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Social Kunto- A Social Fitness App

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I. INTRODUCTION

Health and Fitness are simply some of many different words used to describe people beingin good condition. There are many different services and products on offer which promise to improve or maintain a state of wellbeing and any (orall) of these goods and services might be considered to be part of the health and fitness industry. These can include things as variable as medical services through to sport, recreation, food and natural the rapies. The Health and Fitness industry is not a clearly defined industry. It does have many aspects to it, and it does overlap into many different fields. Your perception of the scope of this field may be limited as you commence this course; but on completing the course it should have broadened considerably; and in doing so your prospects for employment should have also broadened. Scope of the Health and Fitness Industry the following are just some of the organization/businesses which might employ people with management skills in the health and fitness industry: •Recreation Center• Gymnasiums• Swimming Pools• Sporting Clubs• Medical Practitioners• Chiropractors or Naturopaths• Health Food Shops• Health food manufacturer

II. WHATISAFITNESSAPP?

A fitness app is an application that can be downloaded on any mobiledevice andused anywhere to get fit. As of 2015, the number of health-related apps released on the two leading platforms, iPhone operating system (iOS) and Android, had reached more than 165,000.[1] Apps can perform various functions such as allowing users to set fitness goals, tracking caloric intake, gathering workout ideas, and sharing progress on social media to facilitate healthy behavior change. They can be used as a platform to promote healthy behavior change with personalized workouts, fitness advice and nutrition plans. Fitness apps can work in conjunction with wearable devices to synchronize their health data to third-party devices for easier accessibility. Through using gamification elements and creating competition among friends and family, fitness apps can help encourage users to be more motivated. Running and workout apps allow users to run or work out to music in the form of mixes that can be personalized based on the user's steps per minute, heart rate or ideal cadence thus boosting and enhancing performance during exercise.

III. PURPOSE

The purpose of a fitness app is to provide the user with instructions and examples of one or more types of exercise, physical activity, nutritional programs, or some other fitness topic. Many fitness apps are available to download from the internet. Some are used to count calories, others record statistics on work outs or collect data on walks, runs, and bike rides. Some fitness apps connect the user to a personal trainer or nutrition is to help with are as of concerns when using a specific fitness routine or just generally with workouts. Further, some fitness apps provide a coordinated series of songs, each having the same beat when doing such workouts as running and fitness classes.

Fitness apps can be used for a variety of different uses, including obtaining information about health and medical issues (e.g., WebMD), providing a list of exercises (e.g., Fitness Buddy), keeping track of nutritional and dietary information (e.g., Calorie Counter and Diet Tracker), keeping informed about topics related to fitness (e.g., Health and Fitness magazines), monitor in gone's menstrual periods (e.g., Period Tracker Deluxe), developing running's kill s(e.g., Couchto5K), learning about diet and nutrition fundamentals(e.g., Fooducate),etc.

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IV. SCOPE

This project main purpose is to develop online fitness app named "***SocialKunto***".The application (SocialKunto) will provide online exercise and user can upload their exercise videos share to the other user where they can like and share these videos. This application will support android and IOS based system

Currently due to covid-19 and lockdown bad health is major problem in people life and they don't have time to go gym but due to shortage of time in fast-track world they can go gym regularly do they need a solutions for this where they can lose their weight at home and can get a diet plan without paying too much.

V. SOFTWAREINFORMATION

The software are used is development of this are:

1) Fire base Sign Up
2) Fire base Realtime Database
3) Firebase Notification
4) Firebase Fire Store
5) Android Studio

