iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 11 **Issue:** X **Month of publication:** October 2023

DOI: https://doi.org/10.22214/ijraset.2023.56191

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 11 Issue X Oct 2023- Available at www.ijraset.com

Survey on Unite Gymnasium Web Application for Daily Routine

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Abstract: ***Now a days many people are moving towards healthy life. So, the demand of health club is increasing day by day. But also, day by day work stress is increasing. People face problems while traveling for long time. So, fitness becomes a problem to maintain health. The paper aims to solve all these problems by integrating all gym access on one platform. With the help of United Gymnasium, registered members can get an access to registered gyms at any location. And he can also check whether the gym is empty or full. The user only needs to scan the QR code of the gym which is given by United Gymnasium. The member's entire routine will then be shown to the gym and the member will be able to perform physical exercises.***
Keywords: ***Gym, Fitness Platform, Ratings, QR code, Connected Gyms Network, Database.***

I. INTRODUCTION

Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage your weight, reduce your risk of disease, strengthen your bones and muscles, and improve your ability to carry out daily activities. Adults who sit less and do any amount of moderate-to-vigorous physical activity reap some health benefits. Few lifestyle choices have as much impact on your health as physical activity. The health benefits of physical activity can be experienced by everyone – regardless of age, ability, ethnicity, shape or size.

The importance of fitness in everyday life is something that cannot be underestimated. Physical fitness allows us to perform everyday tasks – from carrying groceries to opening glasses to walking upstairs – easily without injury or fatigue. It also has benefits for our mental health, cardiovascular system, respiratory system and our physical fitness in later life.

We are all increasingly aware of the importance of physical fitness. Gym memberships, running groups and cycling groups are quite common. Yoga is also becoming popular but is commonly misunderstood as a form of physical exercise. In fact, the physical aspects of yoga, the asanas, are an auxiliary part of the practice. In addition, these asanas are quite different from ordinary physical exercises both in the method of execution and the results. Yoga focuses more on stable posture and muscle relaxation. Patanjali defines asana as "a steady and comfortable state". Movements are slow and controlled; breathing is synchronized. During regular exercise, emphasis is placed on movement and muscle load. Exercise usually involves repetitive movements where synchronized breathing is lacking, even though we can try to control the breathing pattern. As a result, the effects of yoga and exercise differ.

Many reasons to go to the gym. Of course, exercise is a priority. The gym has a lot of exercise machines that people can use to develop different muscle groups. Kulas (para. 1) in his article "The Benefits of Going to the Gym Every Day" says that adults should get at least 30 minutes of moderate exercise five days a week, so going to the gym every day will accomplish this goal. . The result will be good physical and mental health. In addition to exercising, you can meet new friends such as fitness instructors and more. It's good to be with people with similar interests so everyone can motivate each other to maintain their fitness goals. When a person exercises, the heart becomes stronger so that it is efficient in pumping blood to the body so that the vital organs are kept healthy and in order. For example, blood pressure is maintained instead of peaking, cholesterol and triglyceride levels are kept low, and heart disease is kept at bay. It means that you are less likely to have a heart attack, stroke, or other disease with regular exercise.

Fitness gyms vary in location, membership fees, and serve different social and economic backgrounds. Most urban gyms are located in the city center and are busiest at lunchtime and after work. In order to attract customers, most gyms offer more than a simple and functional environment for exercise, but present themselves as lifestyle or family-oriented places. Depending on the size and target group, multi-purpose facilities encourage pre- and post-workout activities, such as in their spas and beauty centers, or organize weekend social activities (Stewart, Smith, & Moroney, 2013). As Bryman (2004) notes, “hybrid consumption”, that is, the consumption of several goods and services in one location, tends to increase the time customers spend there. As a result, one might think that the more time gym users spend in their gym, the more they engage with and are influenced by its material and social environment, making the gym more than just a training place for them.

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Both dietary habits and physical activity routines play a vital role in weight management. You gain weight when you take in more calories from food and drink than you burn, including calories burned during physical activity.

A. To Keep your Weight off

Work in up to 150 minutes a week of moderate physical activity, which might include dancing or working in the garden. You can reach your goal of 150 minutes a week with 30 minutes a day, 5 days a week. People vary greatly in what physical activity they need for weight management. You may need to be more active than others to reach or maintain a healthy weight.

B. To Lose Weight

You will need a lot of physical activity unless you also modify your eating habits and reduce the number of calories you eat and drink. Achieving and maintaining a healthy weight requires both regular physical activity and a healthy diet.

