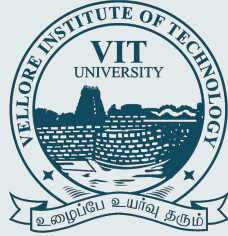


VIT<sup>®</sup>  
BHOPAL

# HEALFIT

**Guide:**

**Ms. Manorama Chauhan**

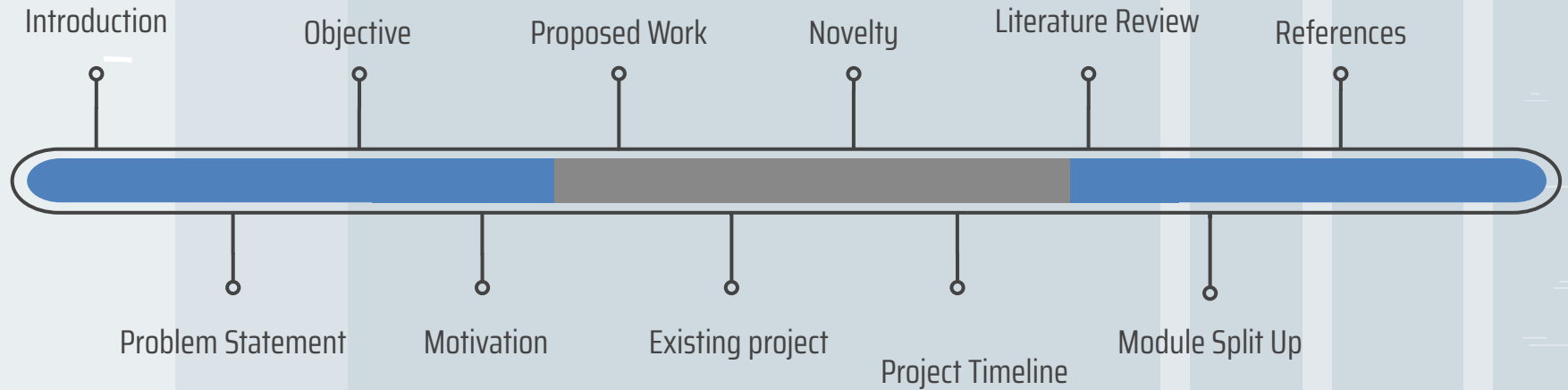


**VIT**<sup>®</sup>  
BHOPAL

# Group Members

- |                     |            |
|---------------------|------------|
| 1. Harshit Dwivedi  | 20BCE11082 |
| 2. Madhav Mishra    | 20BCE11076 |
| 3. Akshatt Chhabra  | 20BCE10374 |
| 4. Tanmay Bhujade   | 20BCE10354 |
| 5. Preethwish Kumar | 20BCE10962 |

## CONTENT



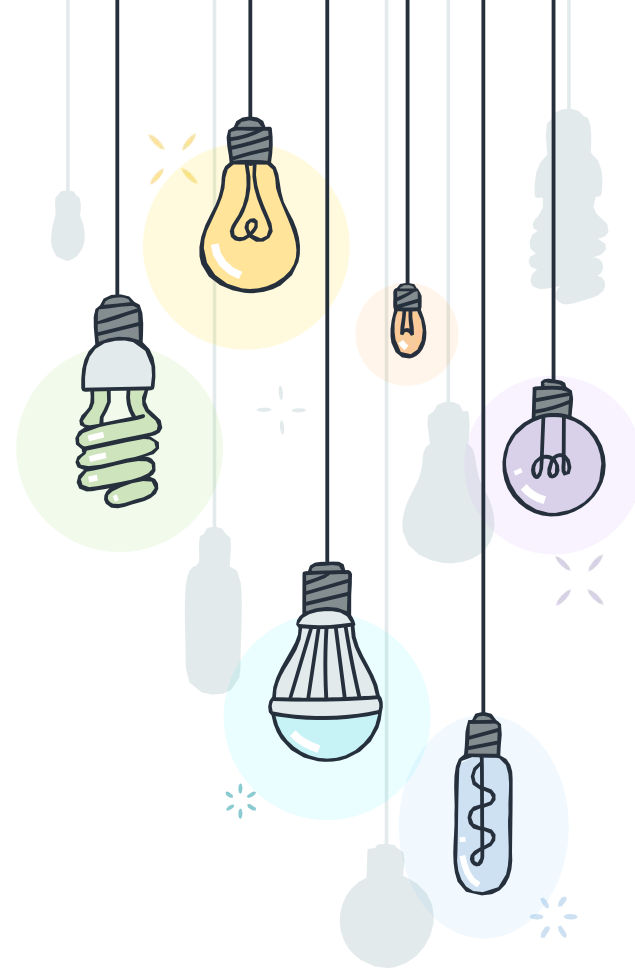
1

# Introduction



# \* INTRODUCTION

- Through our webapp HealFit, people can increase their physical fitness and general health by using personalized exercise recommendations.
- Our webapp recommends specific exercises catering to the demands and objectives of each particular individual, thus making our applications more efficient and successful.
- So, to improve our fitness and to achieve our health goals, HealFit is a great option.



