

# EasyFitness

An AI Fitness App  
for any beginner

## Exercise

Encyclopedia  
makes each activity  
easy to understand

Workout routines  
generated just  
for you

Teaches you  
to love exercise



Diets that are tasty  
yet affordable

Healthy but  
non-restrictive  
eating

Formulates diets  
based on what you love to  
eat

## Nutrition

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**

- With emphasis on healthy mindset, AI uses psychology to foster a passion for both exercise and nutrition for a new generation of health and flourishing
- To begin, the futuristic AI takes the user through a dynamically personalized, scientific reflection survey that gets the user excited for fitness — no annoying notifications, phone restrictions, or other superficial retention techniques

### 1. Exercise

Advanced AI technology predicts which kinds of exercise you prefer, and generates an exact workout regimen based off of 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 off of 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!