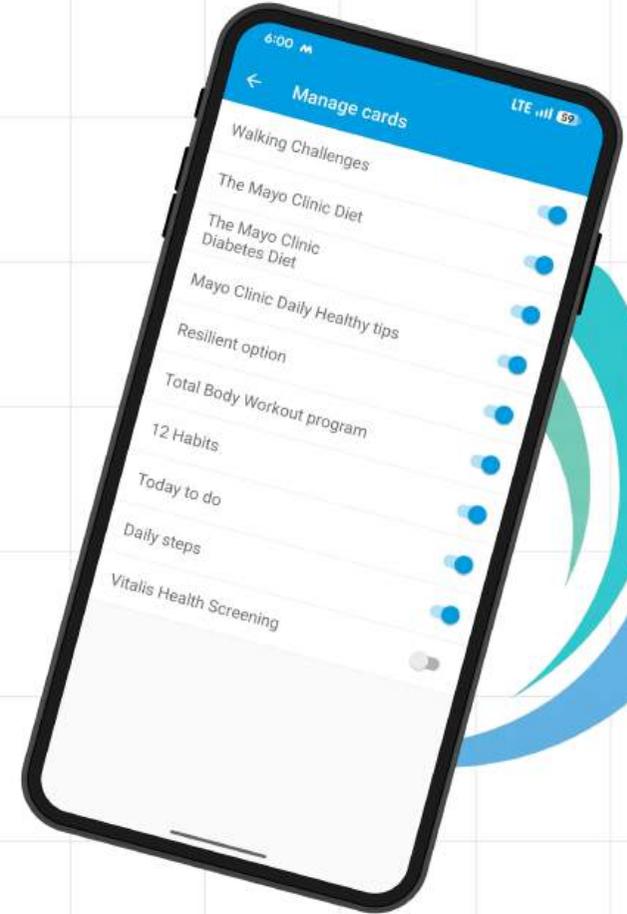
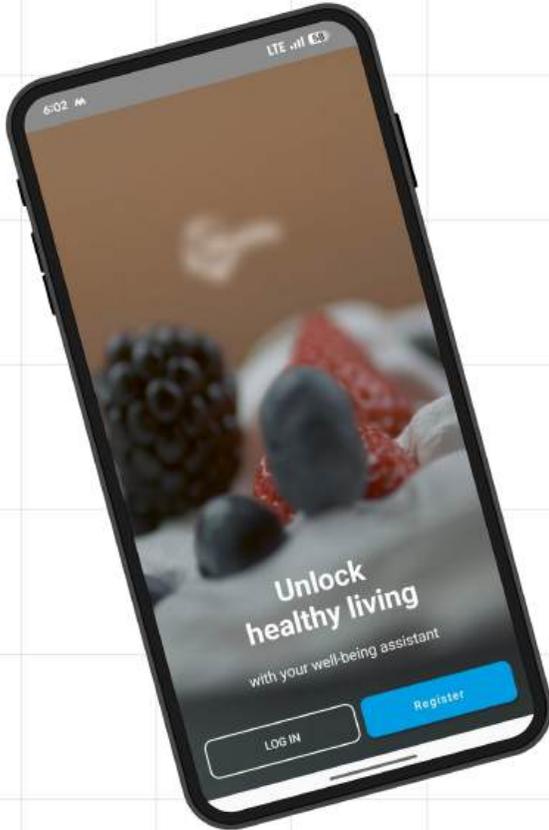


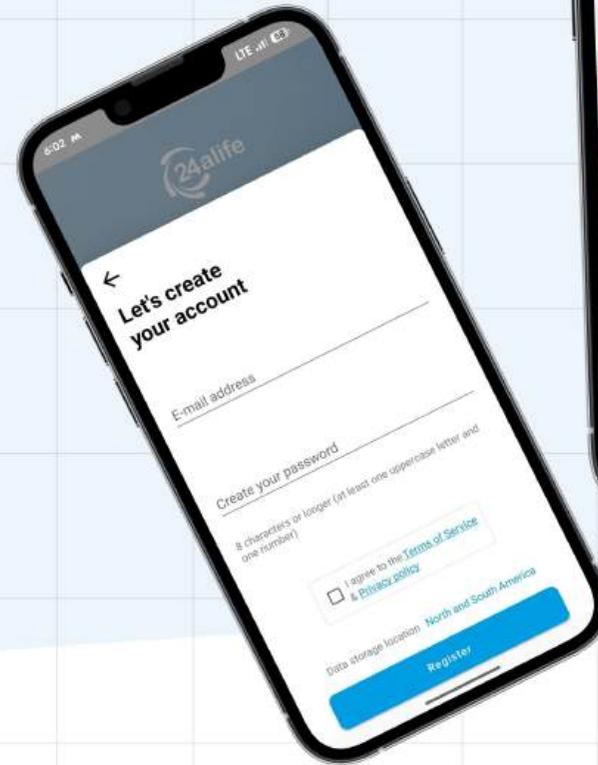
Healthcare and Fitness Platform for Individuals and Organizations