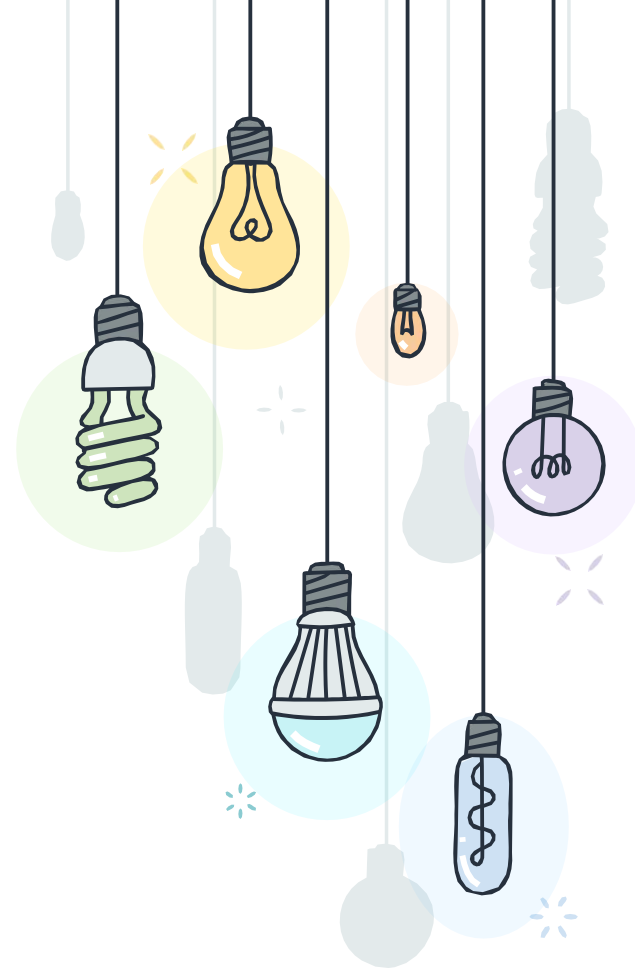
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# Problem Statement



# PROBLEM STATEMENT

- There is a lack of accessible and comprehensive resources for individuals looking to improve their well-being and adopt healthy lifestyle habits.
- Many people struggle to find reliable information on diet and nutrition, and may not have access to personalized fitness plans or guidance from healthcare professionals.
- As a result, they may struggle to achieve their health and wellness goals and may feel frustrated or discouraged.



3

# Objective





# OBJECTIVE

Our main objective is to come up with a platform consisting of various tools and resources to help our users with improving their well-being.

- **Promote Healthy Lifestyle** : To inspire people to lead healthy lives by getting them moving.
- **Diet and nutrition**: To provide a generalized Balance Diet so that they can improve their dietary habits by giving nutritional knowledge on a regular basis.
- **Making our platform accessible**: To ensure users accessibility and participation in physical activity at any place.
- **Providing health and wellness information**: To ensure awareness about the users' health and ways to improve it with the help of various articles, videos and other beneficiary materials.



4

# Motivation





# MOTIVATION

- One of the main drivers is the desire to help others. We are motivated by our sense of purpose and our desire to make a positive difference in other people's lives. We think that people's health and wellbeing can be considerably enhanced by our app.
- Individuals today struggle to maintain their physical health, which is one of the reasons that individuals of all ages are struggling with a variety of medical issues.
- People have come to understand the significance of having a robust and healthy immune throughout this COVID outbreak. This inspired us to create a platform that will enable people to improve their immunity. People are now so apprehensive about leaving their houses because of the recent shift to digital technology that they want everything to be at home.



