iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 9 **Issue:** VII **Month of publication:** July 2021

DOI: https://doi.org/10.22214/ijraset.2021.36656

www.ijraset.com

Call: 08813907089 | E-mail ID: ijraset@gmail.com

International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.429
Volume 9 Issue VII July 2021- Available at www.ijraset.com

Fitness and Health Website Review

Shivansh Bhatnagar[1], Rohit Tanwar[2], Balram Yadav[3], Santosh Maurya[4]
[1, 2, 3, 4]*Department of Information Technology, Inderprastha Engineering College, Uttar Pradesh, India*

Abstract: Technology is taking over the humans in every aspects of life now a days,a person carries whole world in their pocket there is many websites and mobile application on health and fitness, and that is also a way of carrying fitness trainer at cheap cost in your pocket, and take guidance whenever you want. Health and Fitness is very essential part of life which must be followed by each and every person in the world to live disease free and happy lifestyle. Health is wealth of a person, If a person is healthy then they can able to become backbone of their family. That is not necessary to go to gym to be fit, the person can maintain or control their mental and physical life without going out just by doing little exercise or yoga and taking proper nutritios meal at very cheap price. This research paper includes different methodologies of several author's on health and fitness website.

I. INTRODUCTION

The objective of Gfitness is to make everyone healthy and fit. The goal of fitness and health utility website is to achieve physical fitness and improve the level of immunity of the users by accelerating plans with accordance to ones routine by scheduling whole body workout and suggesting nutritious food. It provides healthy diet plans and exercises to the users according to their B.M.I. and profession. The fitness 40% depends on exercise and 60% of vital role played by nutritios diet plan. Healthy and nutritios food provides us vigour and improves strength which helps to keep our brain , internal body, Muscles, Cells. Rbc, Wbc , Oxygen level and whole body fit and help to fight diseases. This Gfitness project has three roles Admin Handling, Instructor Guidance, Users Interfaces. With this idea, we have to fulfill the following objectives-First, it will ask users data like name, B.M.I. and profession , then according to the user's details the diet plan will be provided , When the user-created his profile, then all his details go to the instructor. Then the instructor will plan users charts and schedules. There is a provision of real time trainer on some applications for an example If person is unable to control their problem through online access then there is option of personal trainer they can opt that just by filling their contact details through which they can be pinged, within a s hort span of time trainer contact them and built their routine properly under their supervision on daily basis as very minimal cost.

II. LITERATURE SURVEY

Healthcare costs is increasingly necessary. Connection, interoperations, sensors, and scintillating feedback through mobile communities all provide new opportunities to grow insights into our healthy behavior. Such insights improve our understandings of what motivates person to make healthy changes throughout their life. Thus, this special issue reviews and shares advancement in wireless, connections, and mobile health research that expands the possibilities.

Sarah D Ohlhorst et al. [1] in this paper the author largely focus on nutrition. how nutrition affect our food and healthy lifespan . The necessity of nutrition, as an vital part of the solution to many environmental, economic and societal challenges facing the world. The objective of this paper is to identify nutrition research that can applied toward prevention and treatment of both infectiuos and non-communicable disease, cardiovascular diseases, diabetes and cancer. In this, author has researched about six nutrition needs, how the nutriton impact and how its play role in health, growth, development and reproduction. so, these methods have postive impact to achieving good nutrition on diseases prevention and the health of population.

Farzin Halabchi et al.[2]in this paper, author concentrate on corona virus pandemic storm: exercise or not to exercise, how the covid-19 affects the physical and mental fitness of human beings and the importance of immunity system in covid-19 epidemic. Author has discussed about the existing evidence indicating the effects of exercises with different intensities of immune system responses. Moderate intensity physical exercise has a positive effects on immune systems responses against viral respiratory infections. And 20 to 30 percent decrement of upper respiratory tract infections is reported in individual moderate steps of physical exercises in their daily rotine of life. It seems to physical acitvities or exercises is very impactful to enhance immunity and also in fight covid-19 outbreak

Fiona Barnett et al. [3], In this paper author has described the impact of physical activity upon the mental health and quality of life of people with severe mental health illenss, such as severe depression and bipolar disorder. The researcher shows that exercises can help to improvement in mental illenss symptom including mood, concentration and sleep pattern.

©IJRASET: All Rights are Reserved

It also suggested that it reduce or give distraction from psychotic symptoms. So, this review suggested that exercise has positive effect on mental health and helps to improve symptom for people experiencing serious mental illness related disorders (SMI).

Warburton DE et al. [4] In this paper , Author has discussed the health advantages of physical activity and disadvantages of physical in activity . Physical inactivity plays a role in the construction of chronical diseases and premature death .And the physical activity plays a important role in prevention of several chronical diseases like diabetes, cancer, obesity, depression , cardiovascular diseases and premature death.

