Researchers:
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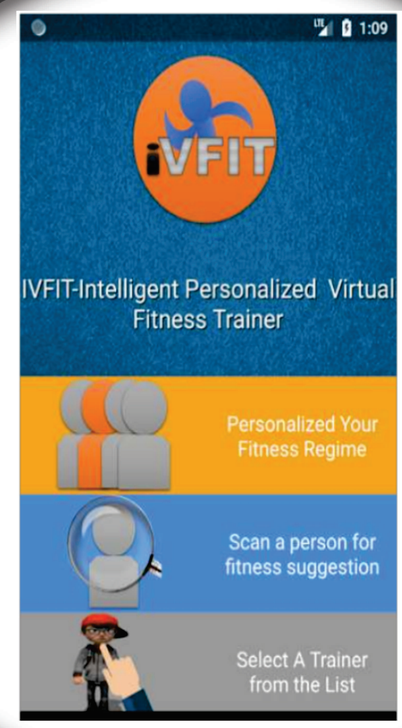


IVFIT - Intelligent Virtual Fitness Trainer

Introduction
IVFIT is an intelligent virtual fitness trainer that utilized the study on fitness in health education and facilitated with the technologies from the field of Artificial Intelligence and Virtual Reality.

Problem Statement
Obesity was the underlying factor for chronic diseases. Malaysia is ranked sixth in the Asia-Pacific region for obesity and tops the list in South-East Asia for both obesity and diabetes. Fitness activity with personalized fitness regime can help to cater the issues with overweight and obesity. This app solves the issue by intelligently personalized fitness activity using information from the users.

Inventiveness and Novelty
This app utilized the technology of AI and VR to intelligently suggest the most suitable trainer based on profile submitted (weight, height, age, activity level and gender). There are five different 3D virtual trainers with five different type of movements for fitness. This app also has an image recognition function, BMI and BMR calculation and calories intake suggestion. This app is user-friendly with informative user input, accurate with low prediction error and the suggestion are based on the study on health and fitness education.

Intellectual Property Status
Obtained: LY2018006398

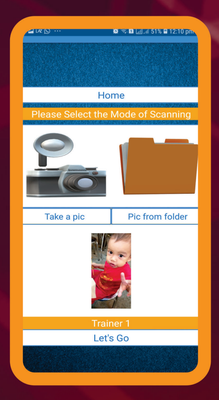
Usefulness and Application
1.Can be used by anybody for BMI and BMR calculation and for Fitness
2. Personalized Fitness Activity
3. Low prediction error
4. Personalization is based on previously stored data
5. Can be used by anybody that wanted to learn to dance, combat and workout for fitness

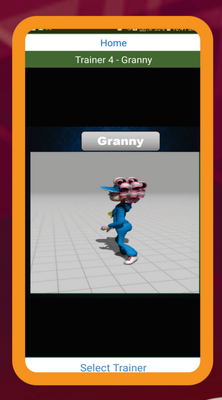
Status of Invention
Completed and commercialized via App Store

Commercial Potential
Can be commercialized worldwide
Potential Partners
Hospitals, Fitness Centers, Schools for Physical Education.

Knowledge Management (Grant/Publication/etc)
Paper title: The Effectiveness of a Personalized Virtual Fitness Trainer in Teaching Physical Education

Impact of the Product
Interviews (primary school students) – The students expressed their excitement about using the VFTs to perform different physical exercises.
The app can accurately calculate and assign the trainer for each user based on 23 user data.





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