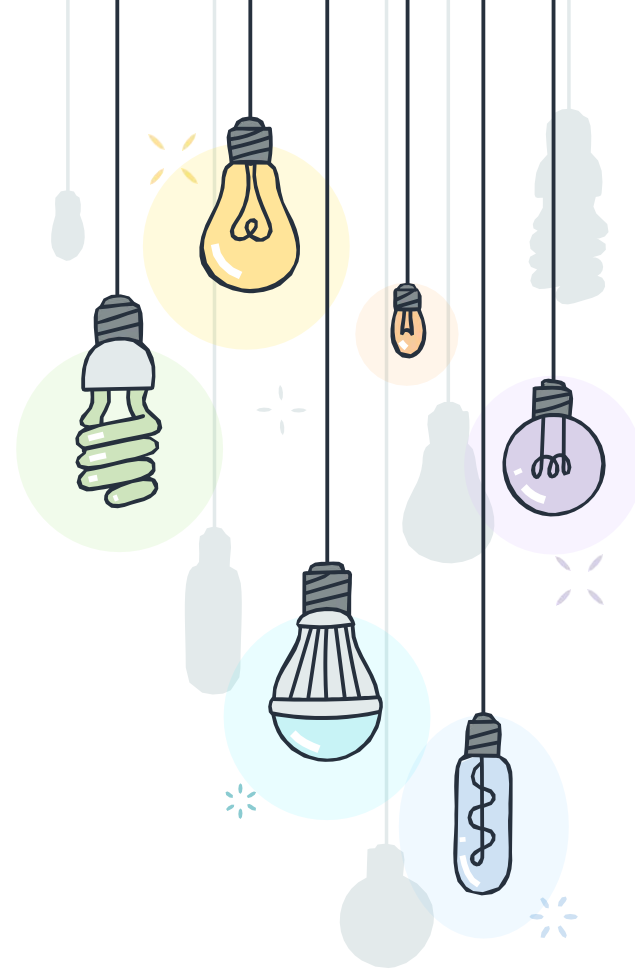
5

# Proposed Work



# PROPOSED WORK

- Our technology makes exercise recommendations based on each user's unique needs and objectives, accounting for variables like age, fitness level, and any injuries or health issues.
- This ensures that the exercises are good for the person and safe.
- People can also monitor their fitness results and improvement.
- It provide more details about the eating preferences of the individual.



6

# Existing Work

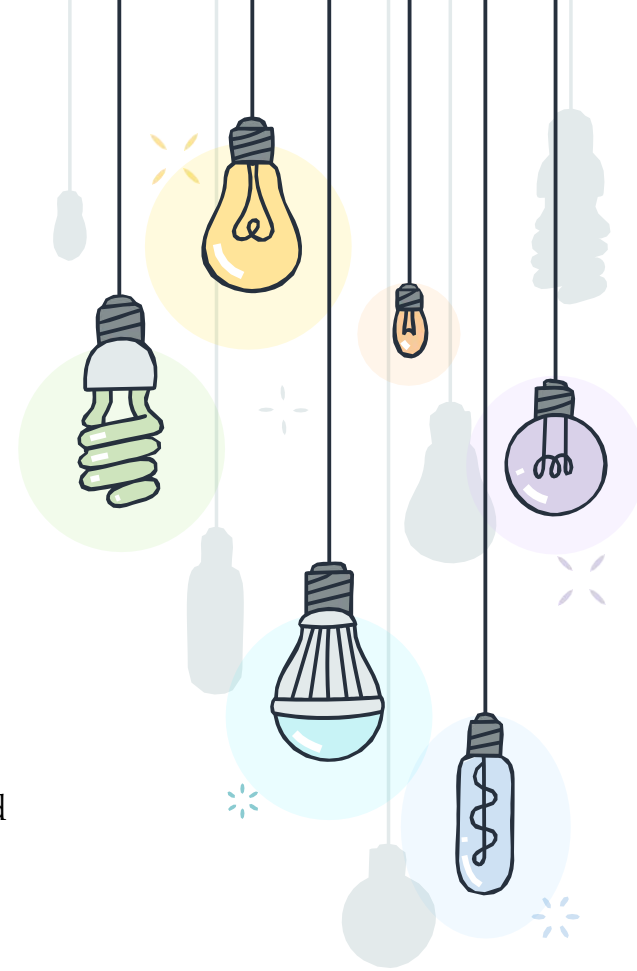


# EXISTING WORK



During our research we found several platforms/applications that were based on Health and Fitness. Some of the platforms are as follows:

- Workout trainer: Works as a personal trainer and provides guidance to do specific exercises, training sessions and recording.
- Strava: Strava activity tracking provides key statistics, such as speed, pace, distance, elevation gained, and calories burned during and after exercise.
- JEFIT: JEFIT enables you to track your workout routines and your rest time, and log and graph all body measurements as you progress
- J&J: Centered around research on high-intensity interval training (HIIT) and circuit training, which shows that short bursts of hard exercise with short recoveries can improve aerobic fitness quickly.



