iJRASET
International Journal For Research in Applied Science and Engineering Technology

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 13 **Issue:** V **Month of publication:** May 2025

DOI: https://doi.org/10.22214/ijraset.2025.71732

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 13 Issue V May 2025- Available at www.ijraset.com

A Review on Well Fitness

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Abstract: Personalized Nutrition is a red flag for the modern diet scheduling system when overcoming the limitations of the traditional one-size-fits-all diet. This milestone study presents for the first time an AI-powered Personalized Nutrition and Diet Management System that employs machine learning techniques on several bases such as KNN classifiers, feature selection, and model pipelines for real-time user-centric meal recommendations. The system provides real-time adaptations for greater flexibility in sticking to the plans altogether.
Keywords: Physical Fitness , Mental Wellness , Healthy Lifestyle, Exercise and Nutrition ,Preventive Healthcare

I. INTRODUCTION

ANutrition really is a modern miracle when it comes to physical and mental health. Most traditional diets are one-size-fits-all and tend to ignore the individual's inherent differences, great or small, in metabolism problems, lifestyle choices, and health conditions. This has caused a growing interest in personalized nutrition, which is the area of study which involves referring the dietary recommendations made to an individual with his or her genetic make-up, health status, and lifestyle preferences, as discussed in the article by

Modernization in AI and machine learning opened new avenues that have taken nutrition to a newer level with smart systems taking data for adaptive food recommendation, as this is seen in the research by Shyam [5]. This captures data from the users regarding health indicators, physical activities, and even climatic conditions to generate customized meal plans, which grow over time in real time with interventions from user needs, as described in the study by SingarThe rapid growth of digital education and social platforms has created both opportunities and challenges for college students. Students need effective tools that not only help with academic tasks but also support social connections and career preparation.

II. RESEARCH OBJECTIVES

main objective of this research is to produce a scalable, user friendly system that integrates nutrition science with modern technologies in designing personalized dietary live recommendations for any interested consumer.

1) Interface Design

The system will create a very intuitive interface for that the user can easily key in his health data and diet preferences.

2) Real-Time Adaptability

The continuous translating and adjustment of user input by the system as it receives this input for effective real-time recommendations.

3) Scalability and Performance Considerations

The system will be structured in a manner such that it can accommodate huge volumes of data and interactions during a real-time processing to ensure optimum performance even with increasing number of users.

4) Test and validation

The system will be subjected to tests based on accuracy, ease of navigation, and performance so as to ensure that they really met the needs of diverse user.significance of the research

III. LITERATURE REVIEW

Generic meal plans under traditional dietary regimes are not attuned keeping in mind the variations in metabolism, lifestyle, and health conditions (Zeevi [7]; Smith [8]). This is usually the reason for poor adherence and worse health outcomes (Wang [9]).

