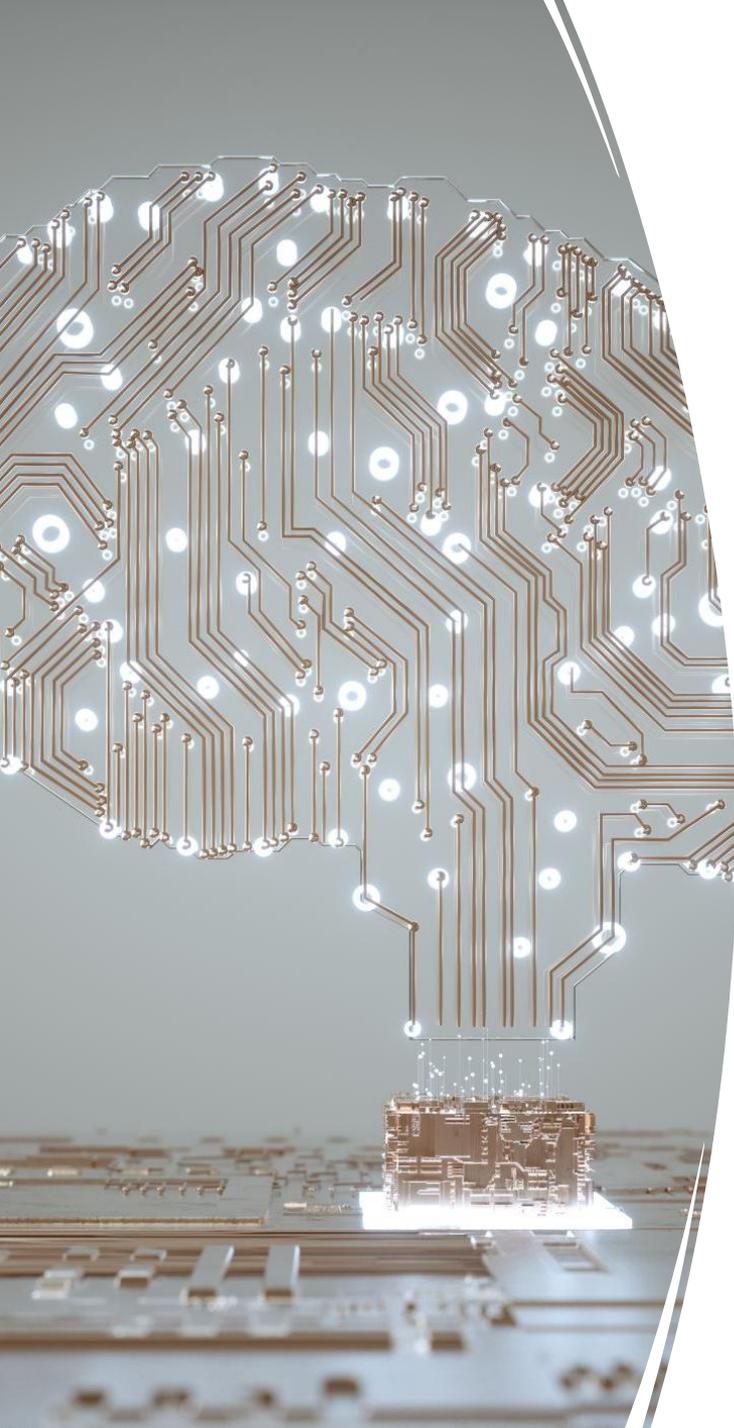# Understanding AI

YMCA Thursday 10:00 Presentation

What Is AI?

- Artificial Intelligence helps computers learn from data, recognize patterns, and assist with daily tasks.

Why It Matters

- AI supports fitness goals, improves experience, and can help make healthier choices.

Examples You Already Use

- Siri / Google Assistant

- Smartwatches

- Fitness apps

- Online recommendations

AI in Fitness

- Tracks workouts

- Suggests routines

- Analyzes progress

- Offers personalized plans

Benefits

- SAVES TIME

- GIVES PERSONALIZED SUPPORT

- BOOSTS MOTIVATION

- HELPS TRACK IMPROVEMENTS

AI at the YMCA

- Health and Wellness Tracking
- AI apps can monitor steps, heart rate, sleep, reminders for medications, and even detect irregularities (like abnormal heart rhythms).Great for maintaining independence and healthy habits.

