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STAY-FIT APPLICATION WITH REAL TIME SIMULATOR

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Abstract – In recent years, researches on Physical Education under the information environment have become quite popular. With the advent of mobile Internet, fitness apps have swept the whole society and have had a profound effect on people's exercise behavior. At present, there are a variety of fitness app in markets. In order to solve the problems, based on the analysis of physical fitness,the perspective of fitness application structure model and function module which is design to give require solution to user that allows them to take care of their health with various sports activities and keep records with them.The system has the capability of suggesting the best workout schedules that suit to the members while keeping the harm full workouts away depending on the members' physical condition. This applications works on how many calories we burn by doing the sport activities and provide the notification features.

Key words: Fitness,Exercise Perception,Calorie Count.

1. INTRODUCTION

It is very important to have a fresh mind before any work, like office work, study or some creative work. The people who make exercise as essential part of their routine are more happy and efficient than others.playing sports is a generally a fantastic way to improve your fitness and health. Many of us may not feel good at home pounding away on a treadmill or working up a sweat in the gym, but we'll happily chase a ball around endlessly while playing a game of some sport.For most people, taking part in sport will improve our general health and wellbeing. There are plenty of reasons why you should become involved in sport with reduced body fat, bone strengthening, improved stamina and flexibility being some of the reasons why you should take up a sport. Exercise helps in reduction of excess body weight leading to lower blood pressure. Exercise results in the burning of calories. If supplemented with proper nutrition, exercise is the way to prevent obesity. Any healthy person may become unfit physically if he does not practice exercise regularly.This applications works on how the calories we burn by doing the sport activities. It count the calorie when we start the timer after then calculate. It also shows the record of burn calories. And and we set the diet plan on it . It gives notification about how work we done.

2. BACKGROUND

Numerous studies have shown that regular physical activity increases life expectancy and reduces the risk of premature mortality.The sports apps promoted people's exercise behavior and habits significantly. It can exercise anytime, anywhere, on-demand occurs and also lifelong fitness. Through the good experience of this app and interactive perspective, elaborate design and based on needs analysis and basic principles of the possible model designed to discuss bodybuilder needs to optimize fitness Application is designed to improve the current shortcomings of the it is part of the construction of a simple model to try, for research reference.In order to solve these problems, based on the analysis of physical fitness application demand, this attempts to embark from the perspective of fitness and further exercise of APP structure model and function module design, combined with data analysis. This applications works on how the calories we burn by doing the sport activities. It counts the calorie when we start the timer after then calculate. It also shows the record of burn calories. And and we set the diet plan on it .It gives notification about how work we done.

3.PROBLEM DEFINATION

Our body is the machine that keeps us going in all situations. To keep this machine running smoothly, we need to take care of it. Exercises and workouts are always beneficial for our body and help to maintain our physique.Numerous studies have shown that regular physical activity increases life expectancy and reduces the risk of premature mortality. This applications works on how the calories we burn by doing the sport activities. It counse the calorie when we start the timer after then calculate. It also shows the record of burn calories. And and we set the diet plan on it .it gives notification about how work we done.

4.SCOPE

The main goal of project is to create an online fitnees app called 'fitnfine' The application will give you an online workout and tell you how many calories you burn by doing the sport activities.The scope for our stay fit application are Implementation of the inbuilt API, virtual personal trainer which school assist the user in practicing a healthy lifestyle through intelligent voice narration.

5. METHODOLOGY

Here is a general outline of steps that a software development team would take to create a stay fit application. 1. Define the goals and objectives of the application. This may include determining the types of Calories Count, BMI, or lifestyle the website will promote and why. 2. Conduct market research, analyze user requirements, customer preferences, and competitors. Based on the findings, identify the target audience and their needs (beginners, intermediates, experts, etc.) 3. Define the features for the app (e.g., calorie counter, workout

planner, progress tracking, etc.), prioritizing them, and structuring the user interface (UI) intuitive and accessible. 4. Develop a database to store user information, including user profiles, exercise routines, health data, and goals. Analyzing this data can allow users to receive personalized insights on their health status, informing their diets, exercise habits, and tracking their progress over time. 5. Develop a fitness routine based on a standardized exercise referential, such as ACSM guidelines, or international guidelines for muscle and metabolic strengthening. This plan must be adapted to the user's starting point, fitness level, and eventual challenges they expect to encounter. 6. Develop the application following the most adequate software development methodology in the development process, such as agile or spiral, incrementally testing features and continuously debugging and optimizing performance. 7. Integrate with other fitness applications on the market for added connectivity, enhanced functionalities, and user loyalty. Overall, this process is cyclical, and ongoing maintenance, integration of new technologies or fitness standards is required.