So, It concludes that regular physical activity contribute to the primary and secondary prevention of chronics disease and indicates with a reduced risk of unwanted and premature death

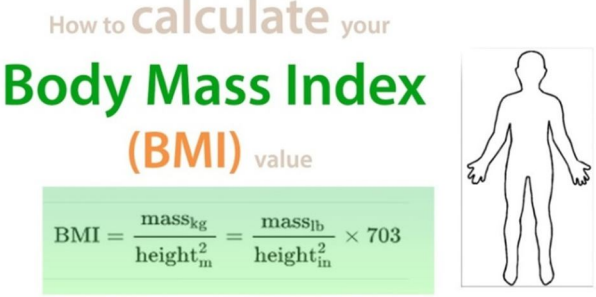
Iman Khaghani Far et al. [5] in this paper, The Author explained the significance of home based fitness training applications, specialy for older persons as they are not comfortable at gym. The Author showed that home fitness models are good for normal persons who does not requires proper surveillance and there are hardly some apps that targets adults training.

Jim Mckenna et al. [6] in this research paper ,Author shown an approach that the best place of exercise for employee is work place as workout increases mood and performance also recovers mental sickness,this helps employeebto exhilarate and also to boost the career in terms of incentives by working with more dedication.

Mohammed. Abou Elmagd at al [7] in this research paper,The Author Showed benefits of doing exercise on daily routine persistently, and also showed how daily pereseverencely done workout helps us to fight treacherous life stunting problems like heart stroke, cancer, PCOD, depression and helps to increase dopamine level also exclaimed exercise is medicine for long term health benefits.

III. PROBLEM STATEMENTS

1) *Interface Design:* It Refers to the mode or stage in which our Website takes Basic detail of user and store in database for future reference. It is also known as user interface(UI) in which designers used to build interfaces in computerized devices according to the user demand. To create this design front end development languages are used like HTML,CSS etc.
2) *BMI:* It refers to Body mass index which tells person is fit obese or underweight by taking height gender weight as a input. Body mass index is a calculation using a person weight and height. The formula of BMI is =kg/m^2 in this where m^2 is height in meter and kg is person's weight in kilograms. A body mass index of 25 or more than 25 is overweight and the healthy bmi is in the range of 18.5 to 25 and if the bmi is below 18.5 Person is in the underweight range.



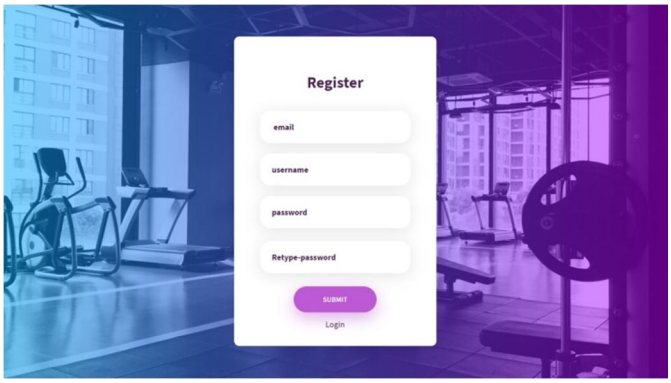
3) *Profession Detail:* In this stage website asks for profession of the user so according to this our backend can provide diet plan and exercises accordingly. Every profession is different and have different work for example a police man and a teacher , both the profession are different and include different work ,efforts ,energy and they required different kind of diets and exercises.
4) *Customer Help:* This means to provide customer help, if customer is facing ant issue related to website they can enter their problem on chat bot and the bot reply them in better way as possible. A chatbot is a interactive application designed to perform an automated paradigms. And chat bot is known to organize a conversation with human using textual and compatible methods. Chatbots depicts how a human would behave as a client/user service provider and thus can answer questions and builds the effective conversations.
5) *Live Sessions:* This means websites and mobile applications has facility of interactive live session conducted by trainers on scheduled day and time. And user can join the sessions by clicking the link under which day and time is mentioned. There are different types sessions are available such as yoga session , cardiovascular exercises session ,meditation etc.

