A System for Fitness and Health Care

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Abstract*: Being Physically and rationally fit is extreme crave for each human being. This require has been realized by the individuals behind the improvement of wellness applications. Due to busy lives peoples are continuously moving from one city to another city so they find it difficult to track nearby gym location. To serve the different needs of clients, these apps offer personalization conjointly offer nutrition-based eat less plans by dietitian and exercise centre adornments other than work out and workouts. The apps offer incredible help to people who do not have time to visit the Exercise centres and health centres so casually such applications will help user to save their time and focus on their fitness regimes.*

Keywords: Android Application Development, Gyms, Diet Plans, Shops, Health centers, Fitness

I. INTRODUCTION

It is observed that the people have a lower importance on their own health and fitness because of the rise in workload and the busy schedule so they put fitness as a second priority. Thus, the purpose of this research paper is to motivate people towards fitness, by developing a wellness application which will help people to solve fitness related issues.

These wellness apps can be utilized by anybody, anyplace at any time for getting fit. They have presently gotten to be a idealize arrangement for those individuals having active plans. Most of the individuals are depending on these applications since they give simply get to the individuals. This kind of apps can help in setting wellness objectives, giving workout thoughts, following areas of adjacent exercise centers, and give advance charts. They too give personalized counsel by the exercise center coach. These apps are progressively getting to be prevalent among today's youth. These individuals discover the apps valuable for progressing eating propensities or taking after a workout schedule alongside following of exercise centre. The utilize of apps has expanded due to different reasons like more prominent security, ease of get to, time constraints, and diminished taken a toll as compared to wellness centers, additionally everything in one stage.

The number of smartphone clients in India in 2020 were around 748 million. Development in smartphone clients has had a coordinate effect on versatile application. There has been tremendous development within the wellness app advertise due to variables such as more noteworthy intrigued of firms in advancements and innovative improvement. These days individuals are more cognizant around their wellbeing and center on their prosperity.

The issue was watched particularly "mid 'he widespread where individuals were not able to move much exterior their homes due to social removing imperatives and go to exercise centers and wellness centers and work out there. These reasons were majorly dependable for a more prominent intrigued in wellness and healthcare applications and development within the wellness app showcase. A part of individuals has gotten to be more wellbeing cognizant these days. Everybody has their possess viewpoint of staying fit. Health introduction may be a exceptionally vital theme that has driven the intrigued of analysts in later a long time.

The fitness apps can be separated according to type:

- Nearby Gym Tracker Applications
- Fitness Applications
- Nutritional Diet Plans applications
- Gym Accessories apps amongst others
- Easily get information about shops

II. LITERATURE REVIEW

(Adria Montaner-Mas, Antonio Martinez-Nicolas, Carl J. Larvie, Steven N 2019. This paper points to illuminate the a few challenges confronted amid the episode, individuals took out time to discover more current ways to lead more advantageous ways of life and take superior care of themselves. A later report watched that 75% of Indians were

expending home-cookednourishment, 54% were working out frequently, 47% were going for steady wellbeing check-ups, and 30% were overhauling their wellness administrations utilizing progressed apps and gadgets.

Brad Millington (2014). The title of the research paper is "Smartphone Apps and the Mobile Privatization of Health and Fitness. Critical Studies in Media Communication."

Through a assortment of wellness and wellness apps, wellness devotees were not as it were assembly their everyday walk and body workout targets but were moreover practicingmindfulness and reflection on the go. Physical wellness is not only one of the foremost vital keys to a sound body, it is the fundamental of energetic and inventive mental action. Hence, to supply an all-in-one stage to the clients from finding adjacent exercise centres to getting legitimate count calories and vital exercise centre adornments we are making this android application. In afterward times utilize of wellness applications has extended these applicationsmust fit the budget wellness targets and needs of clients and the social expelling traditions made may clients usual to these wellness apps and the float is not advancing to go anyplace in near future.

Juliana Chen, Janet E. Cade, and Margaret AllmanFacinelli (2015). In this paper author talks about the advancement in the smartphone technology, and purpose is to evaluate the qualityof best weight loss apps.

Being fit physically and reasonably is each human being's extraordinary pine for. This requirehas been realized by the pioneers behind the change of wellness applications. Wellness App Advertise Share Action Following Work out and weight misfortune Eat less and Nourishment As well it burrows into the reasons why these apps are favored over wellness centres. Imperative information with regard to diverse related points was collected through fundamental information from one hundred respondents.

