 70% of people globally are overweight or obese, and the global rotundity rate has nearly tripled since 1975. Unhealthy diets are a major contributor to the rising global prevalence of noncommunicable diseases such as cancer, diabetes, and heart disease, emphasizing the vital need to treat them. This has resulted in the development of Recommendation Systems (RS) in healthcare, a burgeoning discipline that harnesses the benefits of personalized suggestions to assist people in making health decisions. This study emphasizes the importance of holistic health, highlighting the intricate relationship between physical and internal health, to help with complaint and improve overall vitality. Given the importance of eating a good diet and exercising regularly. Exploration investigates the far-reaching benefits of bad food on impunity, complaint vulnerability, and overall health, which in turn influences productivity. In response to these difficulties, the study proposes a cutting-edge AI-based acclimatized healthcare outcome. This program's intelligent design increases impunity over a wide range of demographic profiles by providing validated salutary advice according on age and health concerns. The goal of the investigation is to shed light on the complex relationship between exercise, diet, and health while providing a unique and individualized outcome that will empower individuals. The application utilizes OpenAI's GPT-3.5 model to generate highly personalized diet and exercise plans based on user inputs, including fitness goals, dietary preferences, and training styles. Its superiority lies in the AI's capacity to deliver detailed and context-aware recommendations, fostering a tailored and flexible approach, while also providing visual guidance through integrated exercise videos for an enhanced user experience.**

Keywords- Personalized Healthcare Solution, Holistic Health, AI-Driven Personalized Diet and Exercise Model Personalized Healthcare Application, Interconnectedness of Physical and Mental Health.

1. Introduction

In the US and around the world, rotundity is a major health issue. American adults attempted to lose eighty billion dollars' worth of weight in 2013. Following that, the National Institutes of Health stated that 175 million adults in America, or roughly 70 percent, were "fat or fat." Of American adults, 49 were "trying to lose weight" in 2018.According to the encyclopedia, roughly 23% of adults "above the age of 18" did not exercise sufficiently in 2010, and "inadequate physical exertion is one of the leading causes" of death globally [1].

Good health and a long life are guaranteed to those who borrow them by a balanced diet and physical activity. A healthy diet suggests that a person should only eat foods that meet their specific needs for vitamins, minerals, healthy fats, proteins, and carbohydrates in a balanced manner. Adopting such a diet enables one to maintain good health, which lowers the risk of illness. The US Department of Health and Human Services reports that because of poor diets, 33.8 percent of adults and 17 percent of children and adolescents in the US are obese. This can also result in serious health risks, such as heart disease, hypertension, type 2 diabetes, and other ailments [2].

Many do not know how to exercise or what to eat to maintain a healthy lifestyle. A poor diet is said to be the cause of illness in almost 70 percent of adults. The technology known as artificial intelligence enables natural language communication between humans and machines. It gathers and analyzes the stoner's data to suggest a diet plan to them. Therefore, drug users can save time by not having to see a dietitian. If done correctly, this will assist regular people in better managing their health [3].

Online health communities, also known as OHCs, are social media groups that connect drug users with similar interests in health operations. Individuals are using CSOs less frequently to connect with others in similar situations, learn about their ailments, and become familiar with treatment protocols due to their accessibility. OHCs typically provide drug users with eye-catching health care interventions to encourage a healthy lifestyle and improve adherence. Examples include programs or behavioral treatment plans that assist individuals in adopting healthful eating and exercise routines [7].

Similar data, such as height, weight, and age, must be submitted to the model. In this sense, the system also proposes diets depending on the stoner's information. The technology collects and analyzes data from stoners to recommend a diet plan to them. Drug users can save time by acquiring the necessary diet with a single click and avoiding the need to consult with a nutritionist. The system produces more precise results since it examines the data provided by the stoner using operation-specific parameters and provides a diet plan based on that knowledge.

2. LITERATURE SURVEY

To date, many strategies have been used to advise diets based on user data and nutritional information. [12] In the current system, AHP (Analytic Hierarchy Process) sort is utilized as a multi-criteria decision analysis approach to screen out meals that are improper for the current user characteristics. AHP may turn values like price, weight, or area, as well as more ethereal ideas like sentiments, preferences, or enjoyment, into quantifiable numerical correlations. It then uses an optimization-based strategy for constructing menus that focuses on maximizing user preferences over the proposed items, ensuring that the recommended foods fulfill the appropriate nutritional standards, and adhering to a predefined menu design.

