



# Healthy lifestyle

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## Abstract

The aim of this poster is to show how an online system can provide beneficial information in losing weight or maintaining a healthy diet.



## Introduction

Don't prefer going to a dietician or lack the time. The website will provide individuals with a diet plan depending on their age, weight and height. There will be a tab bar for personal details, such as name, age, weight, height and other related questions. Once this information is registered, the website provides individuals with a well structured plan, along with a diet in order to maintain, or lose weight depending on every individual's needs. This will provide individuals with an easy, at home access to a dietitian. This project will be under the name.

## Related Works

"The Fitnessista - At-Home Workouts, Fitness Plans and Healthy Living Tips", *The Fitnessista*, 2019. [Online]. Available: <https://fitnessista.com/>. [Accessed: 10- Jun- 2019].

## Methodology and Materials

Work mechanism Come on by putting special information such as height, weight and age and you will get a diet that suits your desire. Besides it helps you to understand what your body truly need such as: how many cups of water you should drink, what kind of food is better for your health, with some healthy recipes ideas. It also has a pedometer to count how many steps you've walked during the day.



## Results

A healthy lifestyle has both short and long term health benefits. Long term, eat a balanced diet, taking regular exercise and maintaining a healthy weight can add years to your life and reduce the risk of certain diseases including cancer, diabetes, cardiovascular disease, osteoporosis and obesity. In the short-term, it can also make you feel and look your best, give you more energy and help you maintain a healthy wait.

## Conclusion

It's your health, your decisions! You've been giving more time and help using our app so why are you hesitated to start? And remember, this month's choices are the next month's body.

## References

- M. Tuchowska, *Committed to Wellness, Fitness, and a Healthy Lifestyle*. 2015.
- M. Hyman, *Food: What the Heck Should I Eat?*. 2018.
- A. C. Hughes and R. Gregory, *21-Day Ketogenic Diet Weight Loss Challenge: Recipes and Workouts for a Slimmer, Healthier You*. 2018.