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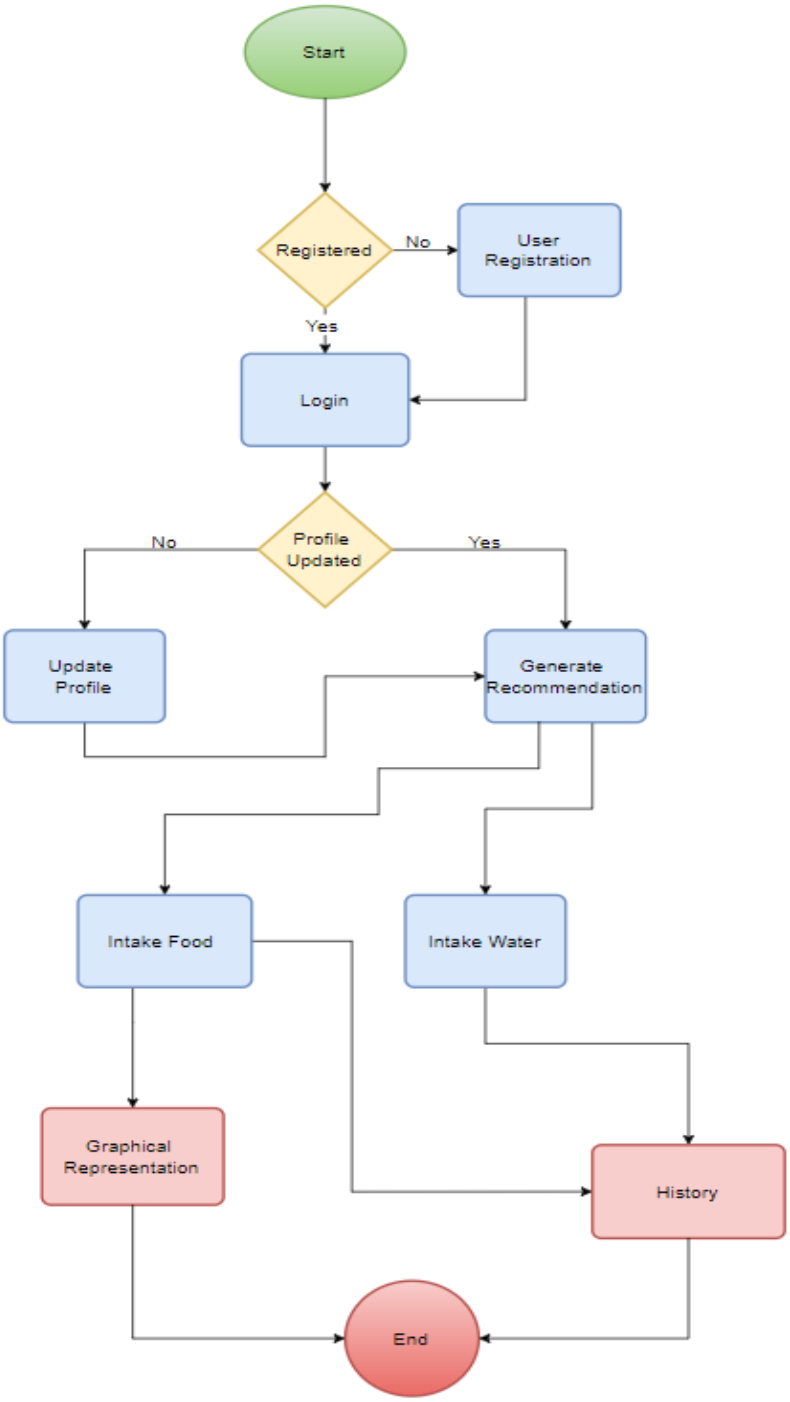
For someone with a gene-based tendency for different metabolism of carbohydrates, a generic low-carb diet may not help (Brown & Patel [10]). Lifestyle-related diseases like obesity, diabetes, and cardiovascular diseases have only built up the basis for the demand for personalized nutrition, which offers dietary recommendations that fit an individual's unique requirements

System Architecture

This study employs a three-tier architecture, a generally accepted architectural model for scalable and maintainable applications. The three-foldness-Presentation Layer, Application Layer, and Data Layer-makes the seamless buffet to a user experience.

IV. FLOW CHAT



V. TECHNOLOGIES USED

1) VS code editor: Core development tool for AI and backend services.
2) Natural Language : Utilizes spaCy, transformers, and custom NLP pipelines for understanding student queries.
3) Frontend Frameworks:angular for responsive UI and user experience.
4) Cloud Infrastructure: AWS/GCP for scalable storage and computation.
5) Real-Time Communication: WebSocket or Firebase for collaboration features.
6) API Integrations: Connects with campus management systems and third-party services.

VI. DISCUSSION

The proposed system has been effective in overcoming the limitations of the conventional method of planning diet. Most standard methods of meal planning use static meal plans as well as generalized recommendations. Understanding an individual's health conditions or activity has nothing to do with evolving dietary preferences, according to what was classified as conventional. With AI and machine learning, this system ensures that the user will receive meal suggestions based on the specific health profile of such individual.

