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An Approach for Providing Technological Strategy for Human Body Healthify

Balachandra Reddy .K[1], Naga Seshudu .M[2]
[1, 2]*Assistant professors (Adhoc) Department of CSE, JNTUA College of Engineering Pulivendula*

Abstract: ***Technology has made our lives easy and comfortable which in turn made us lazy. Hours in front of PCs are a common scene which hinders the growth of an individual. With gadgets filling the house, making things simple and easier humans are losing health consciousness. Healthify is an android application that monitors and guides an individual to stay healthy through daily goals and help them with his/her routines. The prime objective of "Healthify" is to create a full-fledged Android application which pushes the human boundaries and motivates them to exercise, monitor their diet, and help them stay healthy. Healthify welcomes the user by knowing the physical characteristics of the individual. It then through the Body Mass Index (BMI) learns if the individual is lean, obese or fit through assessment. Once the age, height and weight of the individual is stored in the database, the app is good to go. Healthify interacts with the individual through well designed short texts that are sent as broadcast notifications. It keeps track of the calorie in-take and monitors food habits. The app features built-in pedometer software that counts the number of steps walked, stairs climbed without any additional requirement of hardware. The software is accurate to 90%. Daily goals are projected and are compared with friends of social media to see progress made by others. Timer baked into the app records the total exercise time, be it any of gym exercises, yoga, hiking. Graphs, Bar charts depict the patterns of exercise and food patterns on a monthly basis. Timely Remainders are made indicating user to consume water at regular intervals.***

I. INTRODUCTION

Health care is a critical issue in today's world and it's very much needed for every individual to be conscious over such an issue. This document describes a GPS and BMI based "health monitoring system" that provides the combination of GPS device as well as provide alerts and notifications with a single click. Users might not have so much time, all that they have to do is following the instructions given by this application. Our system provides a realiable, cost effective solution for weight loss and health care. Now a day due to recent surveys, such as obesity, back pains etc., fitness has become the foremost priority of the world. System uses the Body Mass Index(BMI) technology to find out the status of the user i.e., either fit or fat. The information of nearby hospitals provided by the device can be viewed on Google maps using Internet or specialized software. We focus on the proposed model that can be used to deal with the problem of obesity and health care using GPS and BMI based systems. The proposed system is especially for the health monitoring and overcomes the disadvantages of existing system: - This proposed system is 'Automated health monitoring system'. It consists of device ie. Any Android Phone and an internet service. Step counterand calorie counter must to be placed inside the device (Android Phone). The device will provide the information such as number of steps walked and total calories burnt. An option is fixed on the device such that it calculates the user's current status by calculating according to the above parameters. The application also reminds the user to drink water and to walk and run by sending scheduled broadcast notifications with an alarm.

II. SCOPE

Briefly *reviewed* the broad motivation for this study and identified that two previously used methodologies in this field. The previous methodologies would be compared in order to resolve questions about the current studies which had used different methodologies. In previous applications, if we want to use it with three features, we need to use an apple watch. Otherwise there is no such android application integrated with all the features. Previous methodology was developed only for showing results by analyzing the tasks that were performed by the user i.e., steps walked, distance runned or cycled etc. Another methodology proposed was just showing the tips, remedies or workouts for the weight loss of a person. Also, another methodology which shows the amount of food intake and fat stored.

