



Fitness Management System: A Survey

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Abstract— This Paper Fitness Management System or gym management application is an online website which provides a platform for all age groups to learn and excel in most amazing and loved field called Fitness. It has various famous Trainers available to train the candidates. It also provides a safe and fun environment that allows every individual in developing fitness. Here candidates are given opportunities to take part in various competitions in the Gym.

Keywords— Motivational Session, Body Workouts, Fitness, Gym Equipment,

I. INTRODUCTION

We all know health is a wealth. We do not need a fancy car, big apartment, a doctor degree without a health. Being healthy is a first thing we need to keep in mind. Because most of the time our attitude depends on how we feel.

Physical fitness is very necessary for a healthy and tension free life. Being healthy and fit gives us energy to do anything. Physical fitness includes diet, exercise and sleep. These three basic things have their own importance in each individual's life and everyone should be sensible with regard to these for a healthy life.

We all know for human being health is a most important thing and being healthy is first thing that we keep in our mind. Being healthy and fit gives us power to do anything, anywhere. Physically good

health is very important for stress free life. Each person takes proper diet, proper exercise, and proper sleep for healthy and happy life. These three things are most important for disease free life. Everyone should be clever about our health because for healthy and proper life and life is so precious. The aim of the project is to design and develop the automated system i.e. machine work.

In this system presently records are kept in the gym by writing in a file on a paper or it will register. Every management task is done manually. Present system is unreliable for keeping accurate records. Gym will help to generate the reports of various Operations performed in the gym. Payment of fees, list of members who did not pay fees. Gym will also help for creating batches may be of particular trainers. By this system paper less work can be done easily. System will help members as well as administration.



Fig 1.0: View of the system

This system about the use of the technology in order to reach a better life is to become part of human

life, and throughout the year, the technology is available and developed to meet the needs of members of all mankind; this did not stop them. Looking humans always have to wake up and be healthy fitness them. We, therefore, we believe, to resolve on the application of the problem is that users of Android, our thoughts, it is to help the users to administer the health care system in fitness and nutrition. This paper was developed by the two methodologies and prototyping model, and a spiral. The system is used to project dramatically android broadcast worldwide, thus allowing access to a large number of people. The people, too, can be done through the provision of a hundred of the same, by means of the application of the questionnaire, however, is suggested by this acceptance of a larger one.

Web applications have become very popular and useful. Whether the character is referred to the existing system, which is by far followed by the. Gym operates manually. The current system takes that involves a lot of paperwork and is also very expensive. Each manual handling system to be an extremely difficult task. And now computerization day, with a reduced price offers increased efficiency, reduce the administrative burden of time management saved the record, so that each individual member and employee, easily generate required reports. Our "Smart gym management system" for those who run the company proposed to the gym. Before anything to do research about the beautiful life gyms major challenges to the owners. The memory of how to create a system of a huge, in safety and carefully considered these matters we have other roles for different users depending on their privileges.

The administration is required to treat them easily from the gym and all the necessary appropriate depending on security meticulous and a database of user. The software does not require that store data on members, employees, carrots, chocolate protein, and members received transactions, which are in the gym. Each a user friendly management system online application. This facilitates the automated system owners and other features. It was a simple plan. Minimum is the lower figure.

II. APPROACHES

An Existing system refers to the system that is being followed till now. The gym is working manually. The current system is time consuming and also it is very costly, because it involves a lot of paperwork. To manually handle the system was very difficult task. But now-a-days computerization made easy to work. In today's world everyone find ease to get review of product by searching it on Google. In existing system of gym management client uses MS excel or paper. To maintain their records, also it is not possible to share the data from multiple systems in multi user environment; there is need of duplicate work, and more chances of mistakes. If record get change then excel file was required to update each and every time. After that their exist Smart Gym Management which eliminates most of the flaws of existing system. This system was came with increased efficiency and effectiveness, capacity, maintenance and cost reduction which made system smarter.

It was also having some new and prominent features like webcam integration, using Twilio SMS API for number verification. But in this system more security measures are needed. It is little complex system for people to handle and operate it sufficiently. Current gym website "Fitness Management System" includes online payments and invoice to members which is very good feature. Here all users details centrally managed by Fitness Management System. It provide very good software platform which is open to connections with all types of hardware but they are not hardware provider.

It also provide free demo for user who is using system first time. It contains rich library of workout with thousands of animations so that user can choose from their database. There is nutrition coaching where it create plan of diet for user. Even if there is any question to user about his/her diet or workout then user will get delayed response. Trainers are not always available for user for their doubts. Interaction is only through text chat..

Productivity

Subsequently the portal is attached to the MySQL server so all the data is in cloud storage, so we need

to start the server when we need to run the portal on the browser.

Reliability

The website is maintaining privacy and do not merge with other details. No one cannot log in without their unique id and must they need to signup if their details do not validate and here a fig 2 is attached and it is home page

Flexibility

It will run on any website but user must and should need to accept the policy of the portal and it is very attractive to users to visit.

Health and Care

It was an online portal so there is no much harm and moreover there is contact option to interact with authorities.

It takes all care of users or members and here some tips provided before starting the training for safety purpose because beginners cannot do directly.

In this modern world, computer becomes more and more popular and important to our society. We can use computer everywhere and they are very useful and helpful to our daily life. Like computers online websites has a crucial role in the daily life. Now we have the facility to know about anything in the world through the various sites in a single click. So here we aimed to develop a site based on Fitness Management System for the people who wish to maintain their health and body fitness regularly. Fitness Management System allows the user to store the food details, employee details, the details of person who is in the gym, gym equipment details etc. This software package allows storing the details of all the data related to a gymnasium. The newly developed site for Fitness Management System is more suited than the manual database because it provides the facilities like, large storage capacity, high speed, more accuracy and high security.

