

NAME: OGinni SONIA

SCHOOL: BLOSSOMVILLE HEIGHT SECONDARY SCHOOL

CLASS: JSS2

TOPIC: IF I WERE TO INVENT SOMETHING NEW.

If I were to invent something new, it will be a robot that will help people lose weight. The robot would create customized workout plans based on the user's goals, fitness levels, and health data. The robot would provide health meal planning, grocery list and cook instructions to support user's weight loss journey. The robot could monitor user's physical activities, sleep patterns, and other health metrics to offer insights and encouragements. The robot would offer positive reinforcement, reminders and support to help users stay motivated accountable. The robot could detect potential health risks and provide guidance on proper exercise and injury prevention. The robot would learn from users' feedback and data, adapting the weight loss plan as needed to ensure optimal results. The robot will be in form of a square and will be called Soniabot, it will be just like a tablet showing people the poses and the kind of exercise to do to lose weight.

The people it can benefit are obese people, personal trainers, people who want to lose weight and old people who want to stay healthy.

The advantages of this robot is that it is cheap, it is effective, it will help people to lose weight and it will remind people when it is time to exercise their body. It will alarm them if they are not around or when they are asleep or busy doing something.

In conclusion, it will be powered by solar panel and it will be rechargeable and it will be packaged and delivered fast but if the seal is opened please return and it will be sold at the rate of ₦50,000 and will be suitable for fat and obese people who want to lose weight and will be easy and fast to by land, sea or air.