Title : *FitGeek : Interactive Fitness Website with multiple recommendation systems and disease predictors.*

Team members:

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Problem Statement:

In a world where finding personalised fitness solutions is a struggle, and generic advice inundates online platforms, our innovative approach is set to redefine wellness.
Individuals often struggle with finding personalised fitness routines that align with their unique goals and preferences, leading to inconsistent progress and frustration. The abundance of generic health advice available online further compounds this issue, making it difficult for users to discern accurate information. People rely on irrelevant knowledge and incorrect workout plans available on the internet which can be harmful. The right guidance available is not feasible for everyone economically so this platform aims to empower individuals to make informed health decisions and achieve sustainable fitness goals.

Objectives:

1. To obtain right guidance regarding fitness conveniently and economically.
2. To learn exercises with the help of right instructions and animations.
3. To create awareness about the recent updates in healthcare.
4. To provide the user with access to the exercises and disease predictors remotely.

Technology Stack:

Frontend:
1. HTML : for structure
2. CSS : for styling
3. JavaScript : for interactive elements
4. Bootstrap : CSS framework for responsive and attractive designs.

Backend:
1. Django : framework for web application development
2. Python : for backend logic
    Libraries:
    1. Pandas
    2. numpy

For AI related features:
1. Scikit-learn : for building disease prediction models.
2. TensorFlow or PyTorch : For building recommendation and machine learning models.

Features:

Registration and login

To view the daily news about healthcare.

Wide range of exercises depending on the body parts

Admin Account to control the access and maintain security.

Calorie Intake calculator

Muscle picker for unregistered users.

Well-designed graph dashboard depicting the calorie intake with a history of previous entries.

Users can track calories burnt in a day to judge their health and performance.

User can calculate their BMI for selecting a suitable workout plan in their fitness journey.

In case of emergencies, appointments with doctors can be booked via the website.

Predictive analytics for potential health risks based on **Family History**.

Insights into correlations between fitness, health, and mental well-being.

New health tab with **disease predictors** - Diabetes, Dyslipidemia.

Exercise **recommendation** system according to the user's **body statistics**.

Water intake - **Hydration calculator**

Fitness **Challenges** and Achievements

Chatbot for the user to ask their queries and gather health related information.

Stress level determination by asking questions to the user

Gives recommendations to the user on **mental health practices**.

Scope:

1. Enhanced Fitness Progress:
   - AI-powered recommendations adapt as users progress, ensuring optimal workout plans and diet suggestions.
2. Holistic Wellness Approach:
   - Recommendation systems can consider physical activity, nutrition, sleep, and mental health for a comprehensive wellness approach.
3. Wellness Challenges:
   - Wellness challenges incorporating AI-based recommendations to promote healthy habits.
4. Mental Health Integration:
   - Expand recommendations to include mindfulness practices, stress management, and mental wellness activities.