

# An Investigation of the Significance of Artificial Intelligence in the Trade of Fitness Applications

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**Abstract:** Tablets and smartphones are progressively and consistently altering our understanding of health and fitness. Both users and health professionals now have access to a wide range of applications that encompass the entire spectrum of healthcare. 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 essay is to examine our process of developing and promoting a fitness and wellness application. This article explores the 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 defeated previous Jeopardy! champions, but he also received widespread praise 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 developer of mobile health and fitness software spans seven years. Personal Health Record (PHR) systems, such as Microsoft HealthVault, and regulations imposed by the FDA may exert an impact

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