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III. ARCHITECTURE

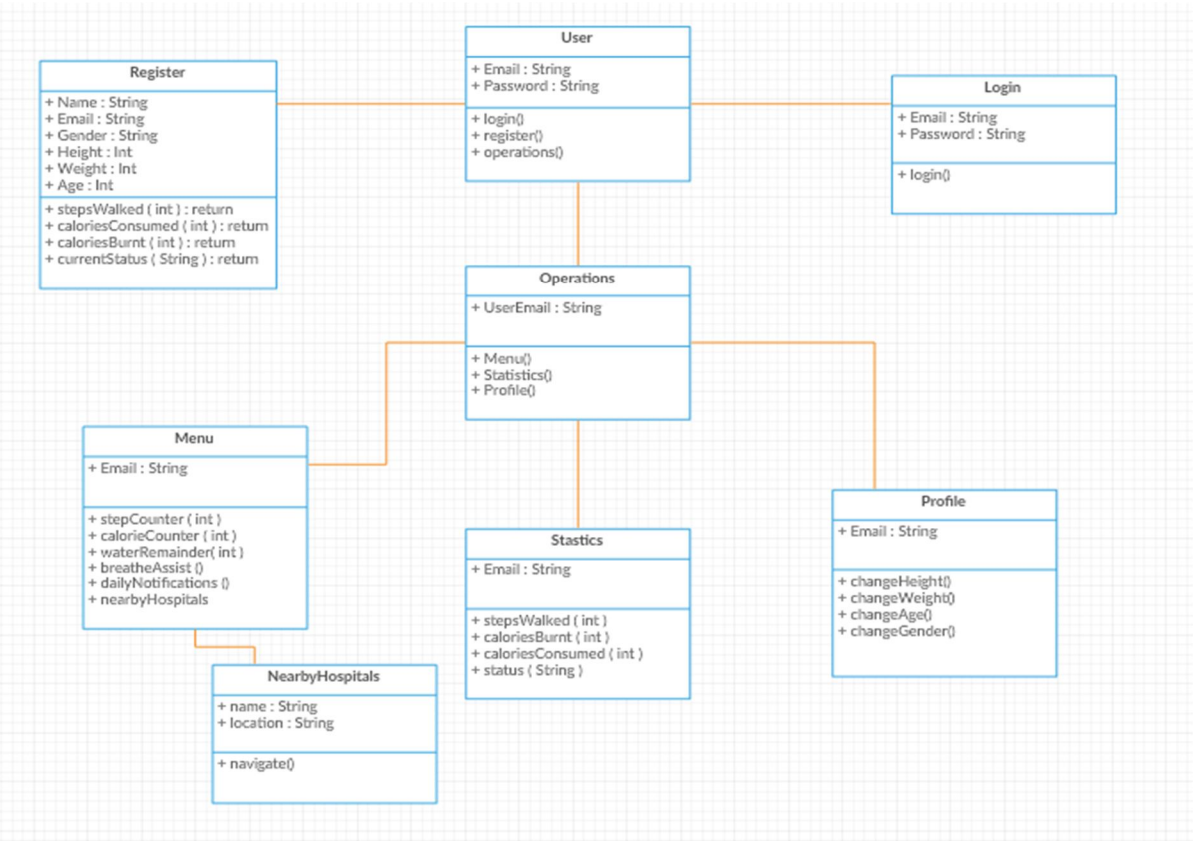

Fig. 1 General Architecture

The basic aim of this stage is to obtain a clear picture of the needs and requirements of the end user and also the organization. Analysis involves interaction between the clients and server. The analysts have to uncover the real needs of the user even if they do not know them clearly. During analysis, it is essential that a complete and consistent set of specifications emerge for the application. Here it is essential to resolve the contradictions that could emerge from information got from various parties.

IV. CONCLUSION

HEALTHIFY APPLICATION helps USERS in their daily schedule and also makes the user stay fit and healthy. The application allows users to manage their daily reminders like with just one click. Users are allowed to register and need to login to use the application. The application manages the user's data for multiple purposes. HEALTHIFY mainly divides into three modules. Menu, Statistics and Profile. Menu module consists of all settings for reminders, notifications and for logging out from the application. Statistics module helps the user to know his current status by storing his information like total calorie intake, total calories burnt and number of steps walked.

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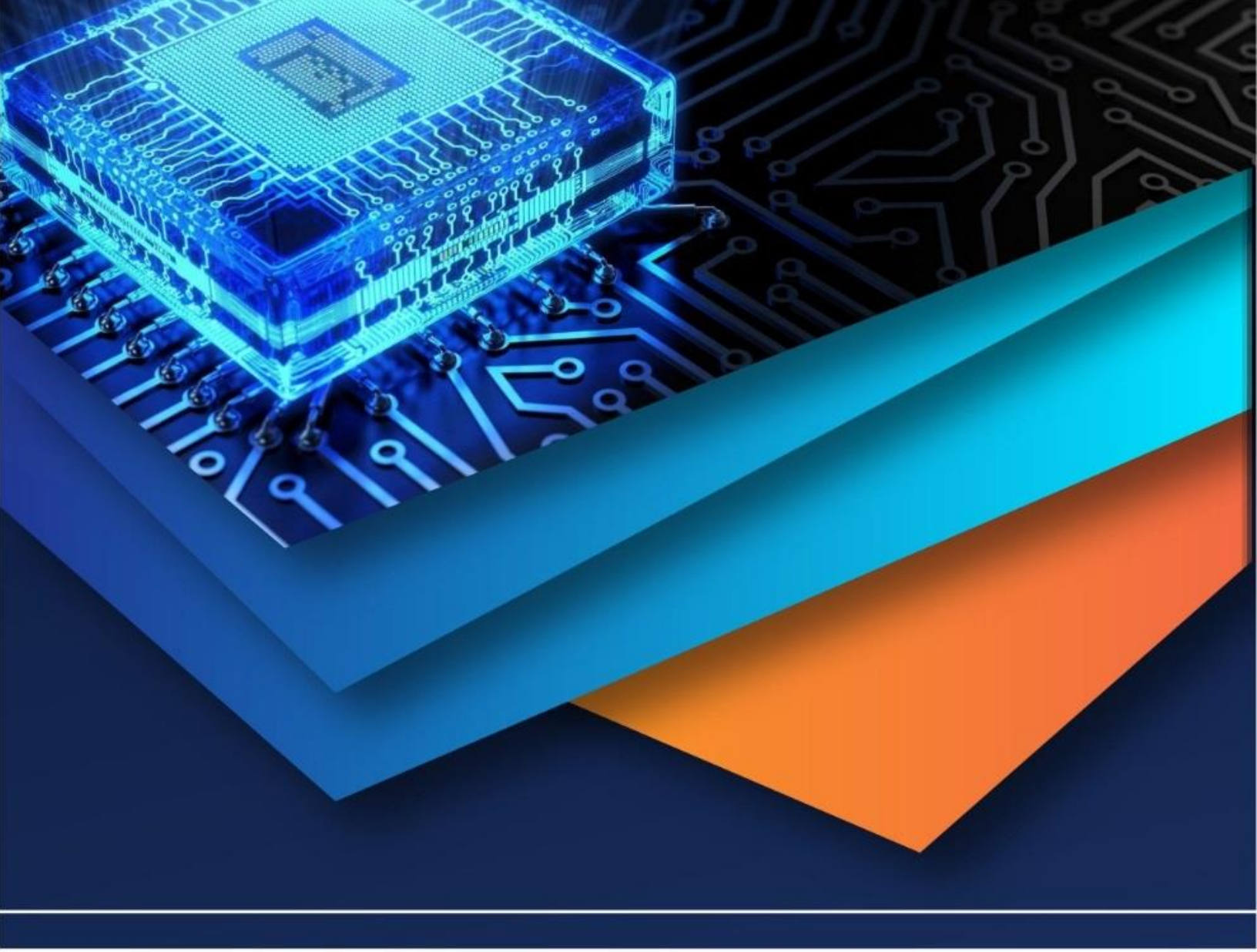

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