The primary emphasis of this research paper is the design and implementation of a smart healthcare system for Taiwanese college students. [13] Using technology, students can receive personalized guidance based on their age, gender, favorite meals, and exercise preferences to help them track their physical activity and diet. The system comprises a mobile application that collects user information and sends it back to an Apache server so that medical workers can access it in the event of an emergency. to aid patients in improving their health, making it easier for medical practitioners to offer timely recommendations.

The authors of this study propose an American Indian patient-specific diabetic self-care advice system. [14] The purpose of this approach is to guide people in maintaining a healthy lifestyle so that they can control their diabetes. The suggested automated system provides patients with personalized health advice based on information gathered from them. This data (information about the patient's surroundings) is made up of the patient's health history, preferences, culture, socioeconomic situation, and background information. The system achieves this using an ontology-based knowledgebase, which is a collection of organized and structured data, and a collection of semantic rule sets, which are a collection of established rules that describe how the system should work.

This study's authors are interested in giving individualized diet regimens based on the user's nutritional data and physical condition. Random Forest techniques and K-Means clustering were chosen as methodology. Recommendations are developed by considering elements that are closely related to the user's preferences and wants. Machine learning is stressed for comprehending data structures and turning them into models that humans can understand. Machine learning, as opposed to traditional computational approaches, allows computers to train on data inputs, applying statistical analysis for decision-making automation [3].

Model Interpretability: The interpretability of the generated models, especially Random Forest, might be challenging. Understanding how the system arrives at specific recommendations may be crucial for user trust and acceptance.

Data Quality and Relevance: The effectiveness of the system heavily relies on the quality and relevance of the datasets used. Outdated or biased data may lead to inaccurate recommendations.

User Compliance: The success of the system depends on users' compliance with the provided diet recommendations. Ensuring user adherence to the suggested dietary plans poses a practical challenge.

Individual Variability: Individuals have unique nutritional requirements, and a one-size-fits-all approach might not cater to everyone's needs. Addressing individual variability in nutritional needs could be challenging.

Privacy Concerns: Given that the system relies on user-specific data, ensuring privacy and security in handling sensitive health-related information is crucial. Clear communication and robust security measures are essential.

Algorithm Robustness: The robustness of the employed algorithms, especially in handling diverse and dynamic datasets, needs validation. Ensuring that the system performs well across various user profiles and dietary preferences is important.

User Engagement: The success of the system also hinges on user engagement. Encouraging users to consistently provide accurate inputs and follow the recommended dietary plans might be a challenge.

Scalability: The system's scalability, especially as the user base expands, requires consideration. Ensuring that the system can handle a growing number of users while maintaining performance is essential.

3. METHODOLOGY

The methodology employed in the development of this AI-driven personalized diet and exercise model combines the Streamlit web application framework and OpenAI's GPT-3.5-turbo model. This synergistic approach allows for the creation of an interactive, visually appealing, and personalized user experience.

3.1 Streamlit for a User-centric Interface

The Streamlit framework plays a pivotal role in crafting an engaging and user-friendly interface. Its capabilities enable the creation of interactive elements and visually appealing layouts that enhance the overall user experience.

Streamlit provides flexibility in setting configuration parameters, such as page title, icon, layout, and sidebar state. These parameters contribute to the organization and consistency of the application's structure. Additionally, HTML styling is employed to introduce a fitness-themed background image, creating an immersive and motivating backdrop for the application.

Diverse input widgets are embedded within the interface, allowing users to specify their fitness goals, dietary preferences, training styles, and biometric information. These inputs serve as the foundation for generating personalized plans tailored to each user's unique needs and preferences.

3.2 OpenAI's GPT-3.5-turbo for Personalized Plans

OpenAI's GPT-3.5-turbo model stands at the heart of generating personalized workout and diet plans. This powerful language model utilizes its vast knowledge base and contextual understanding to create recommendations that align closely with user input.

Secure access to the GPT-3.5-turbo model is facilitated through user-provided OpenAI API keys. This mechanism ensures that only authorized individuals can utilize the model's capabilities, safeguarding user privacy.