7

Novelty







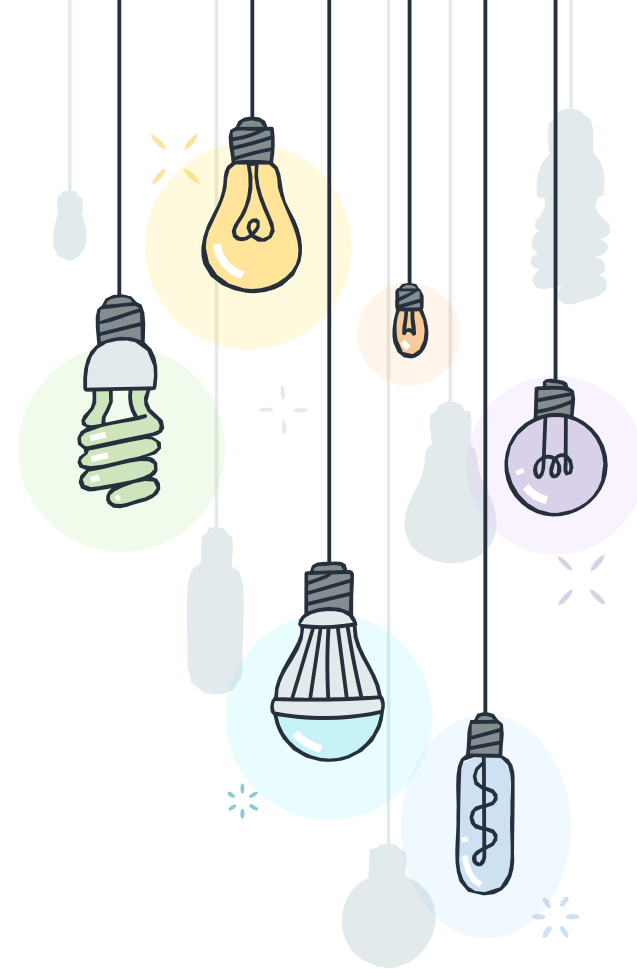
# NOVELTY

## Limitations of existing platforms based on health and fitness

1. These apps were primarily focused on physical activities that are necessary for either weight loss or muscle gain.
2. These applications don't contain what dietary habits we should follow in order to lead a healthy life or information about foods which we should eat in order to prevent medical complications.

Our app **HealFit** provides special features like:

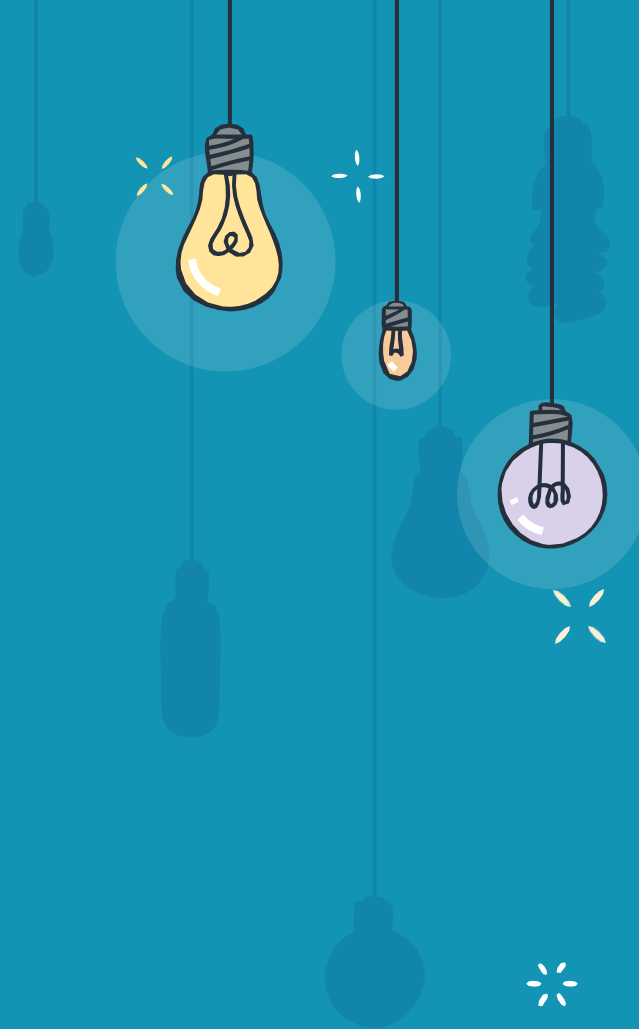
- Problem Specific Exercise/Yoga recommendations
- Preferable Dietary habits
- Health analysis report (BMI etc).



A large, light blue circular graphic containing a yellow number 8, with small white starburst icons at the top-left and bottom-right corners.