VII. CONCLUSION

This research posits that AI can revolutionize dietary management with personalized nutrition recommendations. The meal-generating system works through the health profile, food preferences, and fitness goals of an individual using KNN classifiers, feature selection, model pipelines, and other machine learning techniques. Its most unique feature, that makes it different from static diet plans, is that it has real-time user-data dependent recommendations thereby allowing dynamic taking into account.

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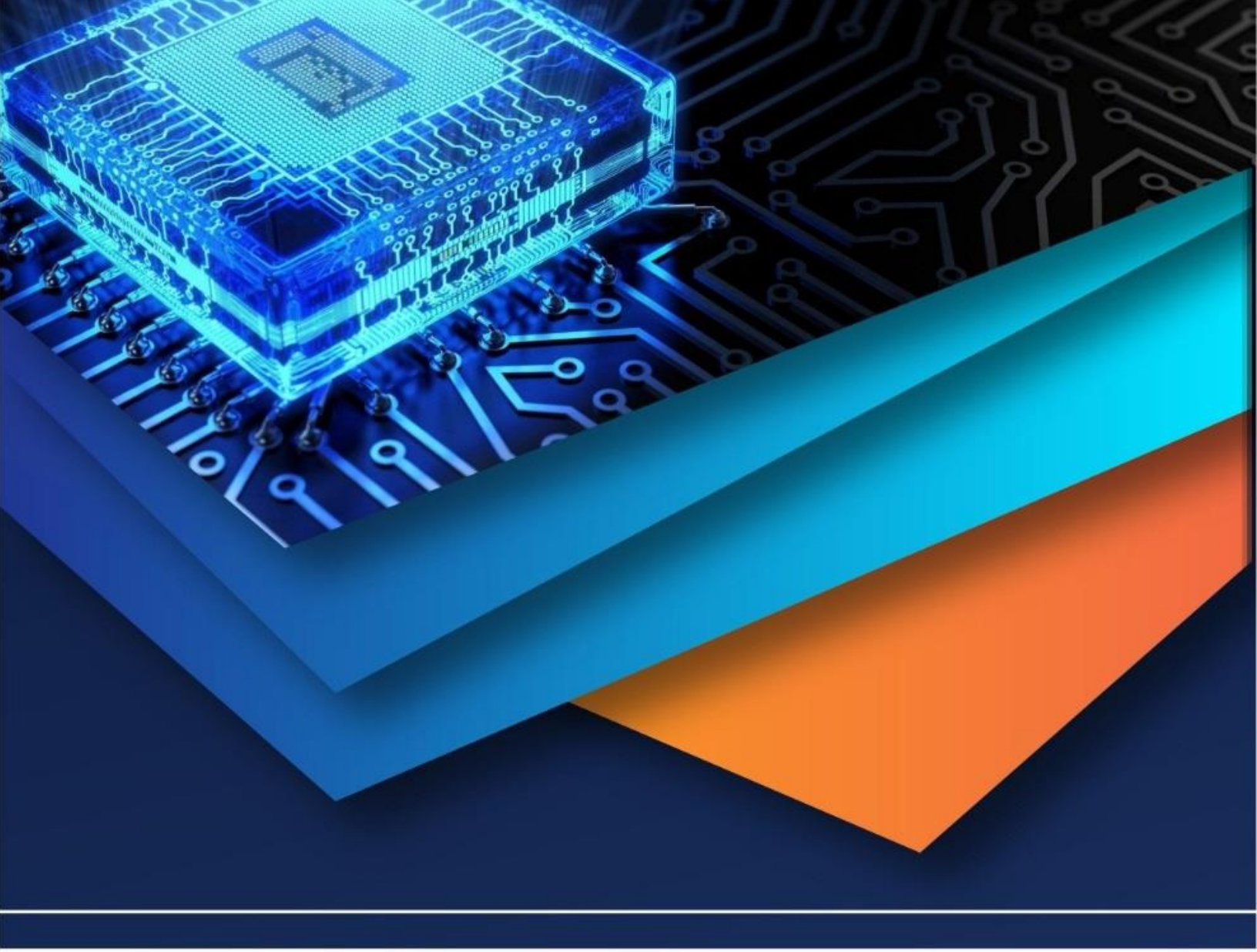

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