

Introduction

This application helps overweight people or people who chronic diseases have a better diet for a better and healthier life.



Managing changes in eating, diet, and nutrition



Losing weight if you are overweight or obese



Getting regular physical activity



Problem Statement

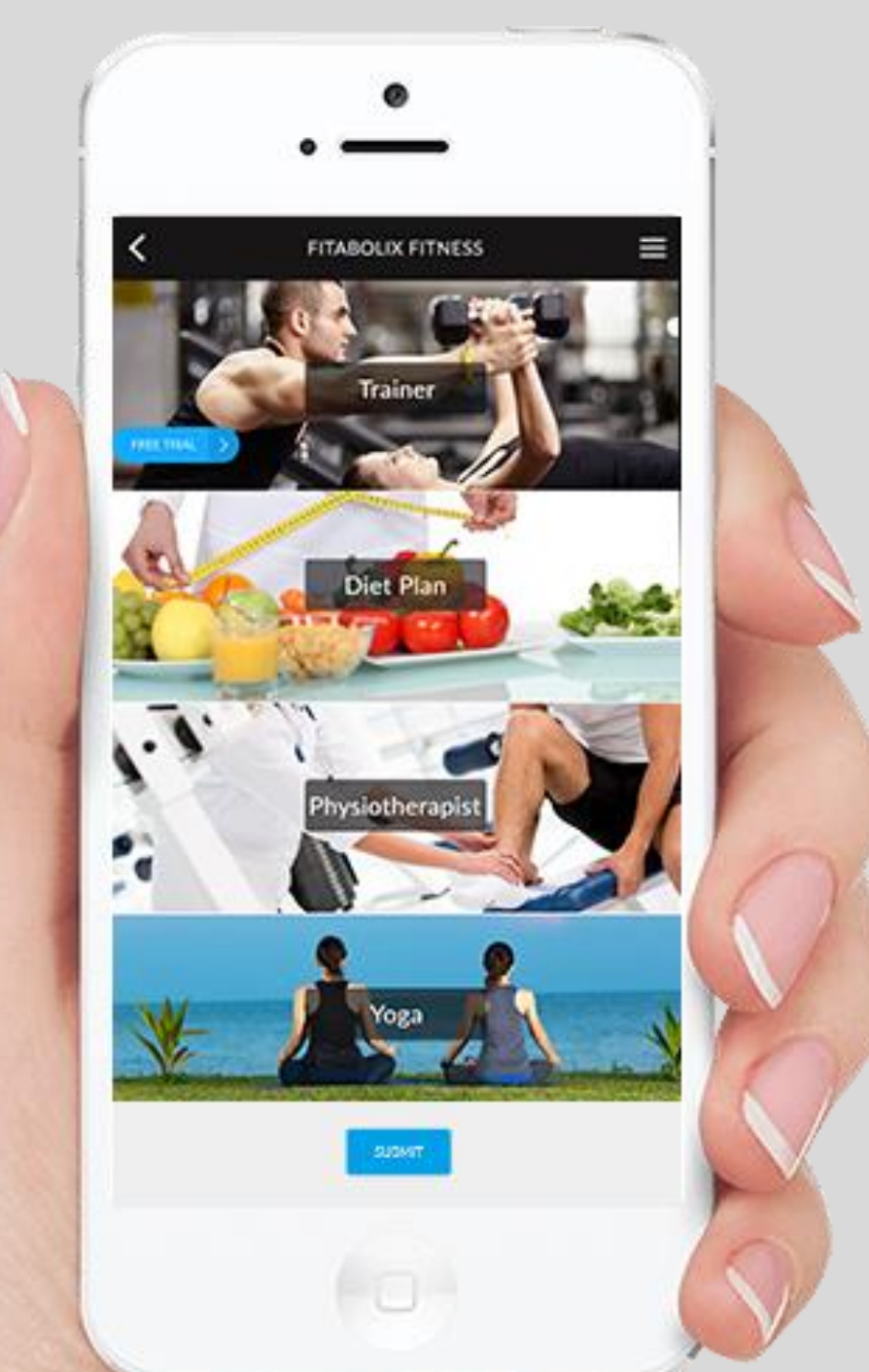
Many overweight people feel ashamed to go the doctors for a diet or such, this app will keep their privacy and motivates them to do the right thing.



diet

Aims & Objectives

- To give diet regimes to overweight people.
- To apply better diets for people with chronic diseases such as Diabetes and high blood pressure.
- To help people avoid obesity caused diseases.



Motivation

I was motivated by my old self. I was overweight, and I would like to help people lose weight the same way I have.

References

1. Foundation, K. (2018, January 12). Retrieved from Kaiser Permanete.
2. Molteni, M. (2017, November 7). Retrieved from Wired.