HEALTH AND FITNESS INDICATOR

Prepared by: Eva Brenda Inziani

ABSTRACT

The health and fitness indicator device is created for basic monitoring of body mass and to help in motivation to maintain a healthy body mass. It is very simple to use.

This is a very simple system with a GUI which is an effortless way to maintain/monitor one's exercise regime or health habit. It is also a very easy way to track BMI even with weight changes. The advantage of using an established formula and computer based system is that it is almost 97% accurate, unless the input is invalid. Weight increase is not always equal to fats! This is a misconception that needs to be eliminated. Also, obesity is not being healthy! This is a very wrong idea propagated by young girls and women especially who think that just because they aren't skinny they are healthy! If the weight and fats myths are put in check, then there will be an overall decrease of the rate of diabetes and other weight related illnesses.

The prototype is a weighing machine, a height scale and a user interface system to receive the weight and height inputs and computes the BMI. The system is very easy to use and instead of using manual calculation it is inbuilt in the user PC. Also, it is able to automatically monitor the progress by just copying the calculated BMI into user's calendar or daily planner. The prototype's major part is the programming via VB6.0.