114 學年度資工系專題實驗成果展摘要

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| 題目 | The impact of daily diet and exercise on weight | |
| 指導教授 | 柯仁松 副教授 | |
| 摘要 | Healthy eating and regular exercise have become popular  ways for people to maintain their bodies. We aim to  establish a website to calculate the actual weight for users.  They can adjust or maintain their daily routines while  observing the results. This website will provide BMI  recommendations to help users achieve their health goals,  whether it’s losing weight, gaining weight, or maintaining  their current weight. By using this platform, users can  better understand their body conditions and make more  informed health choices. The website will serve as a  valuable tool for anyone looking to improve their overall  well-being. | |
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