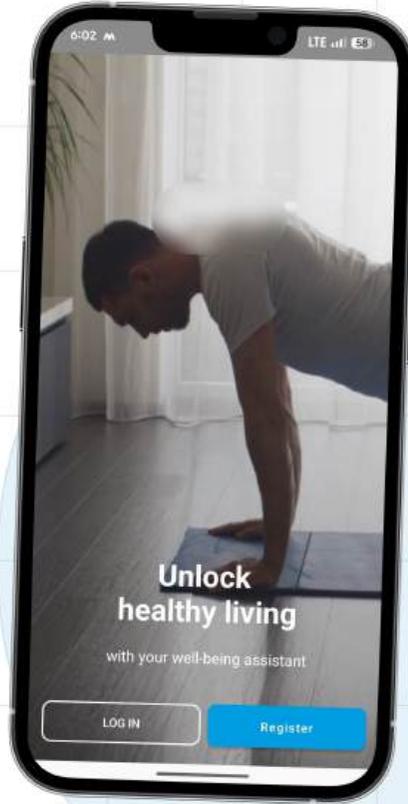
It is an application which is targeted towards fostering a healthier lifestyle by incorporating fitness. The platform is a fitness survey and training application to gauge users through a series of questionnaires.

The surveys are created by trainers, physicians, doctors and can be marked as public/private for users. The responses to these surveys are tracked to understand what kind of training the user needs and suggest him exercises.

The logs of these exercises are again traced via their range of lot enabled devices such as GPS ForeRunner, Edge 500 - GPS Radcomputer, Wifi Body Scale, Blood Pressure Monitor to provide further recommendations.



Key Features



- ✓ BLE Connectivity with Health Devices
- ✓ Efficient Data Sync
- ✓ BLE Connectivity with Health Devices
- ✓ IoT-Enabled Fitness Tracking
- ✓ Interactive Data Visualization
- ✓ Physical Capacity Assessments
- ✓ Comprehensive Exercise Programs

✓ **In-Office Sheet Features:** Registration, Multi-lingual support, Cloud Management, Security, Logout.