The generate plan function orchestrates a natural dialogue between the user and the system, mimicking a conversational interaction. This approach enables the model to gather comprehensive information from the user, leading to more personalized and effective plans.

The processed conversation is then submitted to the GPT-3.5-turbo model, which responds with detailed workout and diet plans tailored to the user's specifications. These plans provide users with a structured approach to achieving their fitness objectives.

3.3 Fitness and Nutrition Planning: A Comprehensive Approach

The methodology encompasses a comprehensive approach to fitness and nutrition planning, ensuring that users receive personalized recommendations for both their physical activity and dietary habits.

The calculate TDEE function determines the user's Total Daily Energy Expenditure (TDEE). This crucial parameter provides a baseline for tailoring both workout and diet plans. The Mifflin-St Jeor Equation is utilized to convert user inputs, such as height, weight, age, and activity level, into a personalized TDEE value.

The Mifflin-St Jeor equation is a widely used formula for estimating a person's basal metabolic rate (BMR), which is the amount of energy they burn at rest. The equation was developed in 1990 by researchers at the University of Nevada School of Medicine.

The formulas for the Mifflin-St Jeor equation for men and women:

Men:
BMR = (10 x weight in kg) + (6.25 x height in cm) - (5 x age in years) + 5

Women:
BMR = (10 x weight in kg) + (6.25 x height in cm) - (5 x age in years) – 161

Once the BMR is calculated, it is multiplied by an activity factor to estimate your total daily energy expenditure (TDEE). Activity factors range from 1.2 (for very little activity) to 1.9 (for very active people) , Activity factors with respect to Activity levels are depicted in Table-1.

Table-1: This table indicates various Activity levels with their Activity Factors.

ACTIVITY LEVEL	ACTIVITY FACTOR
Sedentary (little or no exercise)	1.2
Lightly active (light exercise or sports 1-3 days per week)	1.375
Moderately active (moderate exercise or sports 3-5 days per week)	1.56
Active (hard exercise or sports 6-7 days per week)	1.725
Very active (very hard exercise or sports 6-7 days per week and physical job)	1.9

For example, if a 30-year-old man weighs 75 kg (165 lbs.) and is 180 cm tall (6 feet), his BMR would be:

BMR = (10 x 75) + (6.25 x 180) - (5 x 30) + 5 = 1853 calories per day

If he is moderately active, his TDEE would be:
TDEE = 1853 x 1.55 = 2852 calories per day

This means that he would need to burn about 2852 calories per day to maintain his weight. If he wants to lose weight, he will need to burn more calories than he eats.

Conversely, if he wants to gain weight, he will need to eat more calories than he burns.

The Mifflin-St Jeor equation is a reasonably accurate way to estimate BMR for most adults. However, it is important to note that it is just an estimate and may not be accurate for everyone. For example, people with a lot of muscle mass may have a higher BMR than the equation predicts.

Users are empowered to set specific goals, including dietary preferences, fridge contents, and preferred training styles. These goals provide valuable insights into the user's unique circumstances, enabling the GPT-3.5-turbo model to generate plans that align with the user's needs and preferences.

The generated plans provide day-to-day workout and diet details, offering users a structured approach to achieving their fitness objectives. This breakdown into daily plans ensures that users can easily incorporate the recommendations into their routines.

3.4 Enhancing User Experience: Multimedia and Error Handling

The methodology prioritizes user experience by incorporating multimedia components and robust error handling mechanisms.

To further enhance the user experience, video players are embedded within the application to provide visual examples of recommended exercises. This integration allows users to gain a better understanding of the exercises and effectively execute them.

Robust error handling mechanisms are implemented to ensure a smooth and frustration-free user experience. Clear error messages are displayed, guiding users to complete essential information, rectify any inconsistencies in their input, or provide additional context as needed.

4. VISUAL WORKFLOW

Start

⬇

User input: fitness goals, dietary preferences, training styles, and biometric information

⬇

Calculate TDEE using Mifflin-St Jeor Equation: Generate conversation between user and system using generate plan function.

⬇

Submit conversation to GPT-3.5-turbo model: GPT-3.5-turbo model generates detailed workout and diet plans.

⬇

Provide day-to-day workout and diet details to user: Embed video players within application to provide visual examples of recommended exercises.

⬇

Implement robust error handling mechanisms: with clear error messages.

