

Fit Me

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Abstract- Nowadays, everyone wants an application that fulfills their needs. Like about gym, workouts, yoga, diet and much more things at one stop. The “Fit Me” application is the solution for this problem. It helps the user to search the nearest gym and also enquire about it. Also about various diet plans like for gaining, losing, shredding etc. one can also try various workouts of their zone. The key feature given is the pain relief exercises and stretches which many gym going people suffer from will have a great relief. Therefore, this is a one stop solution as it gives chatting facility to ask query. On observing the growth of the android users we have decided to make an android based application due to which one can easily use at its own convenience. Further, we will also give free day-to-day tips like Monday motivations, tempting Tuesdays etc. Many unknown facts of daily used foods and how to consume it to gain maximum from the particular food.

Keywords- Gym, Workouts, Diet-plans, Fitness

I. INTRODUCTION

Fit Me is an application that is an one step solution for users who want workout, diet, yoga at one place.

We don't need to go anywhere to book the appointment, we can do it by sitting at home and by just one click we can get the required services.

It helps user to interact with the gym and trainer to enquire. Like if user wants to ask about custom workouts or diet, or about ways or tricks to achieve the desired goal. Also after the registration user gets trial workout and diet chart.

The pain relief exercises are also given which helps the user to recover from the injuries from workout because one can perform the workout easily but working on the pain is challenging like the tough lower back pain, the hips and many more.

Also the yoga sessions are shown which brings the flexibility to the stiff body of the user.

The main purpose of this application is to spread awareness about fitness among the people because one can find every fitness related solutions at one stop.

This project has wide scope like keeping people fit and attract more and more people to become fit.

Fit Me helps to fulfil the desires of the users who are dedicated about making their body fit.

II. LITERATURE REVIEW

The investigation of the idea was taken place and it was known that most of the people and users take the help of different application to achieve their goals. There are more than 100 fitness application in India and many more worldwide. According to the current scenario, various applications are helping the clients to achieve their goals.

But we tried to combine the different facilities to help the clients and to ease the process and goal achievement.

There are many applications that handles various facilities like workouts, diet-plans, yoga poses, stretches and many more under it. Most users downloaded an app to meet a goal and felt that the app helped them meet it. Two distinct groups emerged, those who used apps to support an established behavior and those who used them to adopt a new behavior. The majority of users reported that acceptable apps were free, easy to use, provided visual/auditory cues, and had game-like rewards. Most users strongly opposed linking their social media with apps and did not use those features. College students use apps to meet different goals such as developing an exercise routine or improving eating habits. Examining what influences health/fitness app choices among college students may provide important insights for future interventions developed to promote app use over long periods of time.

This started including a package deal, having a personal trainer, eating a good diet and creating a generally more socially acceptable image of health. Towards the end of the 20th century exercise became an image and a lifestyle. People from all backgrounds wanted to be a part of this world. Personal training had now become an all people's game. Within the fitness world people were getting heavier and bulkier. Introducing a new fashion and new take on body building. In the fashion industry models were getting skinnier and fitter making the general public yearn for a similar physique. In this manner, personal training was bound to follow.

Nutrition is becoming the big issue as one cannot achieve any of the desired goal without a proper and strict diet. Therefore, knowledge is required to follow the diet hence one need a perfect guidance. All about timings of the intake, the proportion of the food to consume and to adjust the food as per one’s daily routine. Like if a person is going to gym then he needs more protein intake. Else if the person is a does the physical work then the carbs intake should be more to meet the daily needs.

Talking about the fitness yoga comes to the mind to be fit. As there are many advantages and excellent results of the yoga that one cannot deny. Going to gym and doing intense exercises, many lazy jobs and akward routines makes body stiff which can be cured by performing yogas as guided in the application.

The key feature introduced in the application is the pain relief feature which helps the users to get relief from the stubborn pains like rigid back pain, the hip joint pain, the neck pain, the muscle sprain and much more can be relieved by performing various exercise and stretches , also tips to get rid off.

III. METHODOLOGY

FIT ME is an android application will work on all android devices. The main purpose of this application is to make work ease for the fitness dedicated users who wants to achieve their goals.

