



Fitness Club

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Abstract— Studies supporting the notion that physical activity and exercise can help alleviate the negative impact of age on the body and the mind abound. This literature review provides an overview of important findings in this fast growing research domain. Results from cross-sectional, longitudinal, and intervention studies with healthy older adults, frail patients, and persons suffering from mild cognitive impairment and dementia are reviewed and discussed. Together these finding suggest that physical exercise is a promising nonpharmaceutical intervention to prevent age-related cognitive decline and neurodegenerative diseases. Recent studies indicate that people are not inclined to maintain a healthy lifestyle and exercising on a daily basis. Statistics also show that there is a rise in obesity in the younger generation. Taking advantage of the rise in the use of Android Devices, website can be developed to motivate people and to promote exercises which lead to a healthy life. In today world in the youngster there is craze of having a good physique but to obtained that we have to take proper guidance about workout and gym trainer are demanding money for that so the goal of our website is to give you suggestions of workout on based of your BMI which will saves your money.

Keywords— **Healthy lifestyle, BMI, workout, website**

1. INTRODUCTION

Gym website is web based system which focuses on our physical health mainly. This web application helps us to maintain a routine in our daily physical exercises. This also helps to do the exercises in correct manner with the help of pictures and instructions or animated videos, this does not make you feels the absence of a personal trainer. As diet is also essential for your physical health so, this web application will also suggest you diet.

As now yoga is a major thing in whole world and it is also very useful for our physical and mental health our website also has many yoga methods in the form of instructions and pictures. This website also has a schedule page which you can use to make your personalized exercise routine. And in additional facilities it also has basic

physiotherapy exercises in case of any injury or sprain occurs. We are trying to focus on suggesting workout plans on the basis of your BMI (body mass index).

This website is mainly divided into two Module:

1)User Module:

User can register / login to the website using his credential he can calculate his body mass index using BMI calculator. He can get all kind of exercise details according to his need. User can see animated video of workout to understand proper way of performing workout.

2)Admin Module:

Admin is a super user of the website who can manage everything on the website. Admin can login through the login page. Admin can Add/ modify any details mentioned earlier and also can Mange contact us and about us pages. Admin can also update his profile and change or recover the passwords

II. LITERATURE SURVEY

Ashley.M.Guerieri.(December,2009) describes in his report as Despite the many health benefits of being physically active, nearly a quarter of U.S. adults and adolescents report no participation in leisure-time physical activity. It is recommended that children and adolescents participate in physical activity for at least 60 minutes daily at moderate or vigorous intensity. In addition to potentially

enhancing academic performance, participation in physical activity may also influence perceptions of physical appearance and global self-esteem, which tend to decrease with age in adolescent females.

The purposes of this study were to: (a) examine the prevalence of overweight and obesity and the percentage of adolescent females from a rural community that meets physical activity recommendations; (b) examine the relationship of body composition, physical activity, and sedentary behavior on academic performance; and (c) examine the relationship between physical activity and physical self-concept among adolescent females

The Hindustan times, in its report says women are far less active than men, People are not active enough worldwide, and Indians are even less so. Less than 10% adults in India meet the World Health Organisation-recommended at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity through the week, according to an ongoing pan-India study across 25 states by the Madras Diabetes Research Foundation. The study, which is part of the Indian Council of Medical Research-India Diabetes (ICMR-INDIAB) study and the most comprehensive analysis of physical activity patterns across states, has found women are far less active than men. Only 3% women meet the minimum healthy levels of physical activity, which brings a clutch of health benefits such as reductions in the risk of hypertension, coronary heart disease, stroke, diabetes, breast and colon cancer, obesity, depression, risk of falls, and improvements in bone and functional health.

III. OBJECTIVES

- The main purpose of this website is to make balance of your health and work life balance

- It will help the user by providing different types of workout and yoga in pictorial form
- User can have his dream healthy and fit body at home and he can do workout at his convenience.
- It has a BMI calculator and website will suggest you workout based on your BMI.

V. CONCLUSIONS

Fitness and physio web based application is created as per the requirements of every user. In our project, we are targeting the person who wants to live their life as a healthy being, and facing problems to do so due to their busy schedules. This is our first step initiative to make other lives healthy and fit. User have to register to the portal by giving their details and then they can take registration through online with minimal effort. The Admin receives notification when a new registration is done. User can visit the website and view all the available exercises and yoga methods with pictorial and written instruction.

- Save time and improves the productivity.
- It provides a friendly graphical user interface which proves to be better when compared to the existing system. It effectively overcomes the delay in communications.
- Updating of information becomes so easier
- The System has adequate scope for modification in future if it is necessary.
- This system make every possible thing online will it be ways to make your life healthy or tips for weight loosing or a diet tracker or a routine table for every user for their daily exercises.

VI. FUTURE SCOPE

Artificial Intelligence and Machine Learning Advancements:

Continued advancements in AI and machine learning may lead to more sophisticated algorithms for personalized workout plans. These algorithms could analyze users performance, preferences, and feedback to continually refine and adapt exercise recommendations.

Immersive Technologies:

The integration of virtual reality (VR) and augmented reality (AR) technologies could provide users with immersive workout experiences. This could include virtual trainers, interactive environments, and gamified elements to enhance motivation and engagement

Community Building and Social Features:

Emphasis on community building within workout platforms may grow, with features such as social challenges, group workouts, and peer support. Enhanced social interactions could contribute to increased user motivation and adherence to fitness programs.

Telefitness and Remote Coaching:

With the increasing acceptance of remote work and digital interactions, workout suggesting websites may incorporate telefitness features. This could involve live virtual coaching sessions, interactive classes, and remote personal training sessions

VII. ACKNOWLEDGEMENT

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online health platforms. Their valuable contributions have significantly enriched the understanding of the present and future possibilities in the domain of workout suggesting websites.

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