⬇

End

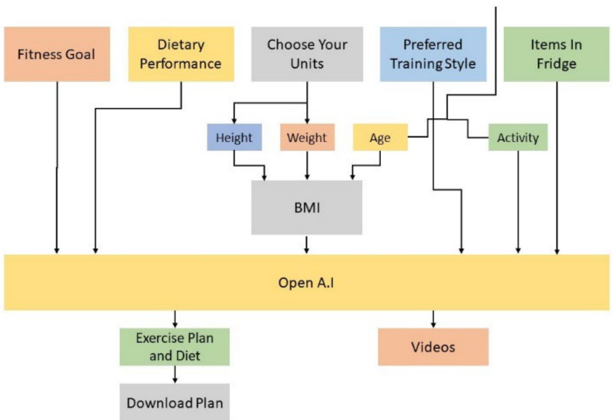
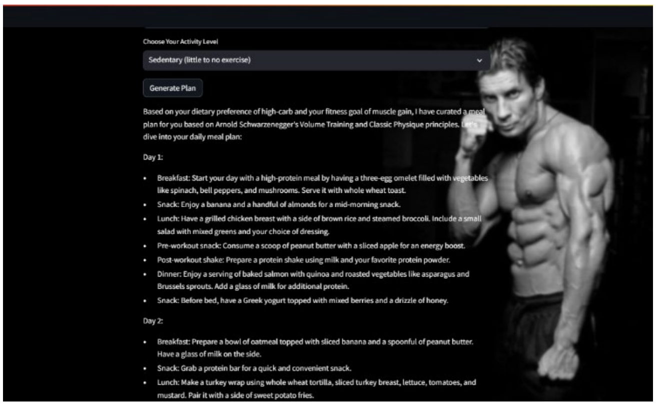
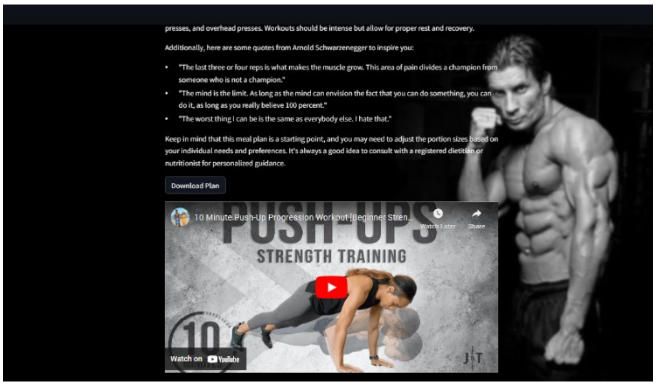


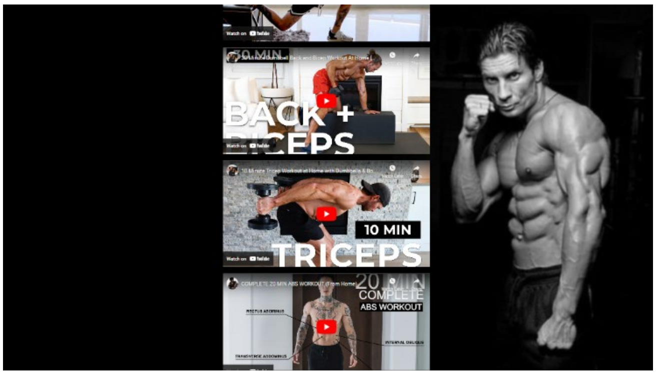
Fig 1. Workflow of the Fitness Model.

5. RESULTS

The AI-driven personalized diet and exercise model has been designed to provide users with tailored plans based on their fitness goals, dietary preferences, and biometric information. The following result and analysis are derived from the code:







5.1 Analysis of Findings:

5.1.1. BMI Classification:

The system classifies individuals based on their Body Mass Index (BMI). Table-2 displays the BMI status of users, helping categorize them into groups such as "Overweight" or "Underweight."

5.1.2. Nutritional Requirements:

Below is the information regarding nutritional requirements. It outlines the number of nutritional components required for individuals.

Table-2: This table depicts the classification of foods with respect to BMI Status.

