

ABSTRACT

Health is a primary need for every human being. Personal health can be achieved by adopting a healthy lifestyle, one of which is dieting and regular exercise. However, due to people's lack of knowledge about healthy food intake and calorie needs for carrying out daily activities, this situation makes it difficult for them to determine the number of calories in food and the calorie requirements their bodies need, resulting in obesity. Currently, smartphones with the Android operating system have become a human necessity.

In the last decade, the prevalence of obesity throughout the world has increased drastically, making this nutritional problem one of the problems that requires serious attention. Obesity should not be considered simply a consequence of an unhealthy lifestyle that poses significant risks to health. Obesity should be considered as a disease and a risk factor for other diseases.

Therefore, to make it easier for people to follow a healthy diet and lifestyle, we propose the Android-based Healthify application using Flutter to help overcome this problem. This application will be able to provide information on healthy lifestyle activities, calculate body category or BMI, the number of calories the body needs and provide information about healthy food intake. The method used to calculate calorie needs is the Harris Benedict method, while for calorie burners the exercise calorie formula is used. The experimental results show the effectiveness of the application developed in providing information about weight control, food nutritional intake and calories needed for their bodies.

Keywords : android apps, obesity, diet, weight, healthy living, sport.