Managing Appointments & Daily Reminders

Smart assistants (like Siri, Alexa, and Google Assistant) help with:

✅ Medicine reminders

✅ Appointment alerts

✅ Shopping lists

✅ "Remind me to call my granddaughter at 3"

Learning New Technology, Hobbies, or Skills
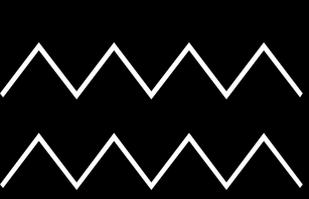
AI tutors can teach:

🎹 Piano

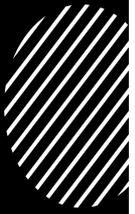👅 Languages

📷 Photography

🧘 Yoga or stretching routines

They adapt to your pace, making learning stress-free.

Staying Connected With Family & Friends

AI helps with:

☑ Writing messages

☑ Drafting emails

☑ Remembering birthdays

☑ Organizing photos

☑ Transcribing speech to text

Perfect for people who want to stay active in family conversations.

Fitness Coaching & Personalized Exercise Plans

AI workout apps can:

🏋️ Suggest routines

📬 Track progress

🚶 Adjust difficulty based on ability

🧘 Recommend low-impact exercises

Great for YMCA members!

Medical Information and Symptom Checking

AI chat tools and health apps can explain:

☑ Lab results in plain English
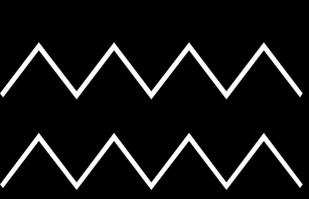
☑ What a diagnosis means

☑ Whether a symptom needs a doctor visit

☑ Wellness tips based on age

(Not a replacement for doctors — but helpful for clarity.)

Travel Planning & Navigation

🤖 AI is excellent for:

✈ 🗺 Planning trips

💵 ✈ Finding cheaper flights

👐 🚐 Giving easy step-by-step directions

💬 🗣 Translating languages on the go

🏝 Great for Those who love to travel.

Voice Control for Accessibility

AI-powered devices can replace complicated menus:

"Turn on the lights"

"Call my son"

"Read this article aloud"

"Turn on closed captions"

Big help for anyone with vision, mobility, or memory challenges.

Entertainment & Discovery

AI makes it easier to enjoy:
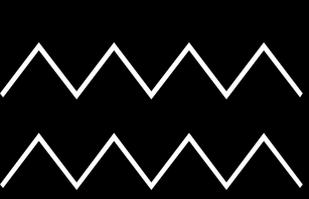
📺 Personalized TV recommendations

