EasyFitness
An AI Fitness App for any beginner

Exercise
- Encyclopedea makes each activity easy to understand
- Workout routines generated just for you
- Teaches you to love exercise

Your next exercises:
- 5x5 squats
- 3x10 leg press
- 10 minute jog

Tomorrow: rest day, let your body recharge!

Nutrition
- Diets that are tasty yet affordable
- Healthy but non-restrictive eating
- Formulates diets based on what you love to eat

by Teddy Zhang
Why EasyFitness?

Typical fitness or diet apps:
- promote unhealthy mindsets and self-hate
- don’t consider everyone’s differences
- require prior knowledge to understand
- don’t offer gradual adjustment
- too many features
- confusing to use
- expensive

What EasyFitness does:
- uses AI to generate personalized exercise and diet plans, using science and human experience to optimize the path to fitness
- free, with no ads or unhelpful features
- starts the user off slowly, to avoid discouragement

The mission: create enjoyable and accessible pathways to fitness, through AI-powered personal training

1. Exercise

Advanced AI technology predicts which kinds of exercise you prefer, and generates an exact workout regimen based on factors including your body type and schedule to ensure that you enjoy exercising

A comprehensive exercise encyclopedia explains everything from a bench press to backwards running, with information about form, safety, and more

2. Nutrition

Advanced AI technology predicts which foods you like, and creates a diet plan based on your budget, dietary restrictions, and more

A comprehensive nutrition database helps users to understand how the foods they consume fuel their body

AI ensures that users develop healthy eating habits with moderation and not restriction in mind, which can lead to eating disorders — this means you can still eat “unhealthy” foods!