Maria D. Molina, and S. Shyam Sundar (2020). The title of the research paper is "Can Mobile Apps Motivate Fitness Tracking? A Study of Technological Affordances and Workout Behaviours."

This Paper points to ponder that can workout apps truly propel clients towards wellness? Andit is examined that creator examined the relationship between inventive affordances of Body Space, an exceedingly situated body building and weightlifting app, and behavioural results.

III. STATEMENT OF THE PROBLEM

To understand the problem faced by the people who are continuously moving from one cityto another city and to help them to track nearby gym/location/shops/Healthcenters.

IV. OBJECTIVES

- To Shows nearby gym locations and their facilities to the user.
- To analyse the effectiveness of fitness apps on developing fitness of a user.
- To get the information about gym equipment's from the stores.
- To study the effect of fitness application to save users time and help them with their busy schedules.
- To provides proper workout plan, nutrition plan by the dietitian as per the need ofuser in order to achieve a healthy life style.
- To understand whether wellness application is favoured over fitness centres and how it in turn helps users.
- To provides most importantly everything in one application gym information, trainer information, their contacts and nutrition-based diet plans and shop locations which contains gym equipment's.
- To observe the popularity of wellness application among users and how it has helped them to come up with their busy schedules.

V. METHODOLOGY

We come with idea to design a fitness application which facilitate a pleasing experience to the user with its unique features. In this area we examine the strategy chosen to total our venture. Our group searched for an assortment of references related and have a few connected with the app at that point sorted outthe references that are together to pick references that are related and by the reason of this paper. The look strategy is carried out by alluding related keywords and sorting strategies is completed by examining the dialog points from each reference choosing which may be used for

the method. In this we have design fourmodule user, admin, gym and shop. In the proposed solution user will be able to track nearby gym location. Also get nutrition-based diet plans given by the gym trainer, user will be able calculate BMI index using this application and user will be able to generate all the information regarding shops which contain gym accessories.
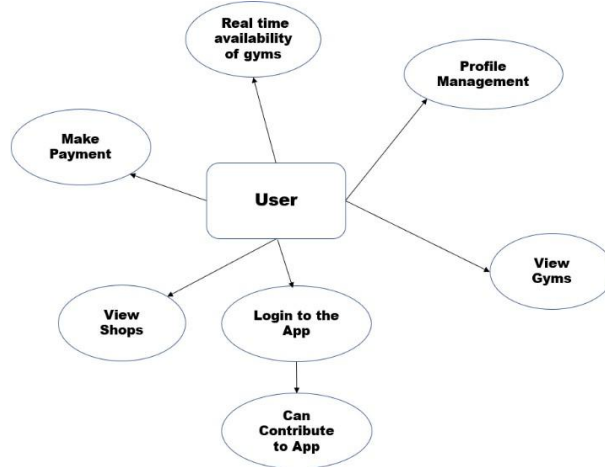

Fig: User Feature ChartUser will have the following features:
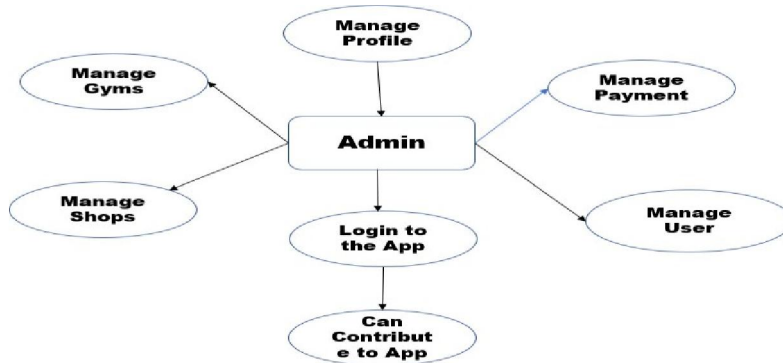
- Manage Profile
- Make Payment
- View Shops/Gyms

Fig: Admin Feature ChartAdmin will have the following features:

- Manage Profile/Shops/Users/Gyms
- Able to see how many users are registered on app
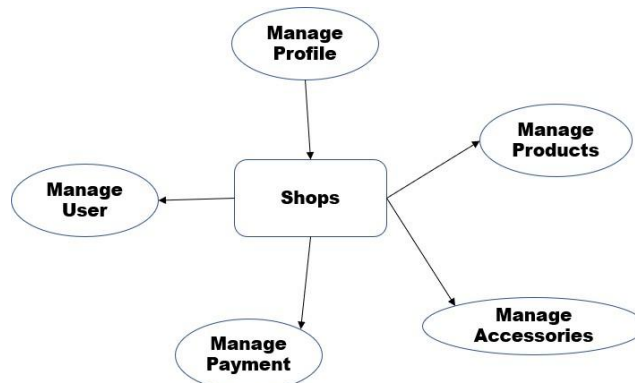- Manage Payment

Fig: Shops Feature Chart

Shops will have following feature:
- Manage Profile
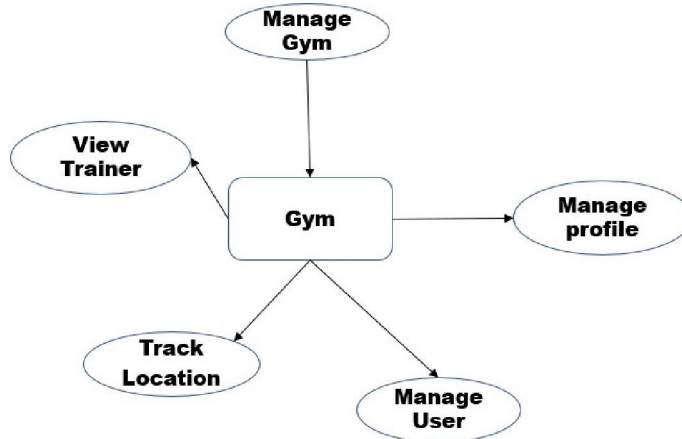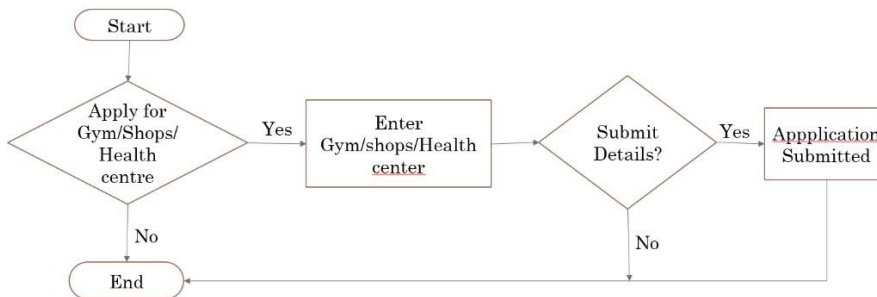- Manage Payment/Accessories/Products
- Manage User

Fig: Gym Feature Chart

Gym will have following feature:
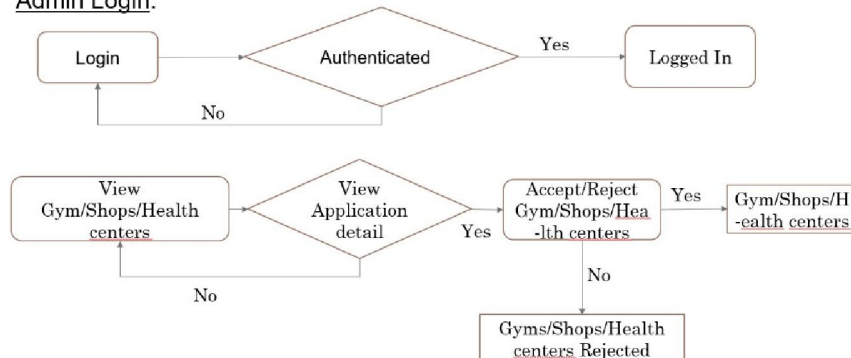- Manage User /Profile
- Manage Gym
- Track Locations

User Apply for Gym/Shops/Health centre:

The above diagram shows the flow chart for user apply for gyms, shops, health centres. If all the credential of user are correct then user may have access the appand further can submit the application.

Admin Accept/Reject Gyms/Shops/Health centers:

Admin Login:

The above diagram shows the flow chart for admin to accept or reject the gyms , shops, or health centres . If all the credential of admin are correct then admin mayhave access the app and further can manage all the profiles for gyms or shops .