🎶 Music playlists

📚 Audiobooks that read themselves

🎲 Games that adapt to your skill level

Protecting Against Scams & Fraud

🤖 **AI tools can:**

✉️ 🔍 Detect suspicious emails

🧑‍💼 🚫📱 Identify scam calls

⚠️ 🛡 Warn about unsafe websites

🏛 💳 Track unusual bank activity

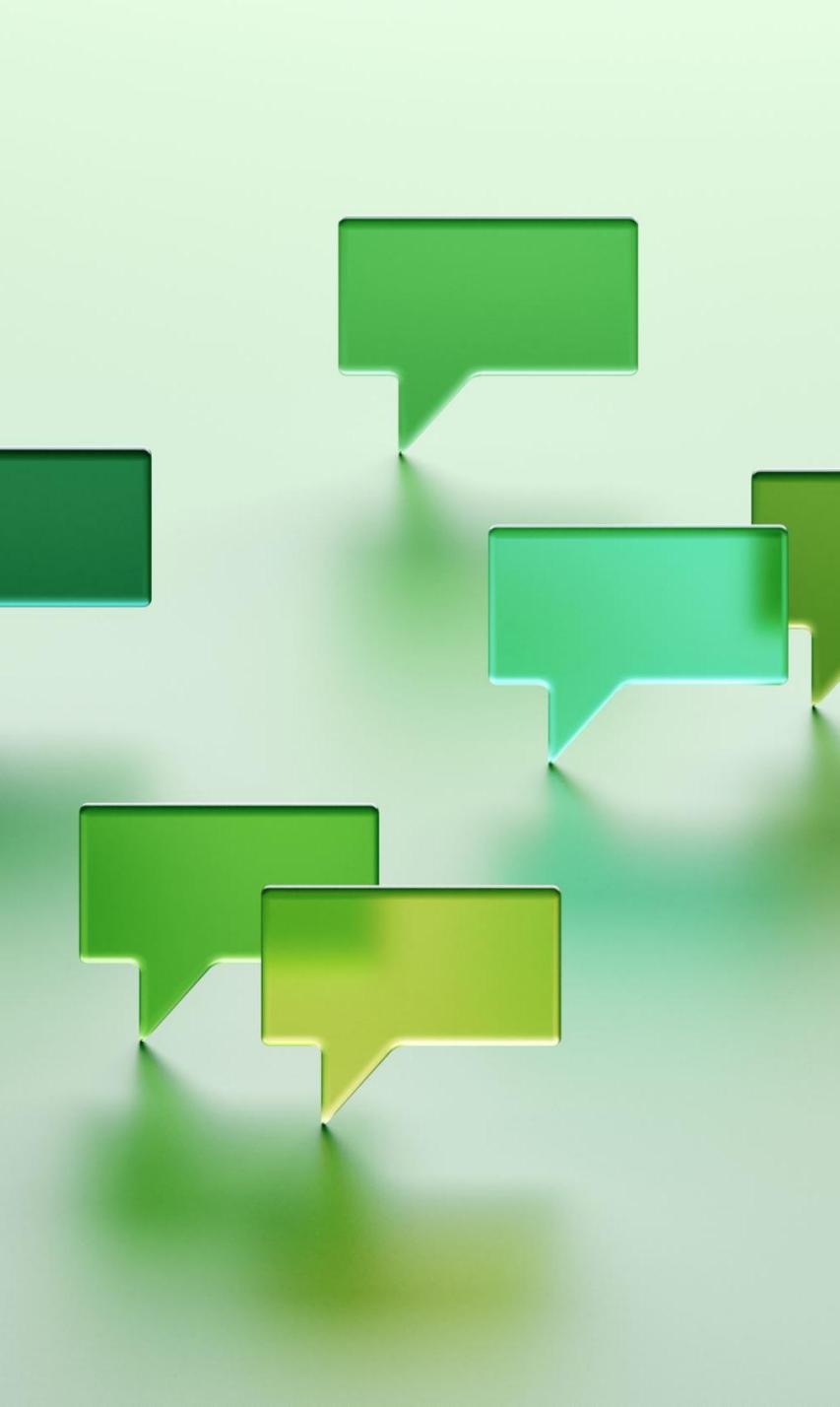📱 Absolutely essential as digital scams grow.

Safety & Privacy

Use trusted apps, control your data, and understand how your information is used.

Top Ten Cool Things You Can Do With AI

- 1. Create Art in Seconds
- Describe something — "a puppy wearing sunglasses on a surfboard" — and AI turns it into a picture instantly.

- 2. Have AI Write Anything You Need Emails, poems, speeches, recipes, stories, captions, instructions — all done in your style.

