

FITZEN

PRESENTATION BY TEAM BRO>>CODE



50%

of India will be obese
by 2035

63%

of deaths attribute
to health issues



64%

of Indians do not engage
in regular exercises

20%

of Indians are
physically unfit

BUT

A black smartphone is shown horizontally, displaying a blue screen. The screen contains white text. Above the phone, the word 'BUT' is written in large, bright green, bold letters. The phone's screen shows '73.55%' in a large white font, and below it, the text 'People have smart device access' in a smaller white font.

73.55%

People have smart device access

FITZEN

- In a work environment where over 51% are employed with demanding schedules (9-7), there's a notable lack of personal time, leading to health neglect.
- This issue extends to the elderly who aspire to prioritize health but face limitations in venturing out, compounded by challenges in accessing necessary resources due to affordability constraints.
- The disruption caused by the COVID pandemic further exacerbates the problem, contributing to lethargy and a significant challenge in motivating people to regain focus on their health.



FITZEN

Era marked by fitness and health 's growing importance

FEATURES

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graph TD; FEATURES[FEATURES] --- ExerciseBuddySystem[Exercise Buddy System]; FEATURES --- DietPlanGenerator[Diet Plan Generator]; FEATURES --- MentalHealthChatbot[Mental Health Chatbot]; FEATURES --- WorkoutPlanGenerator[Workout Plan Generator]; FEATURES --- Dashboard[Dashboard with KPIs]; FEATURES --- MobileAppFoodScanner[Mobile App Food Scanner]; FEATURES --- FoodItemNutrientsInformation[Food Item's Nutrients Information];
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Exercise
Buddy
System

Diet Plan
Generator


Mental
Health
Chatbot

Workout
Plan
Generator

Dashboard
with KPIs

Mobile App
Food
Scanner

Food
Item's
Nutrients
Information



Deployed Virtual fitness companion for guided exercises and workouts. Automatically counts the number of reps during exercises real time.

AI exercise buddy

Since we also cater the elderly and not all of them are used to accessing the web, we also have a trained-voice assistant

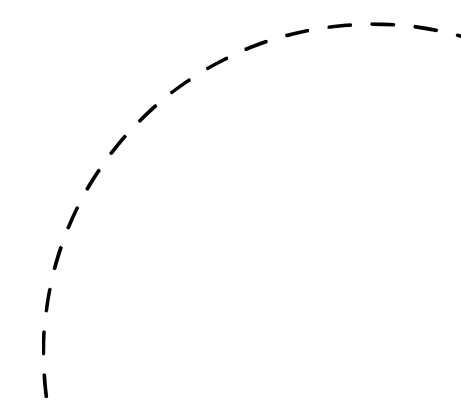
Voice assistance

Meal and workout generator

Tailored diet plans based on individual health goals and preferences. Along with Personalized workout plans adaptable to your progress.

Mental Health Chatbot

Personalized support for mental well-being through natural language processing.



Target Audience



01

People working 9-7, have anytime access to our website and start exercising

02

People who cant get the required resources

03

the older generation, in the form of yoga

04

Sports enthusiasts who want to practice everyday and do not want a break in their weekly routine



Our Triple 'A' Business Model

Assist

Assist our users in helping them learn new exercises and diet

Assess

Assess our user by tracking their activities and progress

Appreciate

Appreciating our users' efforts by rewarding them points in the form of NFTs.

Future Scope

Rewarding NFTs

The users would be awarded based on their performances in the various exercises they take

Healthy Products

The users need not go to other sites for health related products, they can buy various resources through our site itself. This would help us retain the audience to our site which would increase the number of repeated users

Integration with Google Fit

We will be integrating GoogleFit which will help us get the personal details of our users and make our site more personalized for them.

THANK YOU!