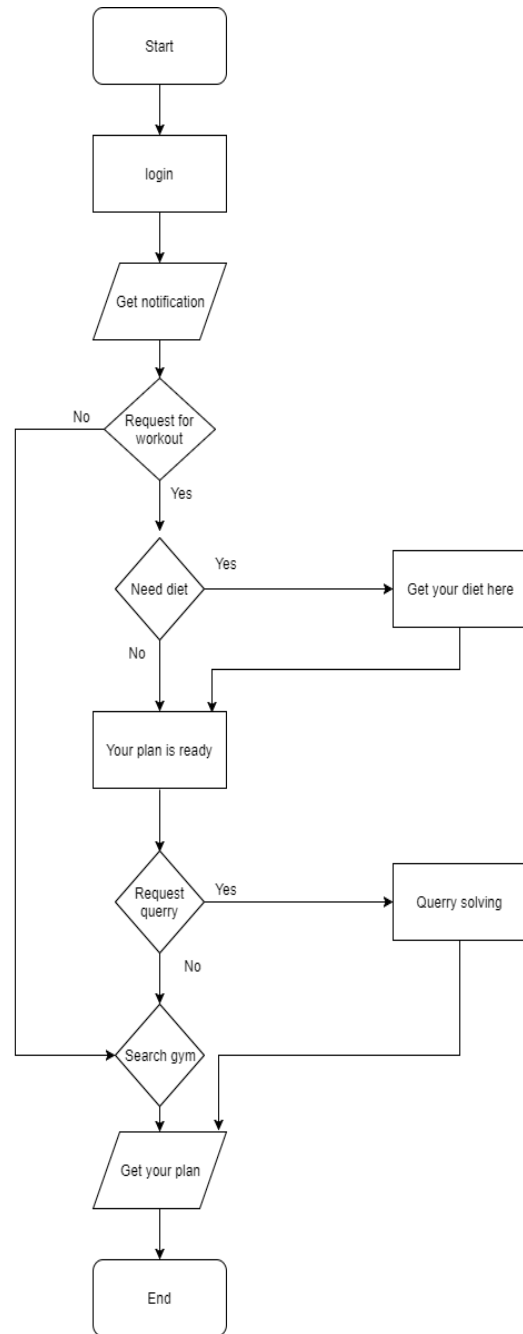
During our research we found out that there is no such existing android application in real world which has all facilities in one. Thus we are interested in developing an application which would surely make a difference.

The application will work in following way:

- I. User have to Log In or Signup in the application.
- II. After getting the notification the user will request for the workout
- III. On selecting the workout, the workout will be displayed.
- IV. If yes then application will ask for the diet if interested.
- V. If no then user will be taken to the gym search option.
- VI. If user wants diet then diet plan is given else only the workout.
- VII. Also query solving is added here.
- VIII. At last after the plan is customized user gets option to select the nearest gym.

IX. This will help us to serve the users with more ease.

Flow Chart of our application is as follow:



IV. SPECIAL FEATURES

The idea to this application was inspired by many of the existing application named which allow user to handle multiple social media accounts of multiple users. In that applications one can enjoy the all the facilities from different applications. one has to surf different applicatio to fullfil their needs. Thus, inspired by that, we are converting that idea in a

way that would be helpful to the people for achieving their needs and their goals through one application. Thus, it makes our idea of the project unique as there is no such existing android application for dedicated users who want to remain fit.

Unique Features:

- Approval /Disapproval: This is one of the feature of the application as user can approve or disapprove the content or the plan that has been given to them by the application and decide by themselves what they want to execute on their body. This will develop the good communication between the application and the users and will help to work efficiently.
- Features : features like the yoga poses is given in this application for users to maintain the fit body. Also the pain relief feature which helps user to get relief of the long and rigid pains which occur due to the lack of posture or wrong training.
- Criteria: The user can also set criteria about how much fit they want to be by changing their plans.. This will help us to know what user's requirements are.
- Multiple Users: As application handles multiple user accounts, through this we will be able to do it through one application easily. We can easily move from one user's accounts to others and handle it.

V. CONCLUSION

This application will provide the users a one stop solution to find the gym near them, also various workouts like bulking, shaping, shredding and the key feature introduced here is the pain relief feature which can help the users to get rid of the stubborn pain of body. Yoga poses will be displayed to maintain flexibility of the stiff body.

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