

Weight Loss Buddy Makes AI Accessible to its Users

App to act as a portal for AI, empowering users with tailored support

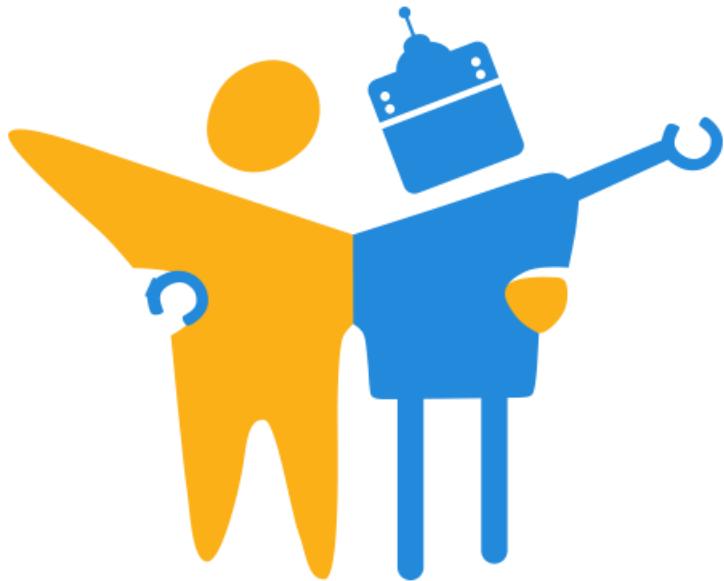
TENAFLY, NJ, UNITED STATES, January 12, 2026 /EINPresswire.com/ -- In an era when personalized health and fitness guidance is becoming increasingly crucial, the Weight Loss Buddy AI app is set to revolutionize how individuals approach their wellness journey. Developed with the latest artificial intelligence technology, this innovative app offers a personalized and interactive experience specific to each user's unique needs and goals.

It has been proven that having a support system in weight management is helpful. Weight Loss Buddy provides its users with that personalized support. The app allows its users to monitor weight while sharing their progress with others, learning from their experience.

“

You can't help someone up a hill,
Without getting closer to the top yourself”

Joey Dweck



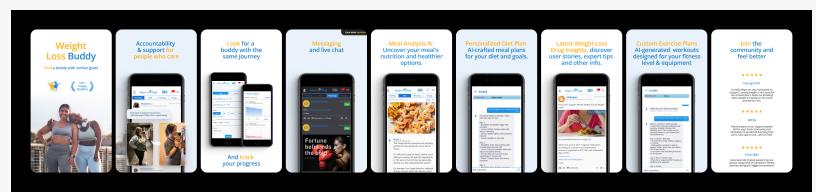
Weight Loss Buddies

With the introduction of the new AI program, users will enjoy AI-powered features, such as: real-time feedback and motivation from real people; personalized diet planning — customized meal plans tailored to individual dietary preferences; customized exercise routines — workout plans based on fitness levels, goals and available equipment; meal analysis — analysis of meals for nutritional content and suggestions for healthier

alternatives; recipe suggestions — personalized healthy recipes based on dietary preferences and nutritional needs; personalized coaching tailored to user needs, offering advice and

guidance; and motivational messages and reminders to keep users on track.

In addition to these AI-driven features, users will have the ability to upload and compare progress photos to visually track changes. A 24/7 AI chatbot is available for support and to provide instant answers, accountability partners for mutual accountability and support, educational content such as articles, videos and other resources for learning about nutrition, exercise and wellness, as well as community support to share experiences, tips and encouragement.



Mobile App Screenshots



App & Play Stores

They will also have the option to form or join public and private groups to enable sharing concerns with trustworthy people. Research has shown that people with social support tend to be more successful at achieving and maintaining weight loss than those without.

Everything is related to one idea — to inspire people to help each other lead healthier lives so that together, the world can change for the better. For that, Weight Loss Buddy was created.

"We believe that everyone deserves a companion who understands their unique journey and provides the support they need to succeed," said Joey Dweck, the visionary behind Weight Loss Buddy. "Our app combines cutting-edge AI with a personalized touch, making it easier for users to achieve their health and fitness goals."

Weight Loss Buddy is available for download on [\[App Store\]](#) and [\[Play Store\]](#). For more information, visit www.weightlossbuddy.com

About Weight Loss Buddy:

Weight Loss Buddy is dedicated to empowering individuals on their wellness journey through advanced technology and personalized support. The app aims to make healthy living accessible, enjoyable and sustainable for everyone.

Joey Dweck
Weight Loss Buddy INC
+1 917-841-2521
[email us here](#)

Visit us on social media:

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