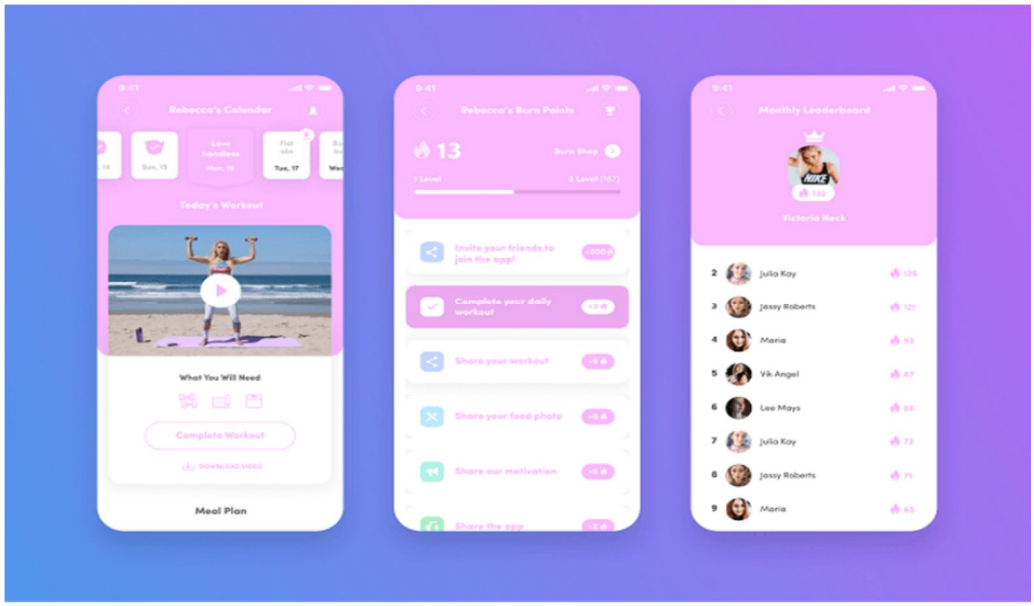
VI. ADVANTAGES

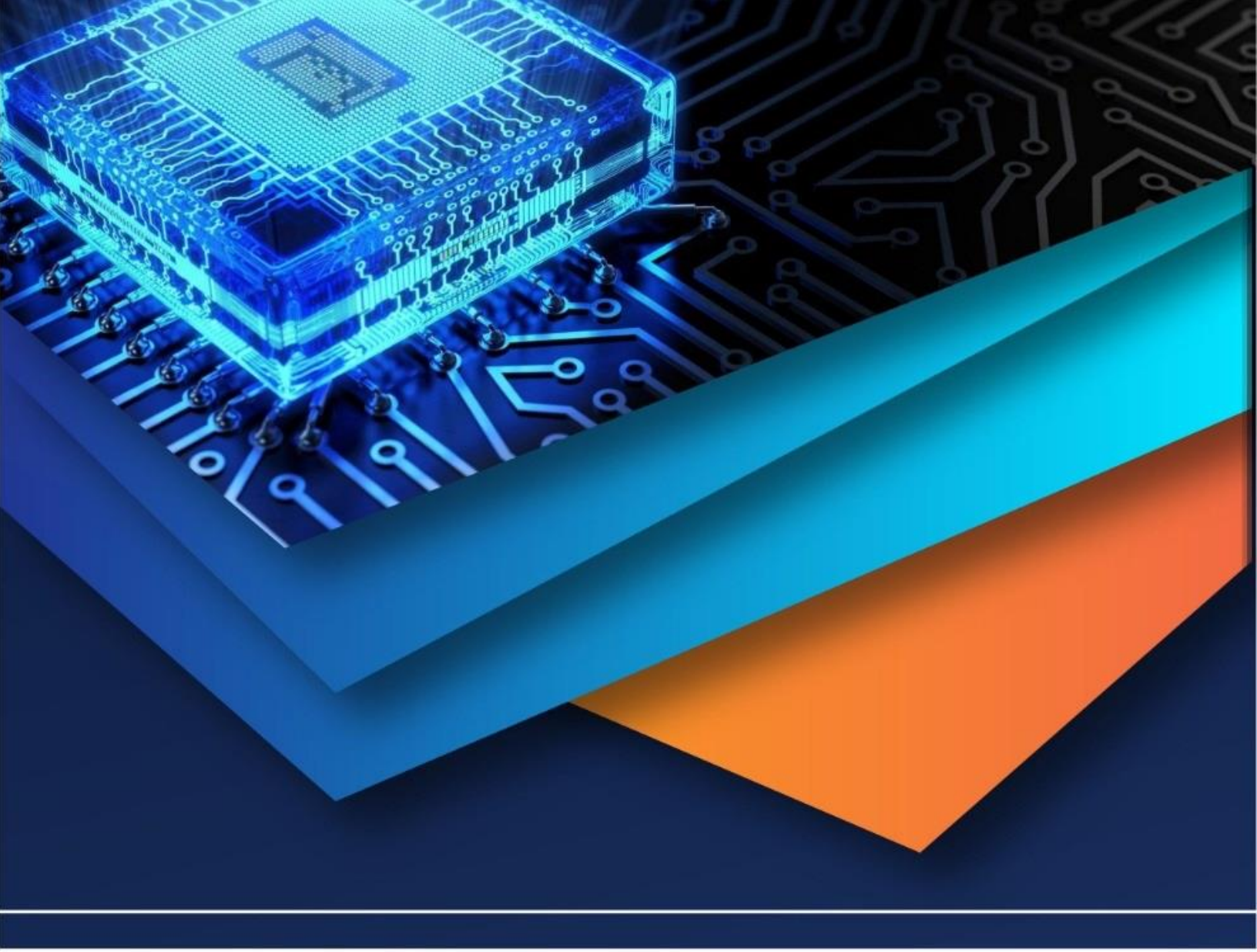
1) Users can login and see the exercise for many part of the world.
2) It can be used by trainers too.
3) No need to travel to the gym so it reduces time for you.

VII. PROCEDURE

1) Register for new use rad login, if id password valid then goes to the menu.
2) In the menu.
3) Can choose free exercise videos, paid membership where user
4) Can exercise with trainers and upload their personal exercise videos.
5) Logout

Sample UI of our app





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