PANIMALAR ENGINEERING COLLEGE
HEALTHCARE / FITNESS PREVENTION OF CONDITION USING A MOBILE APPLICATION

I . ABSTRACT

The usage of mobile phones can make it easier to maintain a healthy diet. Mobile devices offer a reasonable infrastructure that may be leveraged to give affordable, High-quality tools for behaviour change and monitoring. Mobile devices by their very nature allow for customization and personalization, quick access to nutritional data, and accurate tracking of consumption patterns. This Android software offers a comprehensive answer to all health-related problems and queries. It can track your diet, provide nutritional facts about food, calculate your BMI, and provide details about certain common medications, among other things.

II . INTRODUCTION

Application for Health and Fitness is the name of our project. Even if modern medicine has made significant advancements and many diseases that were previously unknown are now curable, prevention is still preferable to treatment. If we can maintain our health and avoid illnesses by just adhering to a simple set of guidelines or habits is preferable than being treated. The same is carried out by our application. It offers tools like meal planning and calorie intake that can help keep the body in shape. One of a person's most basic necessities is water, which, if consumed in the correct quantity, may help us stay healthy.

III . OBJECTIVE

Only at the compliance stage have we produced an application with the functionality listed below. The project's primary goal is to build and create an intuitive, effective computerised gym management system. A reliable system with no redundant data. Safekeeping of data for use by the authority. A flexible system that can manage the staff-customer connection well.

1. Improved graphical user interface provision.

2. Automating the current setup.

3. To coordinate the management of the fitness centre and fitness facility.
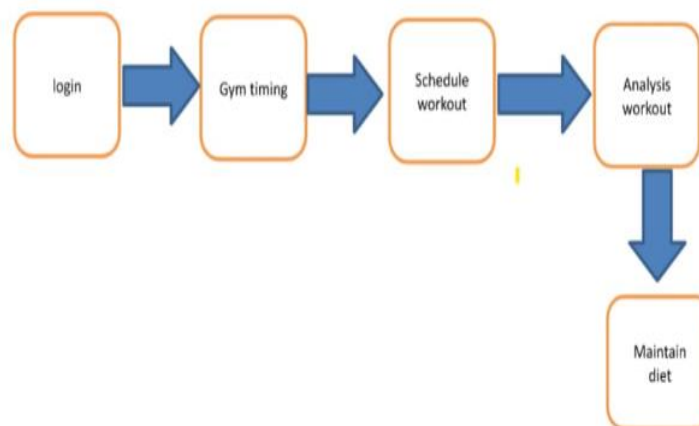
IV . IMPLEMENTATION OF A SYSTEM

The process of turning an idea from a concept into reality is called implementation. I have a user setting in my app. They may select Days, Body Parts, a food plan, utilities, a competition, and dietary supplements while setting up Gym Buddy. This programme will create daily, weekly, or monthly schedules. The Smart Gym Health/Fitness System will be implemented by this application by: Configuring a gym workout to query that table every minute

BLOCK DIAGRAM

INPUT IMAGE & OUTPUT IMAGE

V . SECURITY

We can accomplish almost everything online—from anywhere, at any time—with mobile devices. In a setting where the prevalence of hacking, data breaches, and criminality makes system security a key concern in the creation of mobile applications. Users of this programme will have security.

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VI . CONCLUSION

The "(SMART GYM) HEALTH/FITNESS SYSTEM" has been successfully created to meet. The system is highly user-friendly, form level validation and field level validation are working very well, and other important criteria that were discovered during the requirements analysis process. There were several issues with the outdated manual system. The current project was created to fulfil the ambitions suggested by the modern era.

VII . REFERENCES

1: In the 2014–15 academic year, Hafiza Maria Rafique finished her 4-year Bachelor of Computer Science programme 2018 from Government College Women University Faisalabad, Pakistan's department of computer sciences. Her internship at the government postgraduate institution for women is now in progress.

2: In the academic year 2014–2018, Maria Ilyas finished the four-year Bachelor of Computer Science programme at the Government College Women University in Faisalabad, Pakistan. She is presently completing an internship via the initiative of PM.