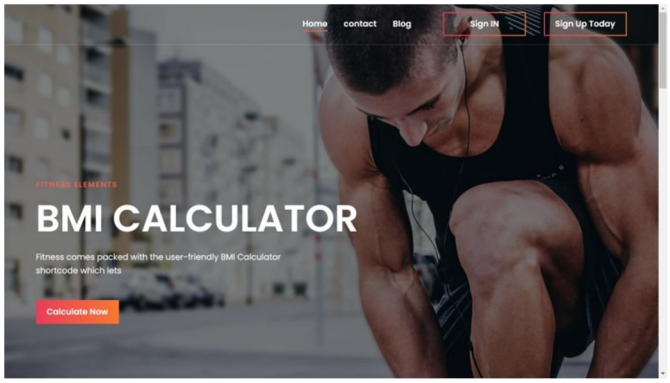
©IJRASET: All Rights are Reserved

6) *Immune Booster:* Till now there is only one alternative of vaccine to fight with the pandemic such as COVID19 corona virus breakdown, It is healthy food and exercise because it boost up our immunity and help us to fight virus antibodies and daily yog and exercise is also in promotion policy of government guidelines
7) *Savings:* As this is online mode environment there is a lot cost cutting and users lot of money saves, as per survey in india real time personal trainer charges minimum 1000 rupees a month but on respective side on online mode(ie. Fitness website or mobile application) it cost around 100 rupees a month as we can see we are saving 10 times a money every month and real time trainer timing is fix on either side we can monitor trainer whenever we want in our hand.

IV. IMPLEMENTATION STEPS

1) *User-* signup menu is provided to user. login menu and update profile menu is provided to registered. User get proper guidance for their schedule diet and exercise which is prepared according to their body mass index and their profession.



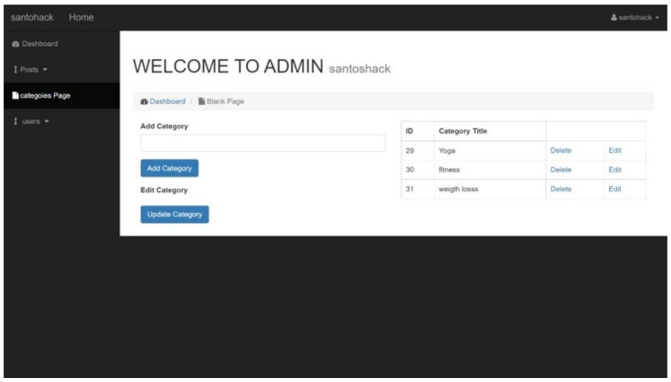


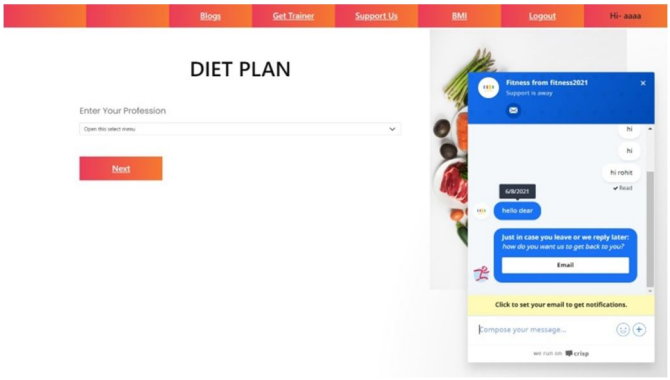
2) *Instructor-* This will manage all user data and requirements. Instructor will provide slots, timing and proper routine of exercises and diet plan as per the information provided by the user.Also instructor will regulate the weekly live sessions of yoga and exercises.



©IJRASET: All Rights are Reserved

3) *Admin* - This will manage the instructor and user Modules. Admin modulates all database and support to the user by scheduling plans to them also provides the chat box access to the user





V. RESULTS AND CONCLUSION

The web based application that enables the user to keep an eye on their fitness regime. The research has been completed with maximum satisfaction. The constraints are met and overcome successfully. After studying many research paper we concluded that daily exercise is not only good for our body also good for mental health and Nutritious diet should be taken in order to avoid chronic disease and increase vigour .

VI. FUTURE WORK

For future aspects we are thinking to build an exercises and diet platform which will focus on senior citizens and people suffering from chronic diseases. By doing this ,we can lead to the healthy life style which can reach to every home at cheap price as web based application.