BMI Status	Classification
Overweight	Whole foods, whole grains, vegetables, fruits, nuts, healthful protein sources (fish, poultry, beans), and plant oils.
Underweight	Potatoes, bread, rice, pasta or other starchy carbohydrates, beans, pulses, fish, eggs, meat, and other protein sources, soya drinks, and yogurts.

1. Calories

The RDI for calories varies depending on age, sex, and activity level. A general guideline for adults is 2,000 calories per day for women and 2,500 calories per day for men. However, these are just starting points, and individuals may need calories depending on their individual needs.

2. Protein

The RDI for protein is 0.8 grams per kilogram of body weight per day for adults. This means that a person who weighs 150 pounds (68 kg) would need about 55 grams of protein per day. Protein is essential for building and repairing tissues, and it also plays a role in hormone production and enzyme function.
Carbohydrates
The RDI for carbohydrates is 45-65% of total daily calories. This means that a person who eats 2,000 calories per day would need to consume 200-300 grams of carbohydrates per day. Carbohydrates are the body's main source of energy, and they also play a role in fiber intake, digestion, and brain function.

3. Fats

The RDI for fats is 20-35% of total daily calories. This means that a person who eats 2,000 calories per day would need to consume 44-70 grams of fat per day. Fat is essential for the absorption of vitamins and minerals, and it also provides insulation and protection for the body's organs.

4. Vitamins

The RDI for vitamins varies depending on the specific vitamin. Some common RDIs for adults include:
Vitamin A: 900 micrograms (mcg) for men, 700 mcg for women
Vitamin C: 90 mg for men, 75 mg for women
Vitamin D: 15 mcg (600 IU) for adults
Vitamin E: 15 mg for men, 11 mg for women
Vitamins are essential for a variety of bodily functions, including immunity, growth, and development.

5. Minerals

The RDI for minerals varies depending on the specific mineral. Some common RDIs for adults include:

Calcium: 1,000 mg for men and women aged 19-50, 1,200 mg for women aged 51+

Iron: 8 mg for men, 18 mg for women aged 19-50, 8 mg for women aged 51+

Magnesium: 400 mg for men aged 19-30, 420 mg for men aged 31+, 310 mg for women aged 19-30, 320 mg for women aged 31+

Potassium: 4,700 mg for both men and women

Minerals are essential for a variety of bodily functions, including bone health, muscle function, and nerve function.

6. RDI

RDI stands for **Recommended Dietary Intake**. It is the amount of a particular nutrient that is considered sufficient to meet the nutrient requirements of nearly all (97-98%) healthy individuals in a particular life stage and gender group. RDIs are used to plan and evaluate diets, and they can also be used to set food labelling standards.

The RDIs for specific nutrients are based on a variety of factors, including:

1. The body's needs for the nutrient
2. The amount of the nutrient that is typically consumed by healthy individuals.
3. The safety of the nutrient

5.1.3. Effective Parameter Tuning:

The model achieves high accuracy by tuning parameters effectively. The even distribution of outcomes across factors such as age, height, weight, and BMI indicates the effectiveness of the tuned parameters.

Users are guided on suitable dietary choices based on their BMI classification. For instance, those classified as "Overweight" are recommended whole foods, while "Underweight" individuals are advised on starchy carbohydrates and protein-rich sources. The generated plans include detailed day-to-day workout and diet information, aligned with the user's fitness goals and preferences. The plans are categorized according to BMI status, ensuring that users receive recommendations tailored to their specific needs.

The AI-driven personalized diet and exercise model successfully provides users with accurate and personalized plans. The BMI classification and nutritional recommendations add valuable insights to the user experience. Detailed workout and diet plans cater to individual preferences, contributing to a comprehensive and effective fitness solution. The effective tuning of parameters ensures the reliability of the model, and the results are presented in a user-friendly manner, empowering individuals to follow a perfect plan aligned with their fitness goals.

6. CONCLUSION

In conclusion, the synergistic blend of Streamlit's user-centric interface and OpenAI's GPT-3.5-turbo model has resulted in an effective and personalized AI-driven diet and exercise model. The integration of BMI classification, nutritional recommendations, and day-to-day plans ensures a comprehensive approach to individual fitness goals. The user-friendly design, multimedia enhancements, and robust error handling contribute to an engaging and reliable user experience. Ultimately, this model empowers users to pursue their fitness objectives with confidence and tailored precision.

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