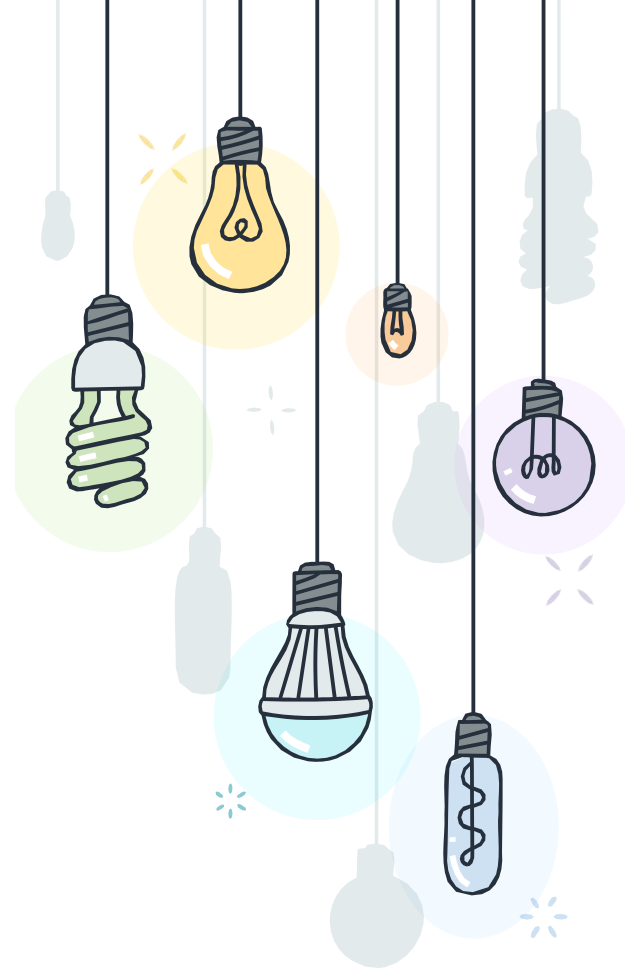
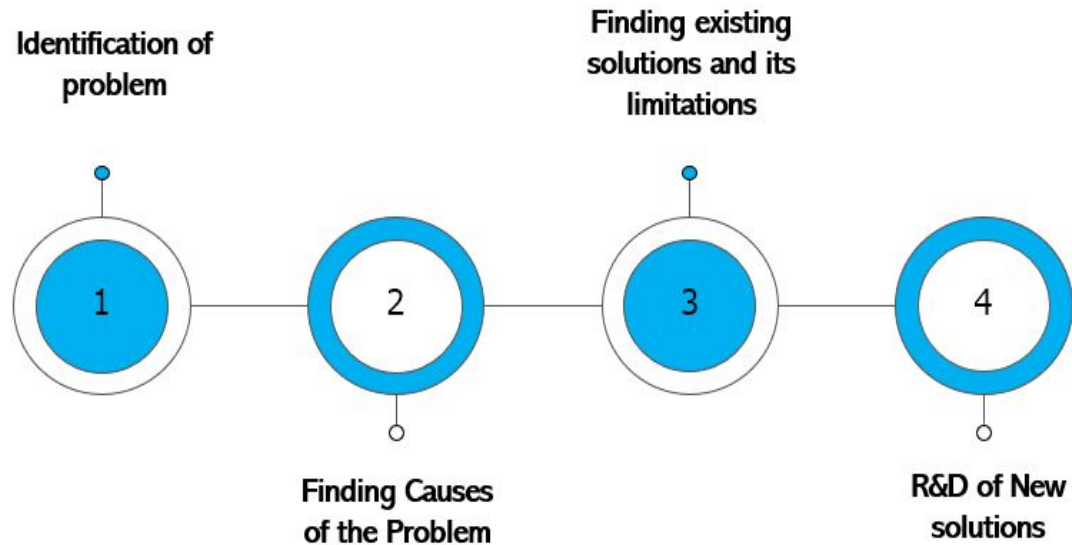
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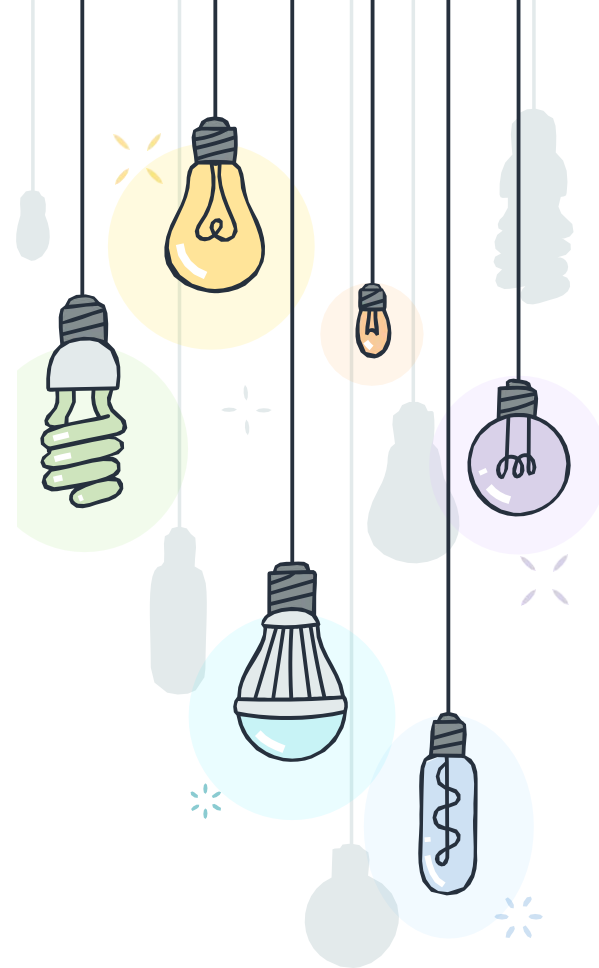
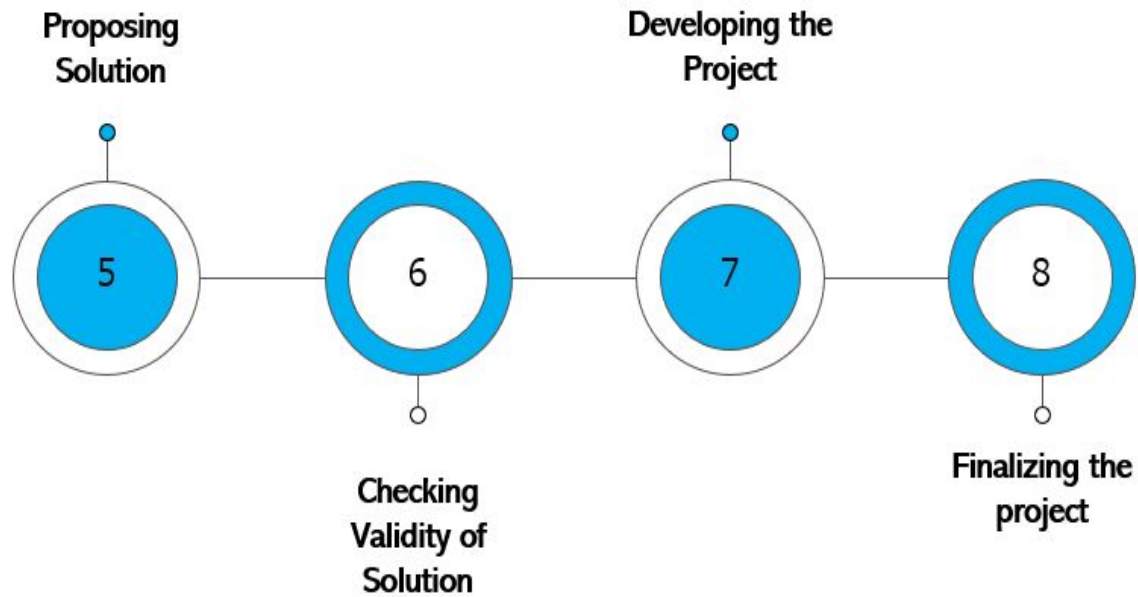
# Project Timeline





