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Glowelus. Goodbye Extra Kilos [1] is an application developed to prevent obesity by Team "Work in House", fifth-year students at IIS Marconi in Civitavecchia that will participate in the 8 th edition of the **Global Junior Challenge** [2].

By using NFC tags, the app provides users with work out schedules and custom-tailored diets via chat with a personal trainer who supervises the exercise. Users are constantly driven to reach new goals and receive stimulating awards in the digital environment.

The app includes all the work out areas that are available making it a complete and easy-to-use product for any user.

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Links
[1] http://www.gjc.it/it/progetti/glowelus-%E2%80%93-addio-chili-di-troppo
[2] http://www.gjc.it/
[3] https://www.gjc.it/en/javascript%3Ahistory.go%28-1%29