Peoples are facing a lot of problems when they are going to the nearby health club. Hence to resolve all this problem we are creating the platform which can help all the fitness freak peoples. That's why we are introducing the platform which can connect all the gyms.

II. EXISTING SYSTEM

People nowadays go to a nearby gym, sign up for a monthly membership, and exercise on a regular basis. But people are facing a lot of problems when they go to the nearby health club. For example, most people are unable to exercise while traveling because they have a membership at another gym. And some people face time issues during their hectic schedules.

The fitness freaks encountered the issues listed below.

1) The fitness freak peoples are facing the problem when they are traveling for long period of time.
2) Many peoples are not satisfied with their health club or the environment of the health club.
3) Some Peoples are not able to match their free time with the gym schedule.
4) Many gyms are not providing the proper facilities.

Also, some people are taking the virtual classes, in which the computer trains them. Sometimes they also faced problems. Because of the lack of interaction, it led to the accident. Internet issues are also a major issue.

The gym's owner is also dealing with issues such as low customer turnout, management, and transactions. The current system in gyms uses paperwork and direct communication in human language to manage the gym system. This creates problems in terms of member records and their transactions that minimize the overall performance of the system and fail to meet requirements. The work thus increases.

A. Disadvantages of Existing Systems

1) Data security is very difficult.
2) A file-based system can be misleading.
3) It is difficult to gather information files.
4) Manually searching and managing records is difficult.
5) The administrator cannot manage records effectively.
6) The chances of mistakes are high.
7) Redundancy and inconsistency of data make the existing system strange and inefficient.
8) Low customer turnout for the new gyms
9) Having issues while traveling
10) Lack of equipment or facilities
11) Ineffective marketing
12) Members using equipment without permission or proper training
13) High operating costs
14) Membership Retention Difficulties
15) Poor customer service
16) Dirty and poorly maintained premises

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III. PROPOSED SYSTEM

A. Problems

Nowadays, people face many problems when they go to a nearby gym. Fitness enthusiasts face similar challenges when traveling for extended periods of time. And they can't go to the gym at that time because they don't have a gym membership nearby. Many people are unhappy with their gym or fitness club environment. But they are visiting this gym because they have already paid the membership fee for the current month, so they cannot change the gym for the month. Some people are unable to balance their free time with a gym schedule. When they are off, the gym will be closed or empty. Many gyms do not provide the proper equipment.

B. Solution

To tackle all these issues, we are developing a platform that will benefit all fitness enthusiasts. Unite Gymnasium is a fitness platform that connects all gyms and allows users to access nearby registered gyms. Simply submit your platform membership card. It can sort gyms by their rating. It can show complete details of the gym i.e. equipment, trainer availability and many other things etc. It can show you whether the gym is empty or full.

C. Working

Unite Gymnasium is a platform that allows customers to work out at any of our partner gyms or fitness studios by purchasing a monthly membership from Unite Gym. Likewise, the user can first open or use our platform to login or log in, and the user's login or login information will be displayed on the home page. Then the user has to purchase a membership card from the available ones, just as there are different membership cards available: silver, gold and platinum. The Silver Pass allows you to do 7 workouts, the Gold Pass allows you to do unlimited workouts in less than 2 hours, and the Platinum Pass allows you to do unlimited workouts for 2 hours with the right trainers. It also depends on the quality of the gyms that allow you to do different passes. 30 items will be available in one month. If a customer successfully registers or purchases a season ticket, they will be shown the available gyms in their city. The right location is related to the availability of customers in that gym at the current time, and customers can decide whether the gym is free or not, and if the gym is empty, customers can choose to go to another free gym. When customers arrive at the gym, they gain access by scanning a QR code placed there; all information is sent to the gym owner who gives them access to the gym and its equipment based on their membership level. Customers or users can then gain access to any nearby gym by scanning a QR code with their mobile device on the Unite Gym platform..

D. How Gyms are Connected

When a user or customer accesses the platform or website, they will be presented with two options: the first is to log in or log in as a user, and the second is to log in or log in as a gym owner. After successful login and registration, the gym owner selects the second option and receives the gym details with correct locations and quality details. After successful registration, wait for confirmation from Unite Gymnasium. The Unite Gymnasium team will close them and confirm whether the registration has been accepted or not. If accepted, the owner will receive a code. With this code, the gym owner can access the gym owner interface of the Unite Gymnasium platform. The owner must regularly provide properly updated customer location and availability data with detailed quality information in this interface. and the owner will get a QR code for customer access. and he will get details of members who join his gym at the end of the month and the conditions under which Unite gymnasium will provide his profit at the end of the month depends on the number of members who join through Unite gymnasium in that month.