# PROJECT TIMELINE





# 9

# Literature Review

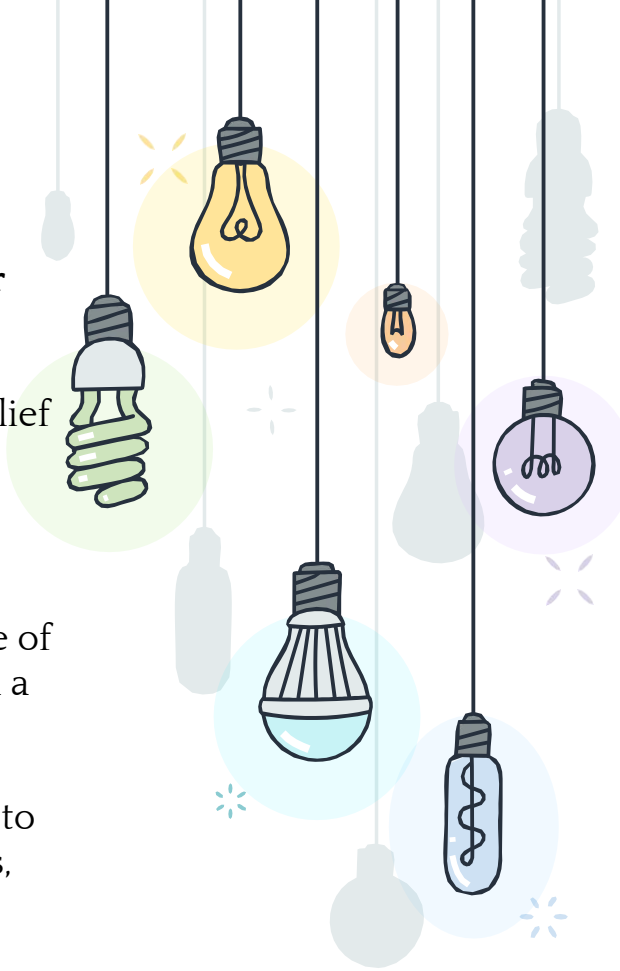




# LITERATURE REVIEW

HealFit can be a valuable tool for individuals looking to improve their fitness and achieve their health goals.

