

Fitness App

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Abstract- *Being fit physically and mentally is every human being's ultimate desire. People are always seeking to have a healthy body fitness and they are somehow engaged in day to day life. So, we believe that our application can solve this problem in android device users, the apps can be great relief to people who do not have time to visit fitness centers, through help users can manage the healthy life system. Many people who have realized the importance of these apps in their daily life have started making use of such apps.*

Keywords- Fitness, Users, Apps, Time,

I. INTRODUCTION

Mobile technologies are increasingly growing among this year; there have been several new researches and developments in this era. Most of the apps play an important role in one's day-to-day life. The apps have become an indispensable part of human lives. Apps can be accessed using various mobile computing devices which have made the use of these apps at ease. Apps can help in setting fitness goals, providing workout ideas, tracking calories intake, fitness recipes, and provide progress charts. Useful for improving eating habits or following an exercise routine. The use of apps has increased due to various reasons like greater privacy, ease of access, time constraints, and reduced cost as compared to fitness centres

Over the past few years, the influence of app technology is increasing which affects the health care system very effectively. The colossal thriving of fitness apps has enhanced since 2014 witnessing more than a fifty percent increase in its usage within a period of six months. As compared to other apps, the fitness apps grow 85% faster than others. The popularity of fitness apps came with its advancing feature of integrating wearable technology which helps users to manage their fitness programs. The number of users for the apps has increased enormously over the past few years. The app helps users to identify their daily activities like running, walking, diet, etc. and analyse how it contributes to their overall fitness. This way the fitness app acts as a personal guide to its users. By and large, one can regard the fitness app as a "personal mentor".

II. FITNESS APP

Fitness apps come in four different variants to serve the users diverse needs. They include the following:

2.1 Activity Tracker

They help in tracking all the daily movements of an individual like walking, jogging, running, cycling, etc., using mobile sensors to help user analyse his actions.

2.2 Personal Trainer

This app is helpful to individuals who do not have the desire to go for fitness classes and those having busy work schedules. They act as a fitness coach and let users create their training plans. It also provides synchronization with fitness trackers.

2.3 Diet and Nutrition

This app is best suited to health-conscious people who wish to have a balanced diet. It provides users with the nutritional value of the food they consume and also motivates them in losing or gaining weight.

2.4 Yoga and meditation

The app helps users with their physical and psychological health. It provides relaxation to body and mind and also beats stress. As compared to fitness centres, fitness apps have more priority because of its many features, the most important being its mobility. These apps help to trace the fitness and well-being of an individual by analysing their age, height, weight, and gender in customized way. Another important feature of these apps is their ability to record and track users' daily changes in health and fitness which can help in bringing a major progress in their fitness for a long period.

III. STUDY AREA

The primary data was gathered from the users through personnel interview and questionnaires. Secondary data was collected.

IV. OBJECTIVES

The objective of this software is to understand user perspectives about fitness apps.

- To understand the impact of fitness application on users.
- To analyse the effectiveness of fitness application on improving user's fitness.
- To study the impact of fitness application to optimize time and cost.
- To understand whether fitness application is preferred over fitness centres.
- To understand the popularity of fitness apps among users.

V. LITERATURE SURVEY

Joshua H West, P. Cougar Hall, Carl L Hanson, Michael D Barnes, Christophe Giraud-Carrier and James Barrett (2012) in their paper "There's an App for That: Content Analysis of Paid Health and Fitness Apps" conducts a subjective analysis of the written interpretation provided by developers. The study examines the potentiality of apps in influencing the consumer behaviour. The more expensive the app, more trustworthy it is. Apps should give more importance to public health behaviours and has to be developed according to such needs. Brad Millington (2014) in his paper "Smartphone Apps and the Mobile Privatization of Health and Fitness" conducts an extensive research on the well-known smartphone fitness apps. It points out how the apps help users to associate with the rest of the world. It also concludes that the apps place great emphasis on activity tracking to promote fitness. Juliana Chen, Janet E Cade and Margaret Allman-Farinelli (2015) in their paper "The Most Popular Smartphone Apps for Weight Loss: A Quality Assessment" analyses the quality of top 200-rated weight-loss apps available for smartphone users. Those apps available in market were less than standard quality and Behaviour Change Technique incorporation was also limited. Steven S. Coughlin, Mary Whitehead, Joyce Q. Sheats, Jeff Mastrotonico, and Selina Smith (2016) in the paper "A Review of Smartphone Applications for Promoting Physical Activity" focuses on analysing the fitness apps to determine whether they help in tracking physical activity and promoting health. The study reveals that respondents of different ages prefer smartphone apps for their physical activity as it favourably help in coaching and motivating them. Lynn Katherine Herrmann and Jinsook Kim (2017) in their paper "The fitness of apps: a theory-based examination of mobile fitness app usage over 5 months" focused on the effectiveness of fitness apps by examining three fitness apps for a period of 5 months. The

apps were examined based on the theory of planned behaviour (TPB) which was done by a survey and measured by t-test, sign test, fisher's exact tests. They found that the intensity of usage decreased over time as the participants were not comfortable in using the app. They concluded that the app should focus more on usefulness and ease of use in order to increase the adherence and effectiveness of apps. Maria D. Molina, and S. Shyam Sundar (2020) in the paper "Can Mobile Apps Motivate Fitness Tracking: A Study of Technological Affordances and Workout Behaviours" tries to examine whether the fitness apps drive the user to maintain workout regime. The study examined 682 profiles for analysing and disclosing the use of fitness apps. The study includes a content analysis for analysing the pivotal qualities which helps in retaining the users in a long run.

VI. LIMITATIONS

Limitations There are several limitations in conducting this research. Some of them have a considerable effect on the study while others do not have much effect. The significant limitations are as follows:

1. Sample Size: The number of participants in the study is limited as the fitness apps have not become popular among people and also the study covers only a limited geographical area.
2. Unexplored area of research study: There are only a limited number of research studies done on this field. Many articles are available related to this topic but they are not able to provide a direct relationship with this research.

VII. CONCLUSION

The above information has exclusive list of various methodologies that imply on finding out various features of fitness app, that can make a major impact on healthy and fitness life of users

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