



**BELLA:**

**“YOUR PERSONAL WELLNESS ASSISTANT AT WORK”**

# TEAM BELLA



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# Overview:

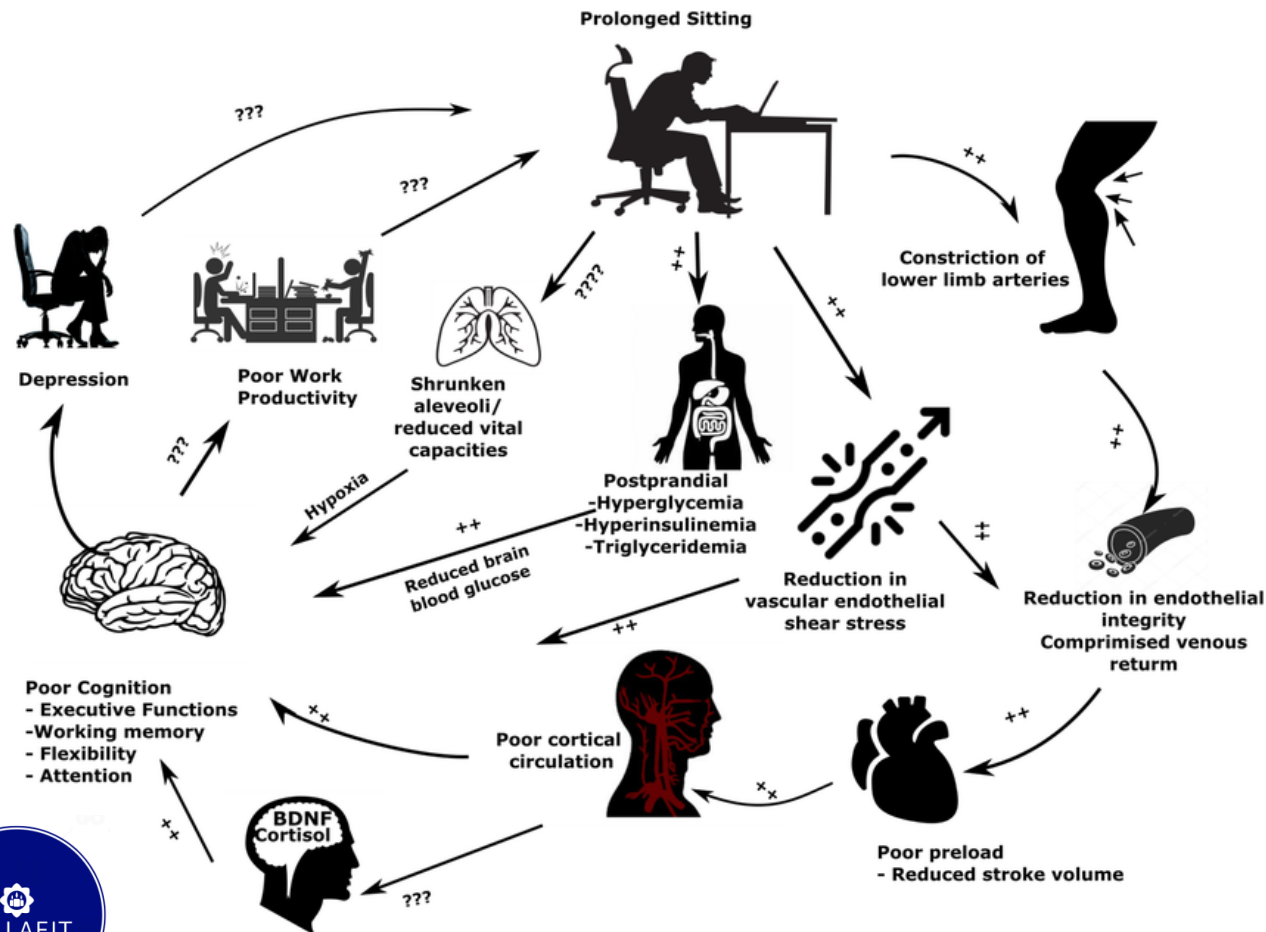
## Desk-Bound Worker Statistics:

- Studies show approximately 16% of Global workers have desk-bound jobs, spending an average of 6-8 hours sitting at their desks each day.
- Prolonged sitting is associated with various health issues, including obesity, musculoskeletal problems, and increased risk of chronic diseases.

### Source:

1. <https://www.health.harvard.edu/pain/the-dangers-of-sitting>
2. Daneshmandi H, Choobineh A, Ghaem H, Karimi M. Adverse Effects of Prolonged Sitting Behavior on the General Health of Office Workers. J Lifestyle Med. 2017 Jul;7(2):69-75. doi: 10.15280/jlm.2017.7.2.69. Epub 2017 Jul 31. PMID: 29026727; PMCID: PMC5618737.

# PROBLEM STATEMENT



- Desk-bound workers face various challenges in maintaining a healthy lifestyle, including:
  - Prolonged sitting leading to health risks such as obesity, cardiovascular issues, and musculoskeletal problems.
  - High stress levels and reduced mental focus due to continuous work without breaks.
  - Lack of awareness about ergonomic practices, resulting in discomfort and work-related injuries.