III. RELATED WORK

Any business that does not have a website is missing out on one of the most powerful marketing tools available to them. The main reason that it is

important for businesses to have a website is how people are likely to find you. These days most people will go online and research products and companies before they make a purchase. Usually, the client uses MS Excel or paper, and maintains their records, however it is not possible them to share the data from multiple system in multi user environment, there is lot of duplicate work, and chance of mistake. When the records are changed they need to update each and every excel file. The Smart Gym Management System eliminates most of the limitations of the existing software. Increasing efficiency and effectiveness, automation, accuracy, user-friendly interface, information availability, communication capacity, maintenance, cost reduction makes our system smarter than the existing system. Accommodating today's demanding lifestyle, people have to be fit & healthy. A daily workout routine is essential for a healthy life; still, some people take this fact for granted that they need to have some physical activity daily. Even if some people are willing to work out, they are either deprived of motivation or don't have adequate guidance, so we develop a system "AutomatedGYM: Virtual Gym Management" for a gymnasium in which user can enroll to the system via online and he can access his workout or trainer and diet or consultancy at the best time and best place for their schedule. For user interaction with trainer or consultancy, system has provided with video chat & text chat. After specific period i.e. when certain amount of data gets enter into database, system will automatically recommend user for workout and diet by giving him report through his profile.

In [1] Suresh Hamilton" Gym registration system", IEEE-2013-The objective is to define system will be providing the facility to pull the data from the server using a key (such as id) and get the desired report. According to IEEE 405 data format [John Keats] any business that does not have a website is missing out on one of the most powerful marketing tools available to them. The main reason that it is important for businesses to have a website is how people are likely to find you. When the records are changed they need to update each and every excel file.

In [2] Parshuram Barak" Gym Management System", IEEE-2014- The online gym management

system is user-friendly application. This automated system makes all functionality easier for both owners and customers. According to research paper of IEEE it is not enough for us simply to think about how nice compassion is.

In [3] K. G. Zografos, K. N. Androutsopoulos and V. Spitadakis, "dance type", IEEE-2015-An Existing system refers to the system that is being followed till now. The gym is working manually. The current system is time consuming and also it is very costly. Also the fetching of members information is very time consuming.

In [4] According to John F. Kenedy IEEE-2016-Organizational risks stemming from organizational culture, structure and business processes impacts the technical software development issues, creating a wide range of potential trouble points. From the beginning of our historically verified time there has only been mentioned of sports but to increase the potential level of body their must be a solution of fitness centres which attracts the developers to build a web based system which allow members to registered themselves into a fitness centres.

In [5] as the technological era kicked in, physical activity declined by the average person but as most observers have stated there was an increase in recreational sports, sports has reached a new level of participations. The goal is to make the person feel honored and to build a bond of trust that implies we are all going to play by the rules and be fair, no dirty tricks. So training had become a real option for all classes and physical activity the rates of fitness centers slowly began to rise.

In [6] At this time ,most people had the option to train to become an athlete but the increasing cost of fitness centres not attracted to much members therefore a web based application started including with a package deal, having a personal trainer , eating a good diet plan and schedules creating a more socially acceptable image of health. Towards the end exercise became an image of lifestyle. Therefore the development of people, personal training had now become an all people game within the fitness world people was heavier and bulkier. Web based applications will help people to choose their package with discounts, members can choose

their timing according to schedule plan, they buy products or supplement's from the inventory.

In [7] the Authors have said about the Textual Analysis of fitness centres Through this appstudio system Centre, we investigated 7,411 athletics news articles and 10,239,052Fitness quotes covering the S&P 600 centers during a five-week period. They have applied their analysis to estimate a fitness centers across all over world twenty minutes after a news article was released. We further investigated the different textual representations and found that a digitalized scheme performs better than the manual maintenance of database. The benefit in the form of reduced cost.

In [8] according to A. Z. Cooper the professionals development needs practices of "Fitness professionals, "however have not been a major concern for researchers in the field. The purpose of this article is to provide an overview of the evidence on fitness professionals available to support them. We get know about all the information related with fitness centers. The analysis indicates that to develop a web based application and generates attentions of gym members.

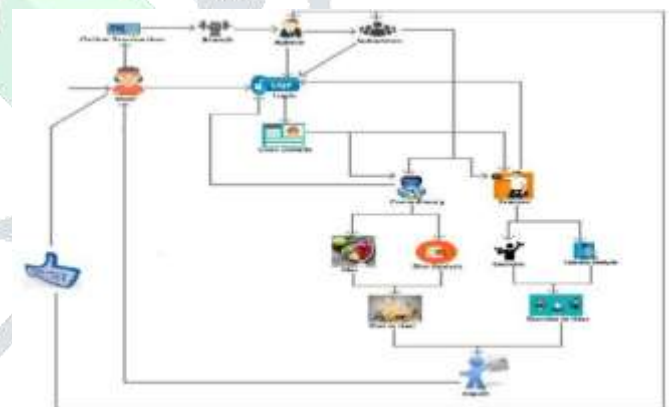


Fig 2.0: Architecture of the system.

IV. CONCLUSION

This system will be successfully designed and developed to fulfill the necessary requirements of user, such as recommending proper diet and exercise to user by well-known consultancy & trainer respectively, video or text chat, activity tracker, online payment and field level validation will perform efficiently. Even this system includes intelligence i.e. after certain data get store, system

will recommend diet and exercise to user rather than any trainer and consultancy which will be benefited for admin as well as for user.

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