

# Healthy Me!!

A major step towards a healthy and fit life

## Noobies

- 01** Vaibhav Gupta  
Email ID- vaibhavgupta5112001@gmail.com
- 02** Arpit Bir Singh  
Email ID- arpitbirsingh65@gmail.com
- 03** Vaibhav Singh  
Email ID- kunalrajput809@gmail.com
- 04** Shubham Kumar  
Email Id- shubham3431kumar@gmail.com



# Theme

## Good health and well being

Good health and personal well-being are at the center of a healthy lifestyle. Under this theme, hackers will develop solutions to raise community awareness about the importance of good health, healthy lifestyles, as well as peoples' rights to quality health care services - especially for the most vulnerable, such as women and children.



# What is the need to take nutrition and health seriously?



## India Needs to Lose Weight



**Max Risk Age: 28 – 38 yrs**

Highest risk of weight gain, for men & women

Average person goes from healthy at 26 to obese at 38 yrs.

**25.5**

Average BMI  
BMI > 25 is obese  
(BMI guidelines by  
Indian Health Ministry)

Average Indian needs to lose weight, to get healthy

**Need to Lose 11 kg**

Takes them 12 years to gain the weight.

Requires 3 months to lose it, on *Fitho* Diet Plan

Men

Women

**1/5**

Men are  
extremely obese

**1/7**

Women are  
extremely obese

**37 yrs**

Average age- for risk of obesity

**32 yrs**

Average age- for risk of obesity

# What is Healthy Me?

We have tried to design a website for all your medical needs all at one place. Whether it be general diet plans, customised plans, consulting a doctor, Calculating your BMI and meditating to leave all your depressing thoughts behind we got you covered.



# Key Features



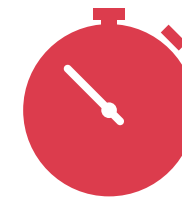
BMI Calculator



Diet plan



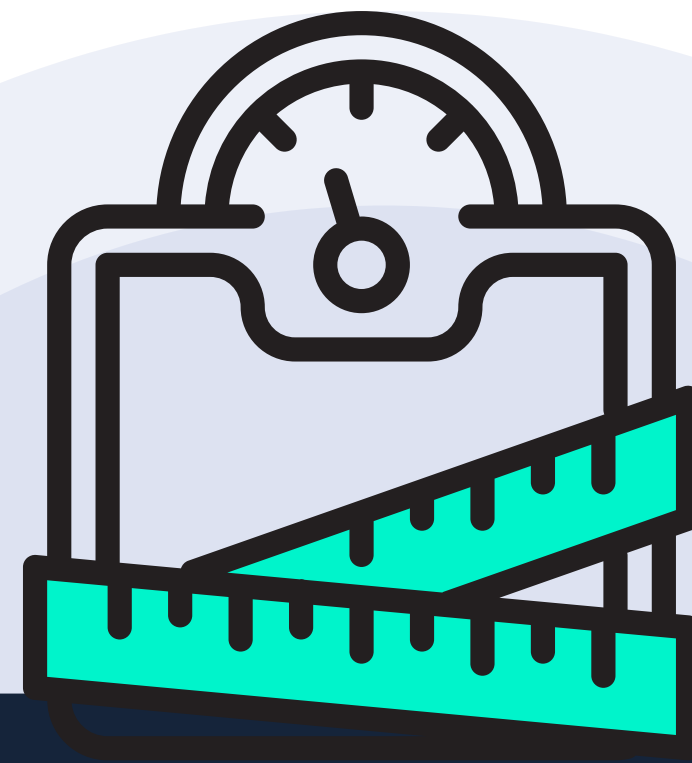
Doctor consultation



Meditation



Health Blogs



# BMI Calculator

A BMI calculator will be implemented which will tell the user if he is fit or not and what he should do to get better. The calculator will recommend the diet plans based on their BMI score and so they can improve it and get better and healthier.



# Diet plans and doctor consultations

Some general diet plans would be available for everyone and the user can follow the plans from there. Also, there would be different dieticians available who can provide them a custom diet plan and monitor them according to their needs. The user would be able to contact the doctor by filling a form and the doctor will be available to him on video call as soon as possible.



# Meditation and blogs about health and wellness

This part of the site would be dedicated to people suffering from anxiety or depression. There would be some soft music playing in the background with some animations to help release their stress and negative thoughts. A team of content creators would be updating the websites with new blogs related to health and wellness and different advises from researches or doctors with whom we would be working with.



# Membership for the website



## **Standard** (Free of cost)

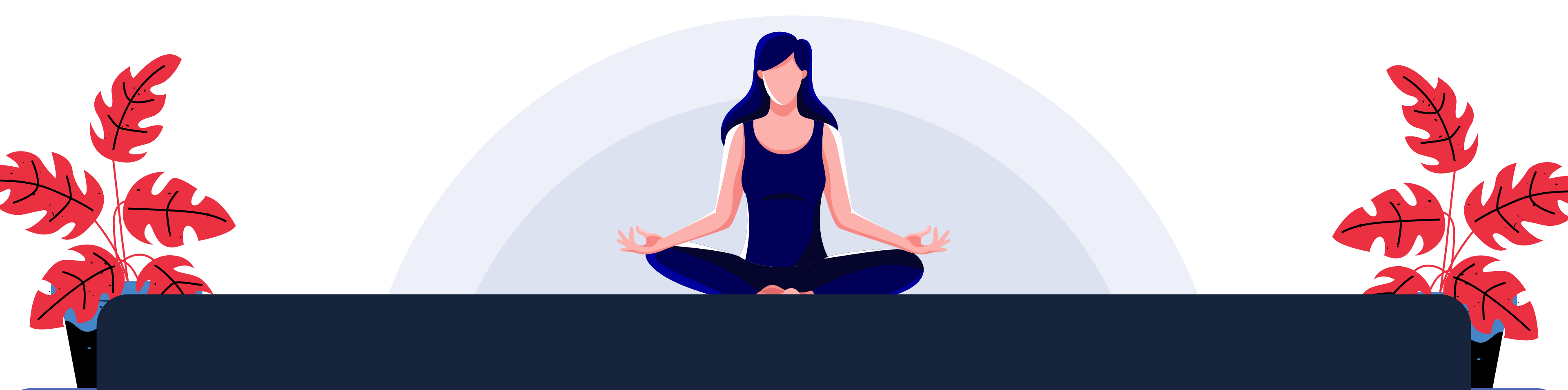
- BMI Calculator
- General Diet plans
- Access to blogs
- Consultation to doctor will be charged

## **Premium** (Cost not decided)

- BMI Calculator
- Customized Diet plans
- Access to blogs
- Consultation to doctor will be free in mornings to evening

## **Diamond** (Cost not decided)

- BMI Calculator
- Customized Diet plans by specialist dieticians
- Access to blogs
- Consultation to doctor will be free anytime



**This part of the site would be dedicated to people suffering from anxiety or depression. There would be some soft music playing in the background with some animations to help release their stress and negative thoughts. A team of content creators would be updating the websites with new blogs related to health and wellness and different advises from researches or doctors with whom we would be working with.**