# OBJECTIVE:

Create an AI conversational assistant that provides personalized and interactive support to users in their fitness and wellness journeys.

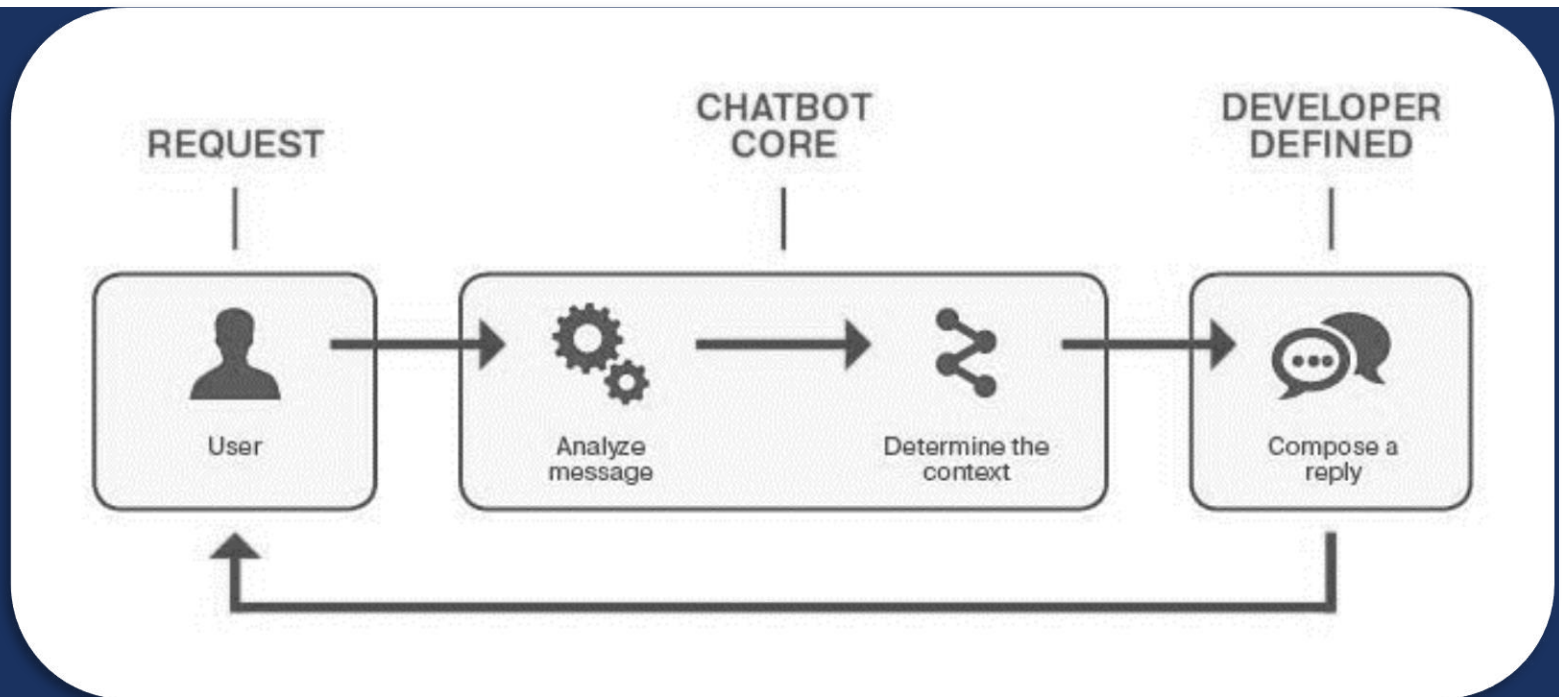




# CHATBOT ARCHITECTURE



USER INPUT  
EX:  
Shoulder Exercises?



# FEATURES AND CAPABILITIES



Workouts

Exercises and Stretch routines



Ergonomics

Proper posture and Desk Set-up



Diet

Personalized diet recommendations



Reminders

Send Break Reminders



Stress Management

Emotional support



Guide

Physical and Mental Mindfulness



Tailored

Personalized Wellness recommendations



Tracking

Track Progress

# DEPLOYMENT

Hello! I'm Bella, your personal fitness and wellness assistant.  
How can I help you today?





# CONCLUSION



Bella is a remarkable wellness chatbot that offers invaluable assistance to individuals seeking to enhance their overall well-being.



Its advanced natural language processing capabilities make interactions feel like conversing with a human expert, making the experience personalized and engaging.



However, it is crucial to recognize that Bella is not a substitute for any wellness professional care but serves as a supportive tool, providing users with relevant information, motivation, and guidance on their wellness journey.



By combining technology and human touch, Bella empowers users to take charge of their health while understanding the importance of seeking professional medical advice for specific conditions, such as diabetes management.

# RECOMMENDATIONS

Launch Bella as a wellness chatbot, targeting desk-bound workers in various industries.

Integration with wearable devices and smartwatches offers opportunities for real-time health tracking and personalized recommendations.

Collaborations with corporate wellness programs present avenues for reaching a larger audience and promoting workplace wellness initiatives.

Gather user feedback for continuous improvement and consider integrating with productivity tools to enhance functionality.

Offer chatbot in multiple languages



Any Questions/Comments?

Thank You!  
Remember to  
stay active and  
take care 😊.