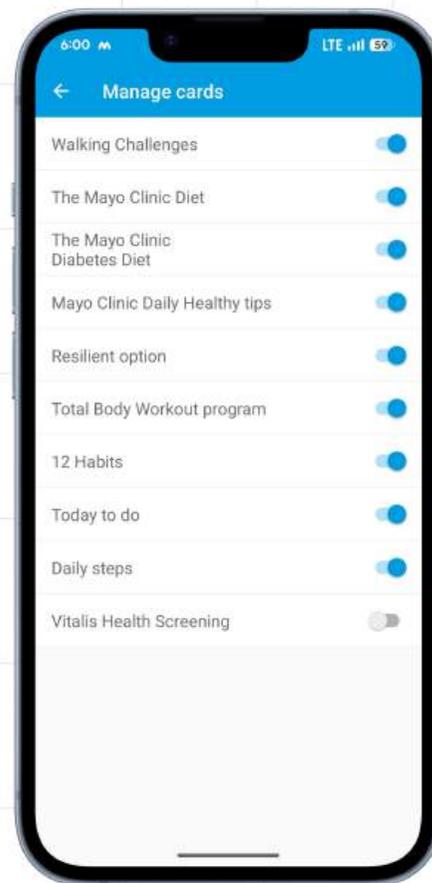
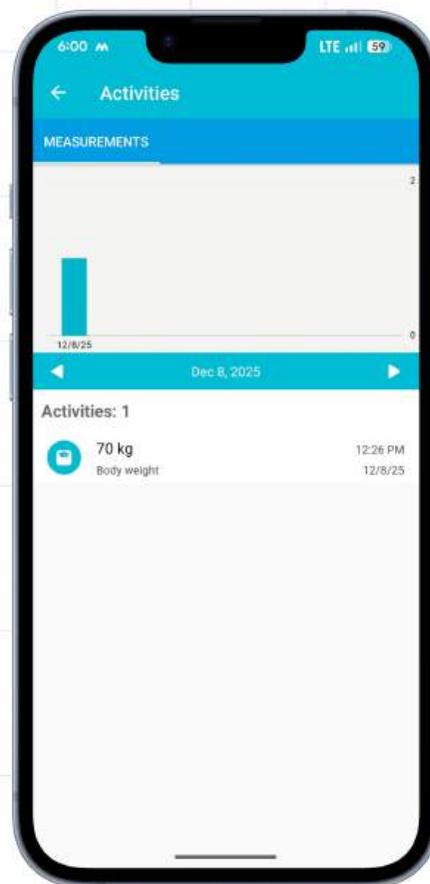
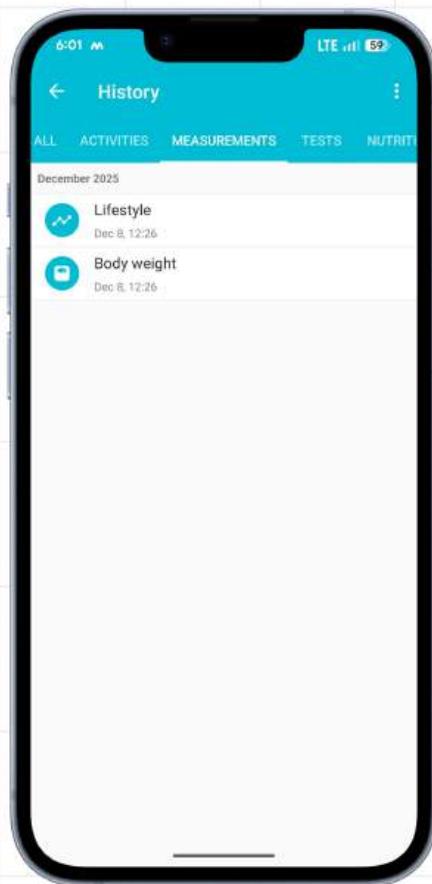
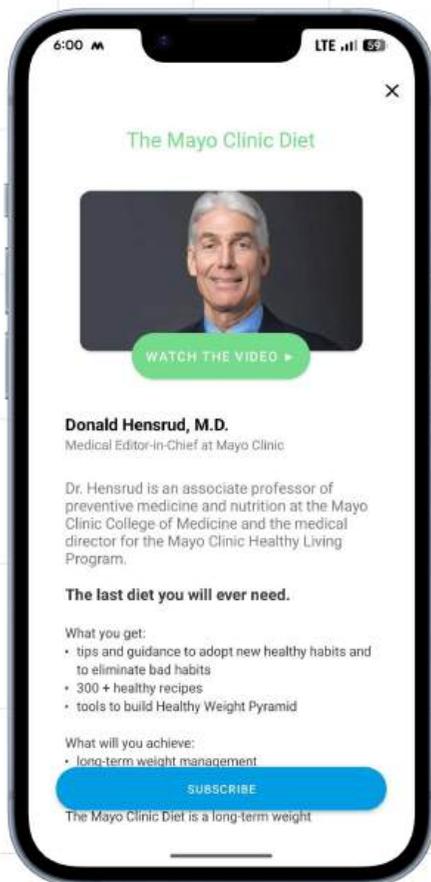
✓ **Performing Physical Capacity Tests** (Cooper test, Rockport test, Step test)

✓ **Motivational Support**

✓ **Smart Eating Habits Tracking**

✓ **Monitoring weight, HR, blood pressure, body fat and blood sugar**

✓ **Sports exercises, breathing exercises and autogenic training with descriptions and videos**





6:04

LTE



Welcome!

OUR PROGRAMS



The Mayo Clinic Diet

Preview



The Mayo Clinic Diabetes Diet

Preview



Mayo Clinic Daily Healthy tips

Preview



Resilient Option

Preview



12 Habits of Highly Healthy People

Preview



Total body workout

Preview



Contact US



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