- 3. Get Instant Answers to Anything
- Ask AI to explain taxes, fix your phone settings, summarize an article, or show you the steps to change a tire.
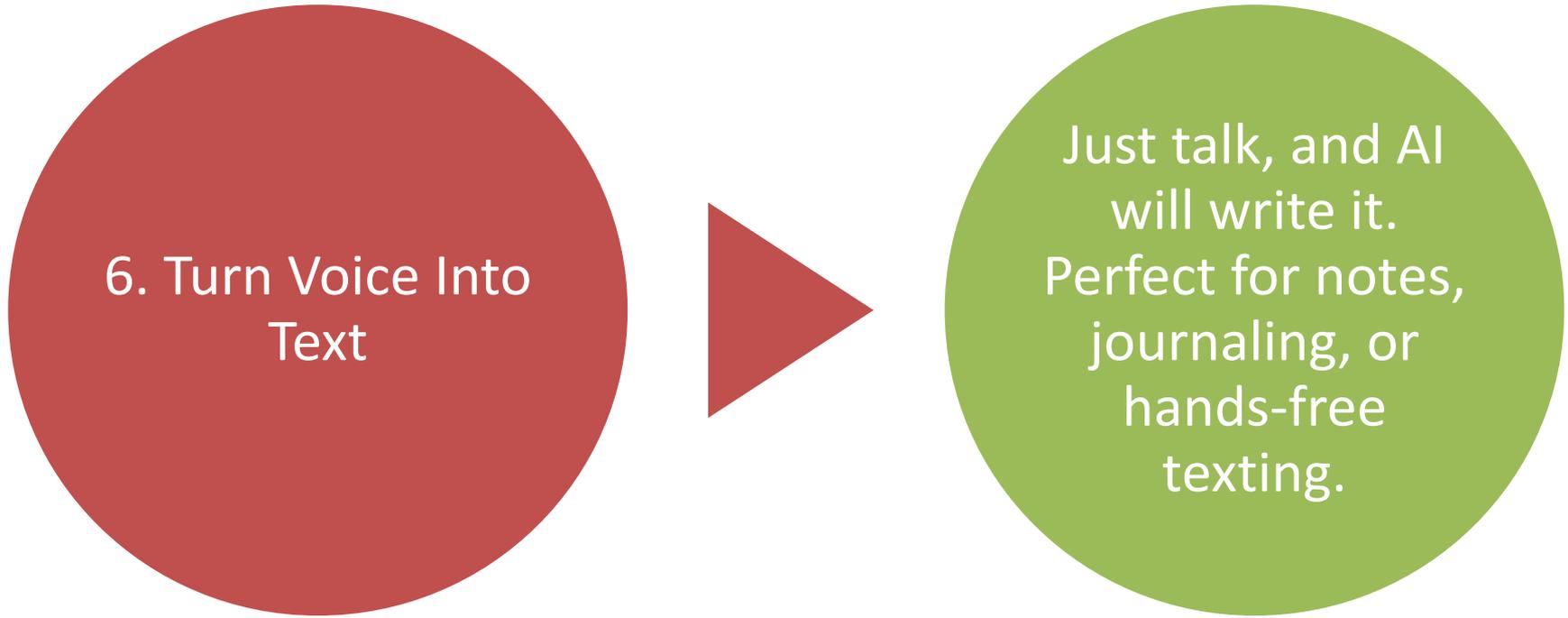
- 4. Translate Languages Instantly
- Speak English → AI gives you Spanish, French, Chinese, or any language. Great for travel or talking with new friends.
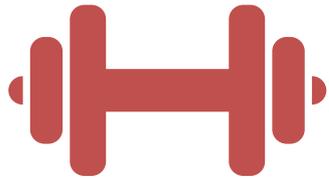
5. Get Personal Health & Fitness Guidance

AI can create workout plans, track progress, suggest healthy meals, or explain medical terms in plain English.

6. Turn Voice Into Text

Just talk, and AI will write it. Perfect for notes, journaling, or hands-free texting.

- 7. Make Amazing Presentations & Documents
- Tell AI, "Make me a slideshow for the YMCA about AI," and boom — done.(We literally did that!)

- 8. Plan Trips, Budgets, or Daily Routines
- AI can book travel, build packing lists, organize schedules, and help manage money.

- 9. Smart Home Help
- AI can turn lights on, play music, lock doors, read news aloud, or remind you of appointments — all by voice.

- 10. Learn Anything Faster
- AI can teach you: 🎹 Piano 📷 Photography 📚 History 🧘 Meditation 👨‍🍳 Cooking
- At your speed, with unlimited patience.

Questions?

Let's talk about how AI can help you