FITX – An All In One Fitness App for All Age Groups

Description -

Staying fit and healthy should not cost thousands of rupees worth of personalized training, gym fees and diet plans which only the rich can afford. But it should be a free app that can be used by people of all ages with useful fitness information available at fingertips.

FITX offers **Yoga**, **Meditation**, **Calisthenics and Healthy Eating** in one single app. Humans do not eat the same food everyday throughout their life. In the same way we need different types of exercise according to our mood and FITX offers the choice to choose a different exercise every day. Moreover, the exercises applicable to a youngster differs from an aged individual. FITX shows you personalized exercises depending on the age group you fall into.

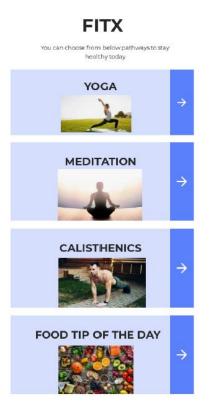
Due to increasing concerns of obesity and related diseases caused by fast food eating habits, people today are shifting towards healthy eating. But the only information they have access to is the word of mouth and searching on internet, which can both provide false information at times and hiring a dietician can be expensive and unaffordable by most. FITX offers daily healthy recipes with local ingredients.

Below is the basic flow of the app explained with prototype:

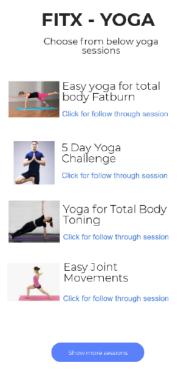
- 1. Only detail we need of the enrollees is the age. So that the app can provide exercises related to your age group. We plan to offer 5 age groups as below:
 - 11-20 year old
 - 21-30 year old
 - 31-40 year old
 - 40-50 year old
 - 50+ year old



2. Once the user enters his age, he will be presented with 4 pathways to choose from as shows below. User can choose a different pathway everyday and practice various types of exercises each day.

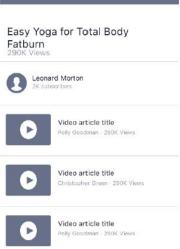


3. **FITX- YOGA**: For the yoga pathway the user will have number of follow through sessions to choose from.



A sample yoga session page will look as below:





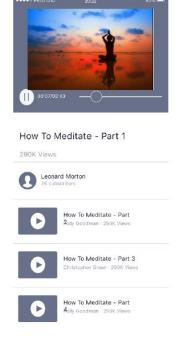
4. **FITX – Meditation**: Mental health is an important problem that is given very less importance in our country. FITX will provide follow through meditation sessions as below:

FITX - MEDITATION

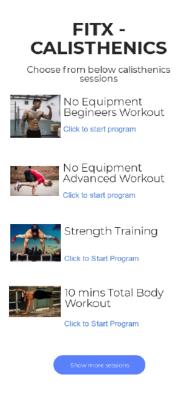
Choose from below medidation sessions



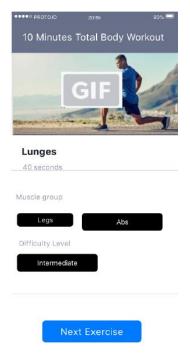
Sample meditation follow through session will look like below:



5. **FITX – Calisthenics**: Calisthenics is a type of exercise which relies on person's own body weight and need minimal to no-equipment. FITX offers various calisthenics program for strength building to fat loss and full body workouts as below:



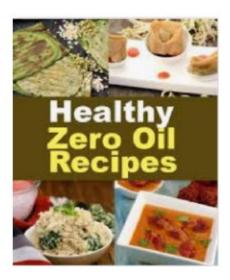
A sample calisthenics workout page will look like below with GIF of a person doing the exercise with instructions and body parts affected.



6. **FITX** – **Health**: This will provide users with healthy recipes as well as health benefits of various fruits and vegetables to be included in diet. Thereby providing users with a way to live a healthy and sustainable lifestyle

FITX - HEALTH

Receipe Of The Day



Click to View

Enhancements:

- 1. Provide support for multiple languages so that user can choose workout in his/her local language
- 2. Collaborate with local housewives to get local recipes and spread the food diversity of each state throughout the country
- 3. Collaborate with pioneers in each area and add their follow through sessions. For example, Baba Ramdev for Yoga, Sadhguru for meditation.