

AI-Powered Personal Fitness Assistant: A Smart Solution for Health and Wellness

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Abstract: *In today's fast-paced and technology-driven world, achieving and maintaining a healthy lifestyle can be a daunting challenge. Many individuals struggle with finding the right balance of nutrition and exercise due to the vast amount of information available, which often leads to confusion and inconsistency in following a structured fitness plan. To address this issue, the AI-powered Personal Fitness Assistant provides a smart, personalized, and data-driven approach to help users make informed health and fitness decisions. This application, built using Lang Flow and Astra DB, offers accurate macronutrient recommendations based on user-specific inputs such as age, weight, height, and fitness goals. Additionally, the platform is equipped with an AI-powered chatbot that serves as a virtual fitness guide, offering expert-backed recommendations on workout routines, dietary choices, and overall healthy habits. The system's core strengths lie in its focus on customization, ease of use, and accessibility, making it an invaluable tool for individuals striving to achieve their health and wellness goals effectively.*

Keywords: AI Fitness Assistant, Lang Flow, Astra DB, Personalized Health, Workout Planning, Nutrition Management