E. Outcomes

People may change gyms if their expectations are not met or if they are dissatisfied with their current gym. People will choose the gym with the best facilities and environment, so there will be competition between gyms to be the best gym in the area. It will promote new and underrated gyms because new gyms need to be promoted to make people aware of them and many people are already aware of new gyms as a result of Unite Gym. People can access any gym while traveling for extended periods of time, anywhere and anytime. People will be able to see if the gym is full or empty. Users can see nearby health clubs or gyms based on their distance.

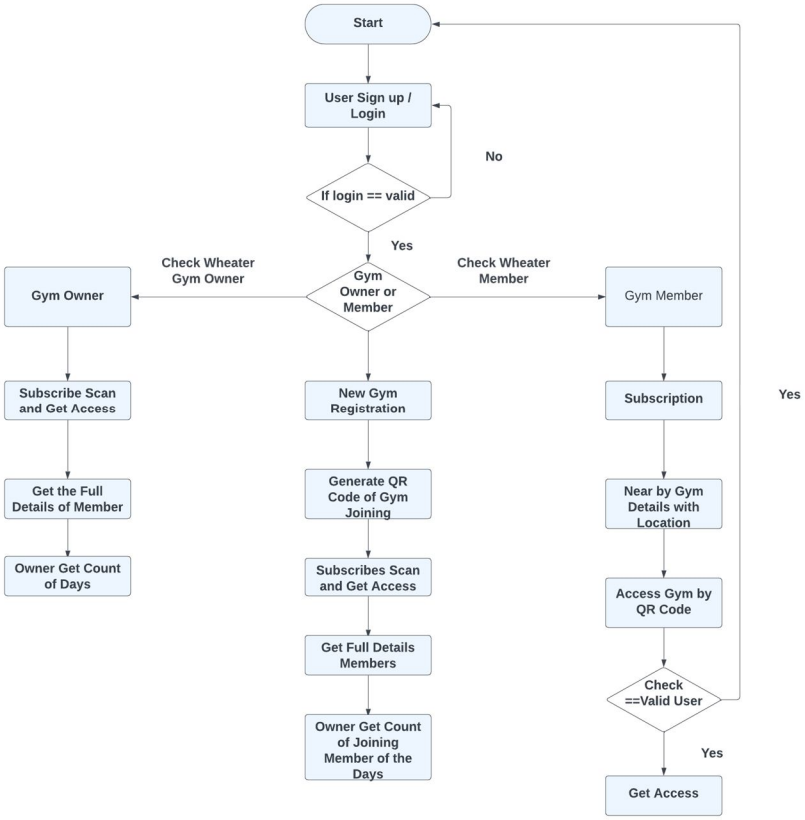
F. Flow chart

When you open the Unite gym, you need to log in. You have two options when logging in or registering on the Unite Gym: whether you are the gym owner or a member. If this is your first time visiting Unite Gym, you must first register. If you enter incorrect information, you will be returned to the home screen.

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If you are a gym owner, then you have to register your gym. Firstly, fill up all the information they are asking for, like the gym name, gym location, gym photos, contact details, and many more things. Then it will generate the QR code for the gym owner. The registered member who has taken the Unite Gym membership can easily gain access to the gym by scanning the QR code.Then you will see the full details of the gym member, and after seeing the whole weekly schedule of the member, you will have to instruct your trainer to guide the member. And he needs to add to the app how many seats are vacant in the gym. The gym owner will receive a daily count of the people who exercised in the gym at the end of the day.

If you are a gym member, then you need to register as a member. Then you have to fill in the details about yourself, like your name, your contact details, your ID proof, your health status, and any other things. And it will also ask you about your past experiences. Then you have to choose the subscription plan according to your needs. After that, you just relax, choose the nearest gym, and go to that location. Simply scan the QR code to gain access to it.