VI. DATA ANALYSIS

Future wellness: the way to our wellness is through information investigation … Fitness apps permits you to make an organized and personalized plan. Informationanalytics within the wellness industry is utilized to get it numerous things, counting: exercise centre participation rates, in-app client behaviour, exercise centre attendees' execution measurements, client inclinations. Now we will see some real time data for people having membership in gyms,
Share of people that had a gym membership in India in august 2020:

Characteristics	Share of Respondents
16 to 24 years	30%
25 to 34 years	40%
35 to 44 years	35%
45 to 54 years	25%
55 years andabove	15%

Table: Share Of People in Gym Membership

The above table depicts the share of people having gym membership in India.It includes people of all age groups and shows how much amount of share they are having in gym membership. Also, it shows that more young people are interested in fitness and they are having the need for such applications as it will help them in many ways by saving their time.
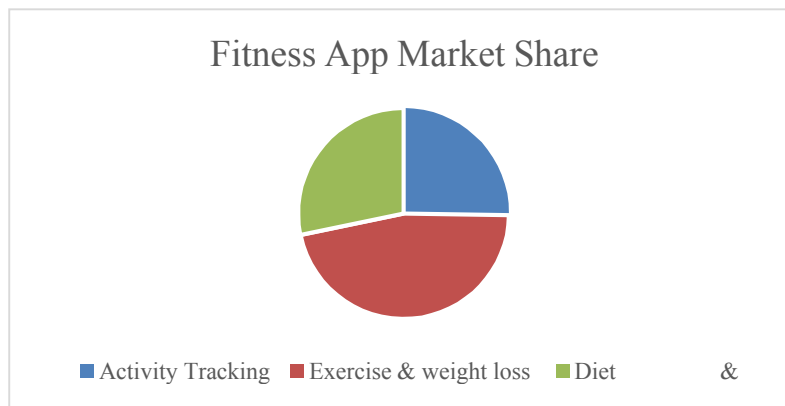

Fig 7.1. Fitness App Market Share

The above chart depicts the fitness app market share. It includes Activity Tracking, Exercise & Weight Loss and Diet & Nutrition. It shows how much market share is there for all the mentioned three things, we could clearly see that Exercise & Weight Loss is having highest share in the market followed by Diet & Nutrition and Activity Tracker.

VII. CONCLUSION

The main purpose of this project is to develop an application which will track the nearby Gym locations, provide the nutrition-based diet plans, informationabout the shops which will contain the gym accessories.
Also, it is observed that people of young age group are more focused on their fitness but due to their busy work schedules they are not finding it easy to search for nearby gyms and shops , so the applications which we are making may help them in many ways and accordingly it will help them to find out the nearby gyms, health centres, shops which in case will save their time.

VIII. FUTURE SCOPE

The wellbeing or wellness applications offer assistance client to live their life at fullest degree. There are numerous applications for keeping up the wellness in genuine life. They offer assistance clients to track their day-by-day calorie burns and keep up wellness calendars or eat less charts. Downloading numerous sorts of wellness app to attain your wellbeing objectives doesn't seem a great thought, because it can drastically moderate down your smartphones. There is all in one app that let you avail all your wellness offices beneath a single roof. An all one app lets you track your workout by empowering you to form a custom timetable for workout sessions conducted by a master wellness coach. Other than this, you will be able track advance in particular lifts. Too, there is a BMI calculator that lets you figure out the perfect weight and whether you are underweight, overweight, or inside extend. Each individual needs to remain fit and sound in their lives. It may be a reality that a sound individual life more than an undesirable one. Now-a-days there are numerous applications, planned for portable gadgets to keep an individual fit. They offer assistance clients to preserve their physical, mental workout, and numerous other exercises. The showcase is packed with numerous wellbeing apps that make the workout plans so simple for every individual. They are the leading substitute for exercise centres and donate most extreme comes about. From these keen apps, client can effectively look adjacent exercise centres or wellbeing clubs. They give the areas and course maps of the exercise centres adjacent. A few apps too give the exercise centre rebates and other offers too.

IX.. CHALLENGES

- This application is constrained for working for a particular city.
- As this application is a prototype model so reaching towards user is a major challenge.
- It may be challenging for the gym/shop owners to register on the app if they are not registered on google map.

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