Human Wellness App

I. Introduction

Human wellness has always been a goal of society as a whole. Whether it is to be the fittest and strongest person out there or just to be healthy enough to see your grandchildren grow up. People have turned to many resources but with growing technology people have turned towards their smartphones and the applications on them. There are several apps out there that say they can help you lose weight. Most of them help you track the calories you are taking in and how many you are burning off with your exercises. They also try to give you healthy options to foods you crave.

There are many ways to go about achieving a healthy life style. The best way is to exercise along with developing good eating habits will be very crucial. Looking into food that is all natural and not genetically altered has been to many people a helpful way to lose weight. Along with this it is helpful to look at food that was naturally raised, such as animals that haven't been fed food that has been altered to make them grow faster and into a leaner adult. These animals have been said that their meat can cause illnesses later and by not eating them, can prevent future illnesses. Plants have been around and are very healthy. Many plants have the vitamins and protein needed to develop and live a very healthy life style. Also it helps to portion your meals so you are not eating too much food at once and makes it easier for your food to be digested and used more efficiently. Exercising daily is helpful to digestion and getting rid of the fattening materials in your food, the more exercise the less fat there is able to develop.

1. The Android Capabilities

Android apps more specifically have become more noticeable among the smartphones as an alternative to the iPhone. Androids have many capabilities to help make these applications more effective such as, the accelerometer. With accelerometer the android apps are able to detect movements of the user and determine how active the person is. The accelerometer can be used to track the number of steps you have made and can then help calculate how many calories you have burned off. [1]

There is also the GPS within the phone to help distinguish where the user is and find appropriate places to eat for the user. The GPS can also figure out if you are in an unhealthy restaurant and direct you towards some healthier options.

The smartphone’s greatest capability though would be the ability to use the web to connect to others within a social network. This connectivity will allow the user to see many other users out there and join in there conversations with the world around them and no longer seem alone in their struggles. This access to the web
allows the user to look up any unknown information on food that are eating along with letting them see some great new ideas put out there by others in the same situation.

2. Smartphones

Smartphones are being deeply integrated into our lifestyle. They are being used more and more frequently in our day-to-day activities. More people are using the cellular devices instead of a house phone mainly because of the convenience. Smartphones are now able to so much to aid us in the routine of our lives. They can give weather updates along with directions to where we need to go next. It has a calendar to remind us of our daily tasks and meetings and can keep us up to date on all of our friends’ activities and the world around us.

IV. The Application

This application is unique and innovative in the aspect that it will incorporate all available resources into one easy to use application on the Android app market. It will make losing weight easier. This app should, if used appropriately, significantly help the user lose and keep of the weight.

1. The Server

This application is based around a server that collects data from the user. This server will initially store the user’s name, age, height, weight, and an identification name and password for them to login. Along with this the user will give their daily weight and calories burnt and taken in. With all of this data the server will eventually analyze it and see if there has been weight loss or gain and send a motivational message to the user accordingly. The hope is for the server to be almost autonomous, so that there won’t have to be somebody constantly behind the computer analyzing data and sending out messages.

The server will hopefully be able to send these messages as a type of alert that the user would get similarly to “Facebook” so that it will become a type of social network of its own. This social network will allow the user to be connected to other users and allow them to be able to communicate with each other. The server can alert other users of each others progress so that they can encourage each other. For example, if one of the users is not losing as much weight as predicted it can alert the users of this. Then they can interact with this user and send them words of encouragement so that they do not give in. Also the users can share healthier recipes for food that they crave so that will be able to take in less calories and fat and will essentially lose weight together. This server and social network will be a key factor in the weight loss of the people within it. It will get each of the users involved with each other and create a group that will help each other instead of a single person trying to do it alone because there is strength in numbers.

2. GPS
The GPS capabilities of the will help the server recognize where the user is at all times. With this data the server can see healthy options of dining within the area and then connect to the Internet and find the menu at these places. The user can then see healthy options and their pricing so that they will be able to make a choice with sufficient data in front of them. With this added into their arsenal against losing weight they could see many ways to achieving their goal.

3. Connectivity

The wireless connectivity of the phone will allow the user to connect to many other devices to help track the exercise and weight loss. It can connect to a wireless scale and receive that data without the user having to input this data day in and day out. This can also allow connections with other health equipment like pace makers or heart monitors to help better analyze the user’s situation and how they can better plan to lose weight.

There is also a device called FitBit that tracks the amount of activity a person has been in. This data can also be used because this device stores its information over the web and therefore the server can access this data and enter it into its database. With this additional data the server can analyze the user and the situation better allowing for better results for the users.

4. Interface

The interface of the app will be as simplistic as possible so that users will not get confused and anybody can use it. The easier to use the better because more people will use therefore more people will be able to help each other. There will be chat rooms and ways to message each other very quickly and easily. Along with very easily accessible ways to input their data and receive messages from each other. The amount of time spent on this app is not as important as the time spent exercising or making healthy choices so the less time spent on the actual app the better.
Bibliography

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