

(54) Title of the invention : Fitness and Diet Recommendation using C4.5 Decision Tree Model

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(57) Abstract :

Nowadays, more individuals are being diagnosed with diseases that are becoming chronic due to not following the proper diet, not doing proper exercise regularly, or not giving proper attention to the diseases because of busy schedules. Hence, we propose a system that aims at improving the health of the patients suffering from various diseases by recommending them healthier diet and exercise plans by analyzing and monitoring health parameters and the values from their latest reports related to the disease. We considered patients suffering from either Diabetes or Blood pressure or Thyroid. Our System can be essentially useful for the doctors to recommend diet and exercise based on their latest reports and personal health details. For this, we have broadly classified our system into 2 modules: 1. Health Monitoring, 2. Diet & Exercise Recommendation. In the Health Monitoring module, the system would suggest follow-up sessions until the reports come normal. For the Diet and Exercise Recommendation module, the algorithm that is used is a Decision tree for classification. To be precise, C4.5 is used to give recommendations of diet and exercise. A C4.5 Decision tree will help recommend and determine if a particular food item and exercise should be given to a particular individual or not with respect to our customized datasets

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