



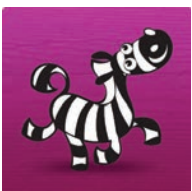
Solutions Brief  
[Intel® Developer Zone](#)



## Enabled by Intel® Atom™ Tablets for Windows\* 8.1

Maintaining a healthy lifestyle just got easier now that the weight management app from Minha Vida is available for Intel® Atom™ tablets for Windows\* 8.1. This compatibility will let users track their intake, make better eating decisions and lose weight with the help of their mobile devices.

With life moving at an increasingly faster pace, it is easy to substitute convenience for nutrition. The Dieta e Saúde app (translated means Diet and Health) offers a simple guide that encourages healthy choices so users can lose unwanted pounds and maintain a healthy lifestyle. Minha Vida is one of the largest health and wellbeing portals in Brazil and this application is an encapsulation of resources and experience that has enabled over two million people lose weight. Users can take the struggle out of dieting with helpful suggestions, tracking, notifications and recipes. Providing motivation, focus and a wealth of nutrition information, the app places reasonable weight loss goals within reach.



The Dieta e Saúde app is now accessible to Windows\* 8.1 tablet users so getting on track and feeling good is one step closer. A broad range of information and organized assistance can travel anywhere with the lightweight portability of mobile devices.

### Point System

A flexible point system allows dieters to establish a manageable set of daily choices that impact weight loss in the long term. It is simple to enter meals and snacks and stay within acceptable intake, keeping users on target.

### Meal and Weigh in History

It is easy to forget what we ate two or three days ago, but the body remembers. Examining consumption over longer periods of time helps to make smarter choices in the future. Users can effortlessly enter and view their weight over weeks and months to monitor their own progress and keep their healthy momentum going.

### Recipes and Nutrition

Dieters don't have to sacrifice flavor or satisfaction to reach their goal; delicious and fortifying recipes as well as valuable caloric information take the guesswork out of healthy eating. Portion suggestions and preparation methods offer great meals so users can enjoy their lives and reach their goals at the same time.

### Daily Exercise

This feature allows users to track their physical activity and makes helpful and tips to speed up metabolism and increase fat burning. This also lets users see how they are improving in terms of energy expended and time invested.

### Mobile, Active Lifestyle

It is easy to stay on track, feel great and look fabulous with the immediate coaching and encouragement of the Dieta e Saúde app on versatile Windows\* 8.1 tablets. The clean, simple interface is intuitive on the high-definition touch screen and users can take all their health promoting tools with them wherever they travel.





## Dieta e Saúde Powered by Intel Atom Tablets for Windows 8.1\*

Now that the increasingly popular Dieta e Saúde app is optimized for Windows\* 8.1 tablets, an even larger audience of mobile device users can take control of their physical and mental wellbeing. Equipped with efficient, powerful Intel® Atom™ processors, these lightweight, mobile devices offer users hours of functionality so that feeling and looking great is within users' grasp.



To become an Intel® Software Partner visit  
[www.intel.com/partner](http://www.intel.com/partner)

