

GetHealthy, GetWealthy

This is a app all about fitness that is more in depth than any type of weight loss or muscle gain app. This app is a reddit for gymheads, everybody is welcomed to share their journey and for people to find specifically what they are looking for.


Details

A reddit for gymheads? Sounds like a disaster waiting to happen. Let me explain, any app can be taken advantage of depends on the person using it. My app G.H.G.W is going to help serious people who are looking for a way to start a new life and get a new look. This app will not only record what you eat, how much you should eat, and recommend food and recipes to you but will also will allow to interact with people for whichever diet you choose. My app will include all types of diets from mainstream Keto, Vegan, and more to the lowerstream of OMAD and others.



Explain

As someone that went through a weight loss journey i had to look and figure out what kind of diet I wanted to make into a lifestyle because the key is to not look at this temporarily but as long term goal. Endless research and recipie research to figure out if this was something I wanted to do. So instead of people taking the time to do the research on all the diets they want bring the diets to them with everything they need to know. This app will help with planning for meals and activities, connecting with people going through the same predicaments as them so they feel like they have a virtual partner, connecting with virtual or trainers near the vicinity, videos on how to do certain things like stretching (which i struggle with myself). I want this to be a smooth transition for people dedicated to changing for the better.



Sounds Good. But Will It Work?



I think this will help less enthusiastic people be more comfortable in transitioning into more of an ideal situation for themselves. An easier access to information right at your hands without the need to go to different blog posts i think is big, it would help more people narrow down what exactly they are looking for. This app will also help people get paid, if people take a liking to you not only can they purchase your services but they can donate to you. I also feel like this will get more people involved to change for the better and spread the good word

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