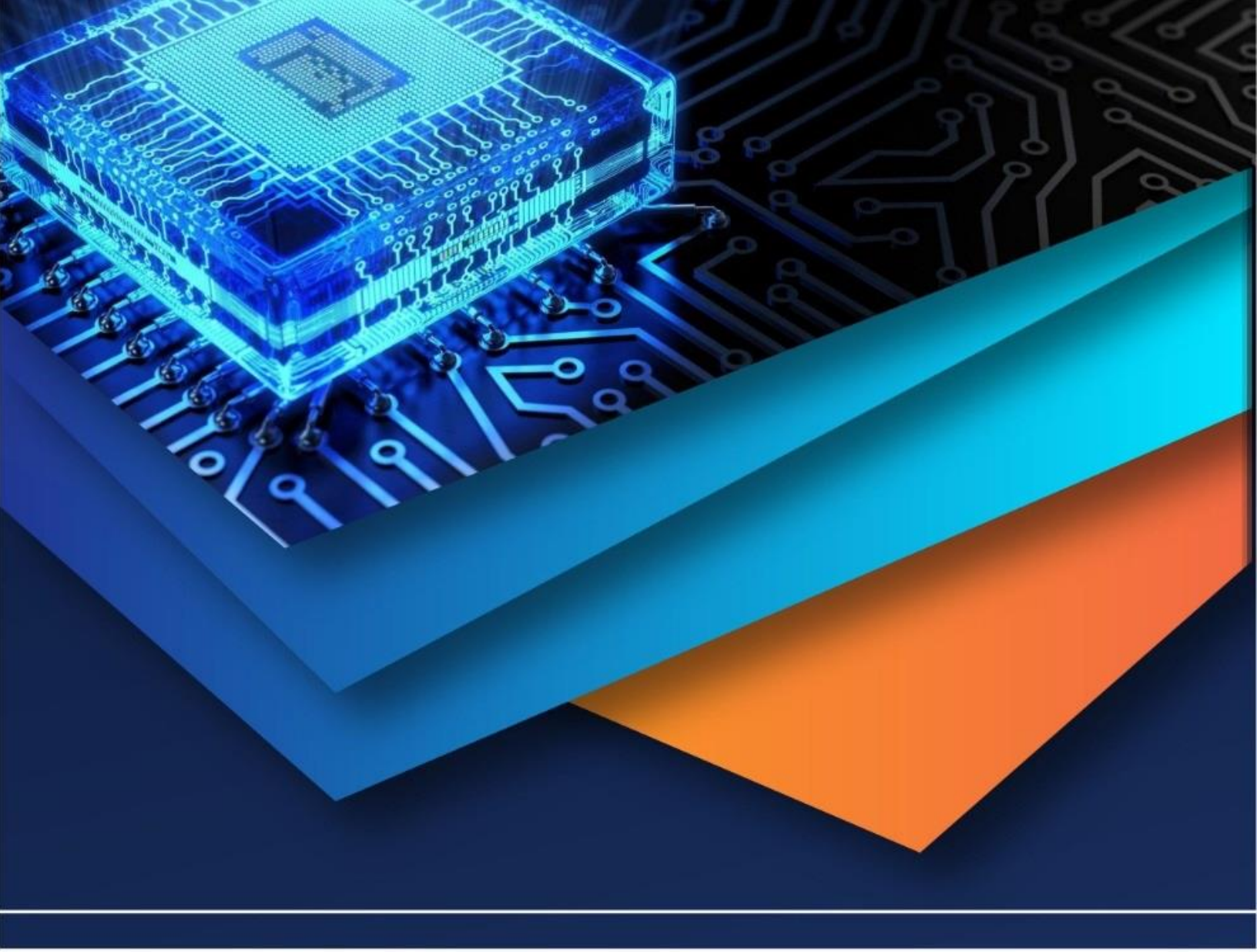
IV. CONCLUSION

Unite Gymnasium is an fitness platform which unites all the gyms and provides the user to get an access to an nearby registered gyms. By using unite gymnasium People may change gyms if their expectations are not met or if they are dissatisfied with their current gym. People will choose the gym with the best facilities and environment, so there will be competition between gyms to be the best gym in the area. It will promote new and underrated gyms because new gyms need to be promoted to make people aware of them and many people are already aware of new gyms as a result of Unite Gym. People can access any gym while traveling for extended periods of time, anywhere and anytime. People will be able to see if the gym is full or empty. Users can see nearby health clubs or gyms based on their distance. People may change gyms if their expectations are not met or if they are dissatisfied with their current gym. People will choose the gym with the best facilities and environment, so there will be competition between gyms to be the best gym in the area. It will promote new and underrated gyms because new gyms need to be promoted to make people aware of them and many people are already aware of new gyms as a result of Unite Gym. People can access any gym while traveling for extended periods of time, anywhere and anytime. People will be able to see if the gym is full or empty. Users can see nearby health clubs or gyms based on their distance. As a future work, we will improve ease prediction accuracy by incorporating further feature sets. Also, this method can be extended to include more indoor exercises.

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