1.	Record Nr.	UNINA9910746299003321
	Autore	Chhabra Gunjan
	Titolo	Artificial Intelligence to Analyze Psychophysical and Human Lifestyle / / by Gunjan Chhabra, Sunil Kumar, Sunil Gupta, Pooja Nagpal
	Pubbl/distr/stampa	Singapore : , : Springer Nature Singapore : , : Imprint : Springer, , 2023
	ISBN	9789819930395 9819930391
	Edizione	[1st ed. 2023.]
	Descrizione fisica	1 online resource (156 pages)
	Altri autori (Persone)	KumarSunil GuptaSunil NagpalPooja
	Disciplina	613
	Soggetti	Psychology Behavioral Sciences and Psychology
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
	Nota di bibliografia	Includes bibliographical references.
	Nota di contenuto	1. Interaction and Convergence of IoT and AI -- 2. Artificial Intelligence to Understand Human Behaviours and Psychology -- 3. Wireless Body Area Network in Healthcare -- 4. Techniques Used for Behaviors' Analysis Using Deep Learning -- 5. Technology in Food and Nutrition.
	Sommario/riassunto	This book is about the use of technology/artificial intelligence in the areas of human behavior and psychology, health and nutrition, and fitness and sports. Everybody has his/her own lifestyle but may not necessarily be aware of what constitutes a healthy lifestyle. Knowledge gained from the Internet may be scattered and inaccurate and, if adhered to, may lead to loss of life. The COVID-19 pandemic increased people's awareness of the need for a healthy lifestyle but how to adopt a healthy lifestyle is something to be clarified since every individual is different (body type, situation, etc.), and hence, their needs will be different as well. This book addresses such questions and explores how the use of technology in the areas mentioned above can enable each individual to easily achieve a healthy lifestyle.