

LLM Based Fitness and Nutrition Advisor Using Ollama

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Abstract:

Artificial intelligence adoption in the health and wellness sector has changed the game of being fit and healthy. This project, that we call 'Ollama — LLM Based Fitness and Nutrition Advisor', uses the LLaMA-2 model — a lightweight and efficient large language model — to provide personalized dietary and fitness advice. The system analyzes user data including and not limited to dietary preference, health goal, fitness level to generate very accurate and tailored advice to facilitate the habitual behavior change. The Ollama platform uses the base of the platform to offer the smooth integration of advanced AI capabilities and ensures that real time feedback mechanisms refine the recommendations in real time by getting input from users. The system has dynamic learning ability, good user engagement and a user-friendly interface. The project works to address privacy concerns and leverage robust datasets to create a new touchstone for personalized health advisory systems that users can use to get to optimal wellness with actionable insights.

Keywords:

LLaMA-2, Ollama, Artificial Intelligence, Personalised Nutrition, Fitness Recommendations, Health Advisory System, Real Time Feedback, Sustainable Lifestyle Change, User Engagement, Lightweight Model, Privacy and Security.