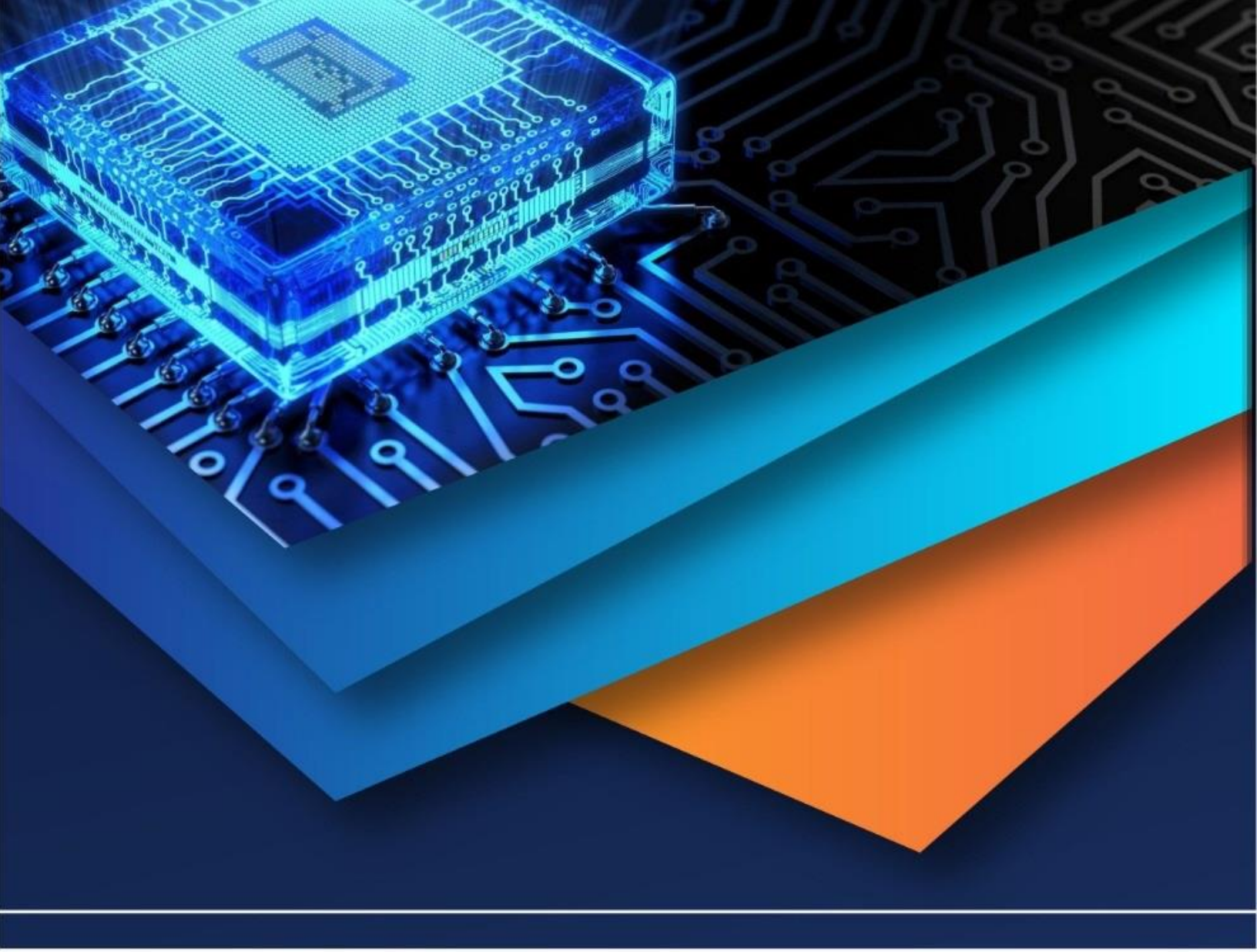
VII. ACKNOWLEDGMENT

It is our pleasure to present the research paper on fitness and health during our final year (B.Tech). We are obliged to give special thanks to Mr. Binu K Vargis for his persistent support and guidance throughout our project. His sincerity, thoroughness and perseverant source of inspiration for us. We also take the opportunity to acknowledge the contribution of his brimming support and assistance throughout the project.

REFERENCES

[1] Sarah D Ohlhorst, Dennis Bier " Nutrition research to affect food and a healthy lifespan" 2013.
[2] Farzin Halabchi , Zahra Ahmadinejad and Maryam Selk-Ghaffari " COVID-19 Epidemic: Exercise or Not to Exercise; That is the Question" 2020
[3] Fiona Barnett, Yvonne Thomas"The Impact of Exercise on the Mental Health and Quality of Life of People with Severe Mental Illness: A Critical Review" 2012
[4] Darren E.R. Warburton, Crystal Whitney Nicol, and Shannon S.D. Bredin "Health benefits of physical activity: the evidence" 2006
[5] Iman Khaghani Far, Svetlana Nikitina, Marcos Báez, Ekaterina Taran, Fabio Casati "Fitness Applications for Home-based Training"2016
[6] Jc coulson, J mckenna, M field **"**Exercising at work and self-reported work performance" 2008
[7] Mohammed Abou Elmagd "Benefits, need and importance of daily exercise" 2016

©IJRASET: All Rights are Reserved



10.22214/IJRASET

45.98

IMPACT FACTOR: 7.129

IMPACT FACTOR: 7.429

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Call : 08813907089 (24*7 Support on Whatsapp)