

## Daily diet and sports recommendation system:

**Health-related problem:** Many people are too busy to take care of themselves. They tend to sit for a while day; they sit to work (White-collar), to read, to study (students), to code (programmer like us ^\_^) and etc. They might not eat breakfast, because they do not know there is a healthy breakfast shop nearby; they might stay up late, and sleep to the noon; or they might not have time to do some sports, even though they really want to do so. Also so there are a lot people want to lose weight, but they do not know the healthy way to do that. Or they lose weight alone and cannot stick to that because no one supervises you. Here our app focuses on the health lifestyle of individual, including sleeping before 11:00p.m, getting up early in the morning, having three meals with enough nutritional intakes, doing sports a certain times a week, and something like that.

**Why is innovative:** Our app will consider your current condition (such as height, weight, the party you most dissatisfied, goal (regular or lose weight), your character of career (based on your calendar and schedule), your preference of eating (such as whether like spicy) and doing sports (such as inner sports or outer one) to make a daily healthy plan for you, as well as the goal body weight or body figure. Also there are already some apps doing the similar things. However, we can post your plan online (connecting to facebook or tiwtter), which you can share with your friends or find people similar to you, and want to join you. On the other hand, the app can also post what you have achieve online, which can supervise you to stick to the plan. If you finish one goal, there will be a reward; if you do not, there will be punishment, say, do not allow you login facebook for 2 weeks or something like that.

**Why addressed by app:** Because there are a lot of task you need to finish, and you need to record that whenever and wherever you like, the smartphone will be the best tool. Comparing with the traditional way such as keep a report in your diary ( mhh...seems out of fashion), this is more convenience and can share it with your friends. Also the privacy of individual is very important; our app can keep it better than a diary. What is more significant, our app can supervise you to achieve that goal.

## Remote nursing system for the old adults:

**Health-related problem:** In China, due to the aging of the population and One-Child Policy, there are millions elderly people living alone. They might looks well, be able to do self-care, and have relatively high incomes. However, they feel lonely, miss their children, really need someone to remind them details in their life, such as take medicine on time, do some sports, do regular physical examination. Due to their age, they have high risk to have some illness. And these will be treatable when been found in the beginning of the illness. What is more, because of the Chinese culture, they would not like to go to the nursing house.

**Why is innovative:** There have been a lot of apps which focus on taking care of the old adults. But most of them focus on the physical health of the old adults. These apps might test blood pressure daily to avoid risking of cardiovascular and cerebrovascular diseases, or just remind

them to take medicine and report their condition to the doctors, just like a nurse doing. However, here our app will not only do this, but also care about the mental health of them. We are trying to solve the lonely problem, such as find friends living nearby, helping them to keep contact with their children, and etc.

**Why addressed by app:** As I mentioned, due to the Chinese culture, the elder would not liking to living in nursing house like Americans do. They even do not like to check their healthy condition to convince that they are still young. In the traditional way, they might think it is unnecessary. Second, the core elements to affect their health, in my view, is that they are not happy, because they feel lonely, do not know what to do when they begin to retire and stay home. Our app can help them find friends, let them feel they surfing online and have social life online, just like the young people do. Also, our app can make them feel free to use to make friends, communication with their children and grandchildren, and know what happen in their lives. And it has the health-care as by-product.

## **Pressure releasing system basing on the twitter:**

**Health-related problem:** Currently, with the development of technology, the life become easier, and the life speed become faster. People will have more or less pressure; sometimes we even not release that. That is why more and more people have depression and go to see psychiatrist s for help. And their pressure can be trailed and manifested in their daily lives and behavior. People use social website a lot, such as facebook, twitter.

**Why is innovative:** There have been a lot of apps help people to release stress such as some games in which one can shriek and feel releasing. That was really popular one or two years ago. But sometimes we even do not realize that we have pressure. And sometimes we only feel lonely. Our app is trying to analysis and data mining the content of one's twitter's (or facebook) following, forwarding, posting interests, and then calculating the pressures one has. And recommend them some ways to releasing that. Also because we base on twitter, the system can find others has the similar problem with you, and let you know each other. It will benefit that you can not only make friends with them, but also you can solve the problem together with them.

**Why addressed by app:** Comparing with the traditional way, people might feel more stress to see a doctor, or they can know they need to release stress before they get some mental illness or even before they realized. Because there are already apps let people release stress, but people might not know whether is suitable for themselves or not until they try them. For myself, I hate to download one app, play it, find out it is bored, and then install that. So my goal is to develop a platform, where one can easily find the stress releasing app they like, or they need, basing on their twitter or facebook and their preference. And the approach of that need to be thought over and over.

**Language: Java and C++ is both OK**