# Get Healthy, Get Wealthy Application

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*Abstract—* **This document gives the user the implication to start working out, to start their fitness journey. The app also allows users to connect with one another who are more informed than other users and also to connect with people who have the same goals. This app allows users to input their weight goals, whether it be losing weight or gaining weight, and while going through their training can research and look up information on a particular diet and count their calories and macros. On top of getting healthy the app can help people earn money by uploading videos and writing blogs that can get a lot of engagements.**

*Keywords—* **fitness, strength, working-out, health, money**

## I. INTRODUCTION

Health is the single most important thing in our lives. It can make or break you as a person, as someone who went through multiple diets and weight loss journeys this application is to provide a great way for people to reach out to one another but to help each other towards their goal. An easy way for people to talk to different trainers, research different facilities, and get a buddy to help hold them accountable on their health and wealth.

## II. GETTING STARTED

Starting the app is really simple, all you have to do is sign-up with your email or you can use your twitter, facebook, and instagram account to set up your account. After you set up your account all you need to do is enter some information if you signed up with email but if you used a social media app to login it can take the information on your profiles and automatically input it if you so desire.

## III. APP BREAKDOWN

Like other fitness apps it will help you count your calories and investigate what you are more prone to eating. The calorie counter would be more accurate than other apps and help people distinguish what's in the foods they're eating.

### A. Choosing Diets

On the app you can choose what kind of diet or diets you want to do. For example, the user can choose the vegan diet and any other diet that can complement the original diet they chose. The vegan diet can be combined with a water or regular detox and intermittent fasting.
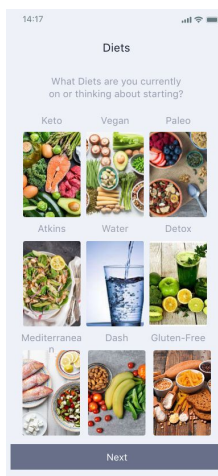


Fig. 1 A example of the diets included in the app

### B. Calorie Counter

Like other fitness apps it will help you count your calories and investigate what you are more prone to eating. The calorie counter would be

more accurate than other apps and help people distinguish what's in the foods they're eating.

*C. Features*

The app gives users a wide variety of features that can make the user experience very comfortable and simple that anyone can do it. The features on this app can make life very simple for people of all ages. You wanted to help your grandparents lose weight, or just get healthy in general then this is the perfect app to introduce to them.



Fig. 3  A example of the calorie counter  and macros brreakdown

2)      *Ingredient Tracker:* This feature helps the user see what exactly are included in the food they eat. If you eat a certain sauce from a fast food chain, ity will tell you everything that is involved or supposedly involved in the ingredients.



Fig. 2  A example of the sign-in screen. Login with your email or social media accounts

1)      *Macros-Breakdown*: This feature is for people to understand what they eat and how much they eat. Macros are the nutrients that make up the food, it describes if it has carbs, protein, fats, and many more.
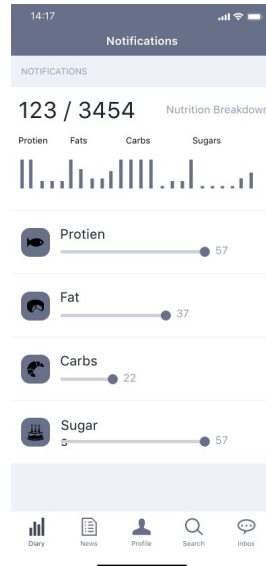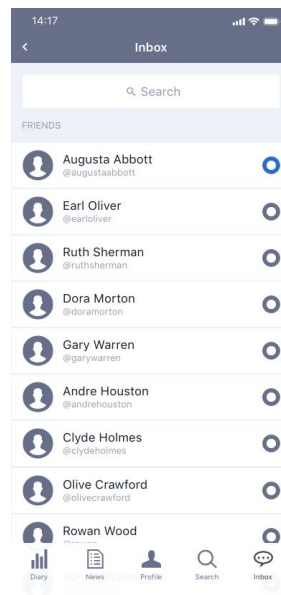


Fig. 4  A example of the inbox screen on the app.

3)    *Inbox:* This is to help people message each other for any reason. Of course it's free of charge just hit up anyone at anytime.

## IV. PREMISE

This application is to bring more people together and hope to help each other out in the world of fitness. Fitness is such an important aspect in any person's lives, this app is supposed to make it easier for everyone to bring change with themselves and with others. Not only can this app help with your health and fitness goals but can also provide a means of revenue for anyone that wants to help spread the app, help others accomplish goals, publish content whether it be blog posts or videos. Get revenue from the amount of people that read your blogs or watch your videos. We are here to help you, help us help you by giving us feedback and growing with us.

## V. WHAT HAPPENS IN THE FUTURE

I want this application to one day eclipse youtube, twitter, facebook, reddit for the best source of content for health and fitness. I want people to be able to easily connect with other trainers and look up different type of facilities that are located throughout your local area. If you are looking for a gyn that does specific things or train for a specific purpose then it can be found. The app will also include different spa, and recovery places that are close to the user. The user can also check membership prices and staff of the facility to see if its a place for them to attend.

## VI. CONCLUSION

I would like to make this app come to life and provide a permanent source for people to stay healthy. As sineibe who has been on different fitness journeys and also right now is suffering from an auto immune dusease that is causing not only my weight to come back but my psyche to deteriorate. I wanted to provide a place for people to express themselves and to invest in themselves, you need to support yourself first before anyone else.

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