



INFORMATICS
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6BUIS020C - Final Year Project

Fitro Health: Healthcare Physical Activity and Diet System

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Abstract

Everyone should try to lead a healthy lifestyle, but it can be challenging because of the physical inactivity, poor diet plans and lack of guidance. Poor diet plans and physical inactivity are now common problems that can cause a number of health problems and difficulties. Many people experience with these issues, including adolescents, adults, pregnant women, cardiac patients, and diabetic patients. Maintaining a healthy routine and making lifestyle changes can be difficult without the right support and advice. These issues can increase the risk of difficulties for pregnant women during pregnancy and labor. Diabetic and cardiac patients require particular care and direction to manage their medical conditions. Therefore, it is essential to provide the support and guidance in order to encourage healthy lifestyle and manage health conditions.

This app offers a thorough method of promoting physical wellbeing and health. The application is made for users of all ages and health conditions, including teens, adults, pregnant women, cardiac patients, and people with diabetes. The main goal of the app is to provide diet plans, exercise routines, health advice, and health tips about both health and fitness. Users can access details and features with ease because to the application's user-friendly interface and simple navigation. The app offers advice on how to maintain a healthy lifestyle as well as thorough details on various health concerns. The app also provide nutritionists and fitness instructors to the users to offer support and direction to reach their wellness and health goals. The Fitro Health provides cardiac and diabetic patients healthcare information and support to help them manage their health conditions. App helps pregnant women to maintain a healthy, active lifestyle throughout their pregnancy by offering them healthy physical activity, proper diet plans and health professionals' guidance. Fitro Health App is a complete tool for everyone looking for to improve their fitness and health. This app can assist users in creating beneficial long-term habits by providing a variety of features and support.

The Fitro health app was created after evaluating the gaps in existing procedures and understanding the difficulties experienced by customers and health professionals. The design, implementation, and testing, as well as the legal, ethical, and social issues connected to the suggested solution, have all been thoroughly evaluated. The prototype's usability and effectiveness in maintaining healthy lifestyle have been confirmed by reviews from industry professionals and technical experts.