6. RESULT

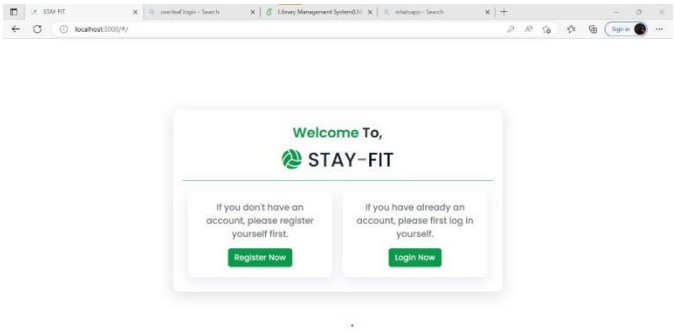

Fig.1; Login Page

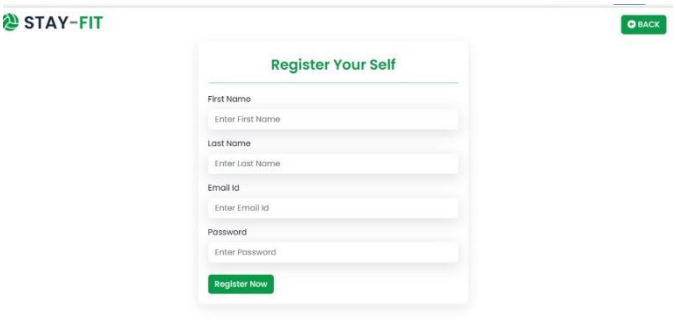

Fig.2: Registration Page

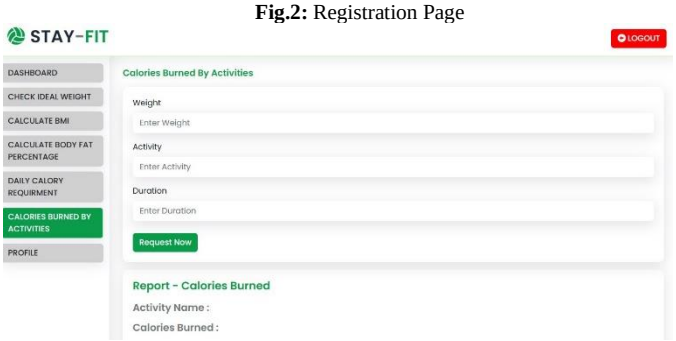

Fig.3: Calories Burn Activities Page

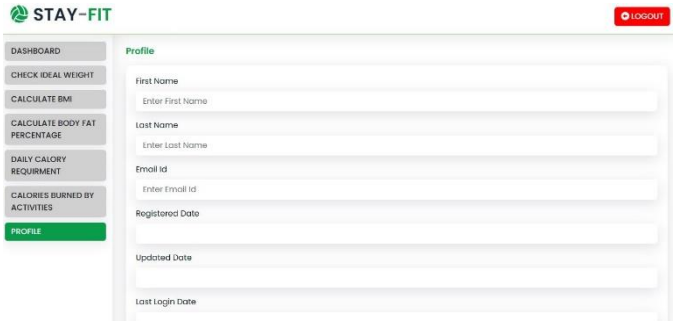

Fig.4: Profile Page

5. CONCLUSION

The purpose of this application is to calculate calories intake and the number of calories we burnt with physical activities. This is done using statistical data promoted by various application.The main challenge is to arrange the data properly, so that statistical analysis can be done on it. As the data is provided by various sources it may have different structure. We have to create the framework , in which we will collect process of analyze data. Which will be useful for health of users.

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