SMART SHOE FOR HEALTH FITNESS USING IoT

ABSTRACT

The principal intention of this project is to establish a smart shoe setup which will function as a health tracker. This project aims towards fitness as it helps in counting the footsteps taken by a human. An inexpensive device called smart shoe which is designed to assist user in knowing how many steps they have walked i.e; monitoring there daily exercise for health fitness. Proposed project is implementable for finding number of steps they have walked or runed by using force sensitivity sensor. Advantages of such shoes include extensibility and low maintenance. The idea was to develop shoes that anyone can wear. The shoes will be designed in such a way that anyone who does running or walking by wearing these uniquely designed shoe they will get to know how many steps they have walked and if the person sit ideal for sometime then he get a notification to warm up and if he do over exercise he get a notification to rest for a while with the help of GSM module. And there will be also a water remainder to help the user to avoid dehydration. And the proposed system also consists of GPS location tracking using GPS sensor so that if the user went for a walk or run then the concerned people can track him

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