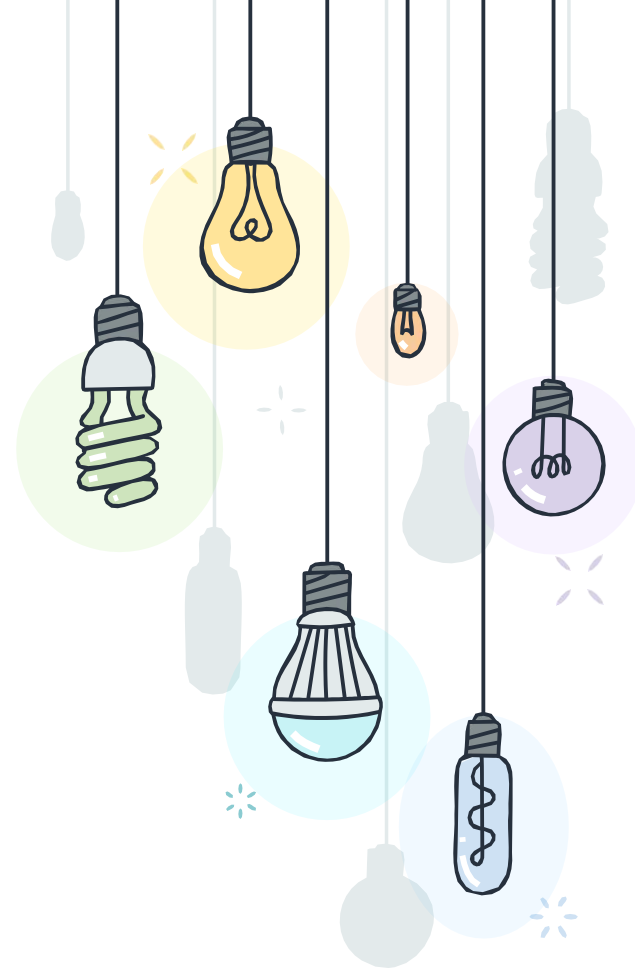
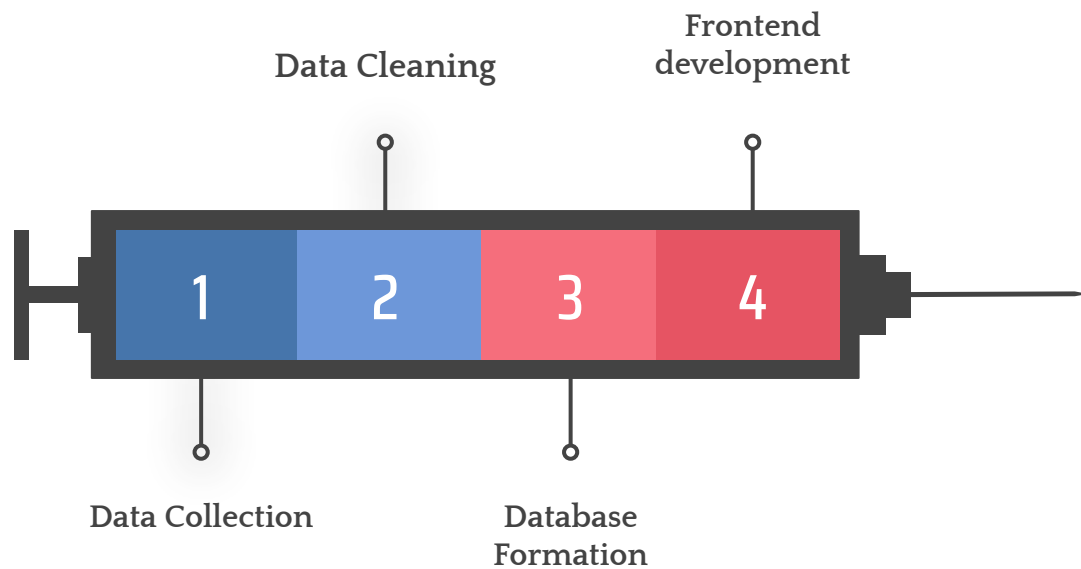
- Our app HealFit comes to the aid by providing people a sigh of relief by lending them a hand to take care of their health and keeping a check on their body. One of the most popular and organic way is yoga.
- During this covid pandemic, people have realized the importance of having a good and strong immunity. So this motivated us to build a platform so that we can help people enhance their immunity.
- HealFit offers a range of resources and information to help users to know about their health and how to improve it via articles, videos, and other beneficiary materials
- HealFit was created specifically to ensure users accessibility and participation in physical activity at any place



10

# Module Split-Up









# MODULE

## Data Collection

- After brainstorming we identified all the necessary parameters required for a Health and Fitness based project.
- As of right now, we have around 100 responses, and we're still counting.

