

An Investigation of the Role of Artificial Intelligence in the Commercialisation of Fitness Applications

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Abstract: *Tablets and smartphones are progressively and consistently changing our understanding of health and fitness. Both users and health professionals now have access to a wide range of applications that encompass the entire healthcare continuum. Gathering information, averting, diagnosing, treating, and monitoring are all components of the process. In addition, our team created myFitnessCompanion®, a mobile application for health and fitness that has been available on the Android Market since February 2011. The objective of this post is to examine our own experience in developing and promoting a fitness and wellness application. This article analyses the level of adoption of health apps by users and the healthcare industry, as well as the future distribution of mobile health applications. IBM Watson, an artificial intelligence system developed by IBM, has surpassed human intelligence in many aspects. Watson not only surpassed previous Jeopardy! champions, but he also gained recognition as a hero for successfully identifying a woman with leukemia. Below, we have compiled a list of the top GPS tracking applications for Android. 1. The authors' knowledge and experience as a mobile health and fitness software developer for seven years form the basis of this. The significance of Personal Health Record (PHR) systems, such as Microsoft HealthVault, and FDA regulations cannot be overlooked.*

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