

Coding for Health and Fitness

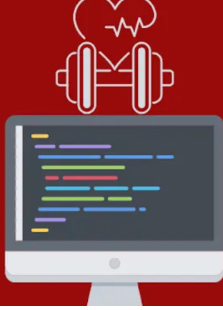
Meet Gabe, a co-founder of CoPilot, where his passion for fitness and technology comes together to create something to help people get healthier. Gabe works as the Chief Technology Officer (CTO) of CoPilot. As the CTO, Gabe takes care of all the computers and technology at CoPilot and writes new computer code to make things easier for their coaches. **He wants to make sure that their company can help everyone be healthy!**

Coding is very important at CoPilot. They use it to make their clients feel like their coaches are right there with them. They also use it to give feedback on how their clients are doing in real-time.

Coding helps them collect information about their company to see how they are doing. **They have a lot of computer code that helps them do many things at once, so they need to make sure it all works correctly!**



Gabe thinks that software can make coaches better and faster at their job, but it can't replace the special connection that humans have. That's why they focus on using technology to help coaches keep their clients accountable (keep them aware of their goals and what they need to do next).



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They can do this in ways that wouldn't be possible without technology. **Instead of trying to replace humans, they focus on making them even better at what they do best.**

At CoPilot, they use programming languages like Python, JavaScript, and React. They also use tools like AWS, MongoDB, PyCharm, Linux, terminal, and ssh. These tools and programming languages help them create and improve their computer code. Gabe and his team work hard to make sure everything runs smoothly and helps people be healthy.



Gabe's story illustrates the exciting intersection of fitness and technology, showcasing the potential for coding to amplify human strengths. **Young coders can learn from this approach, understanding that technology should enhance, not replace, what humans do best.**