## Data Cleaning

- Data cleaning is the process of fixing or removing incorrect, corrupted, incorrectly formatted, duplicate, or incomplete data within a dataset.

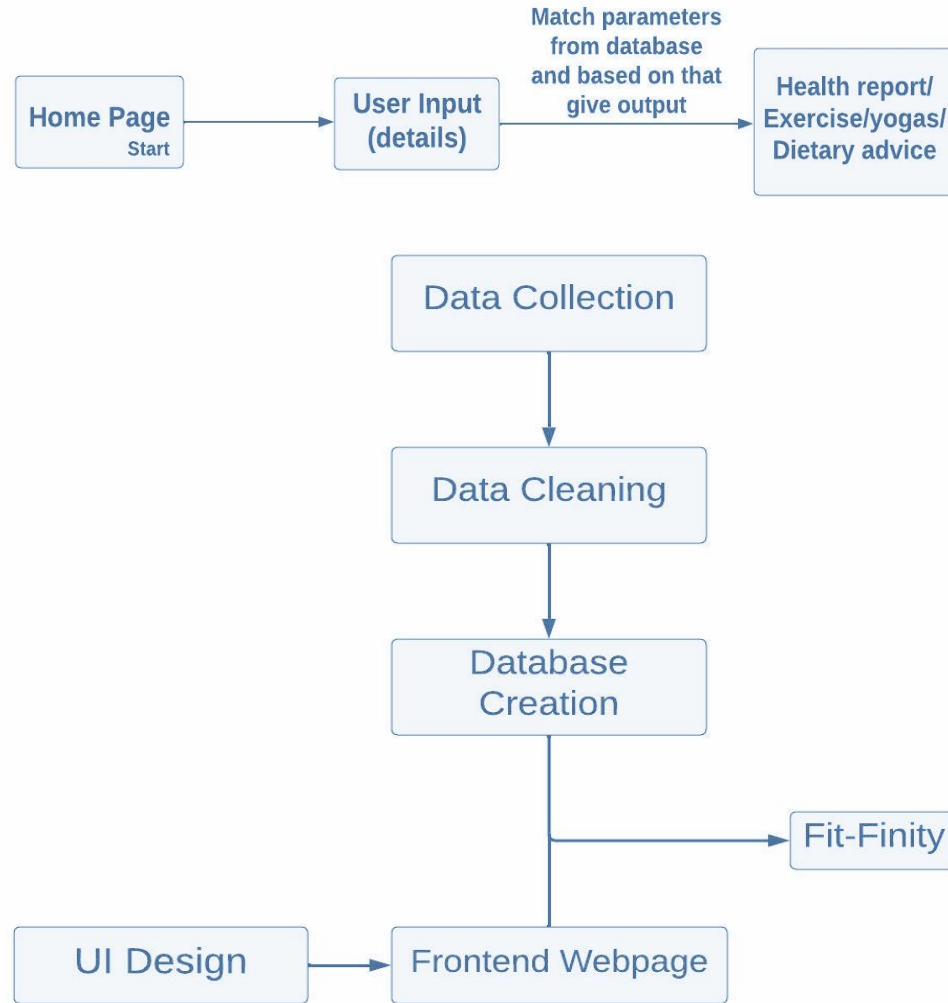
## Database Formation

- For building our database we have categorized the collected data into following segments;
- Age, Activity Lifestyle , Medical Complications, Recommended Exercises/Yoga Poses and dietary habits.

## Frontend Development

- UI designing of our platform
- Creating the visual part where one can see and interact with using a browser.

# System Architecture Diagram



# Screenshot



## HEALFIT : Get Fit With Us

A good laugh and a long sleep are the best cures in the doctor's book." – Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open. You can lead to a healthy lifestyle by sharing some info with us- Way To a Good Life :)

madhav.mishra2020@vitbhopal.ac.in [Switch account](#)

Not shared

\* Indicates required question

Name \*

Your answer

### Activity Lifestyle \*

0-1 : Inactive Lifestyle

2-5 : Slightly Active Lifestyle (Walking etc)

6-8 : Moderately Active Lifestyle ( Regular exercise, Workout etc)

8-10 : Highly Active Lifestyle (Intense Workout , Sports etc)

0 1 2 3 4 5 6 7 8 9 10

Zero Activity

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Highly Active

### Stress Level \*

1 2 3 4 5

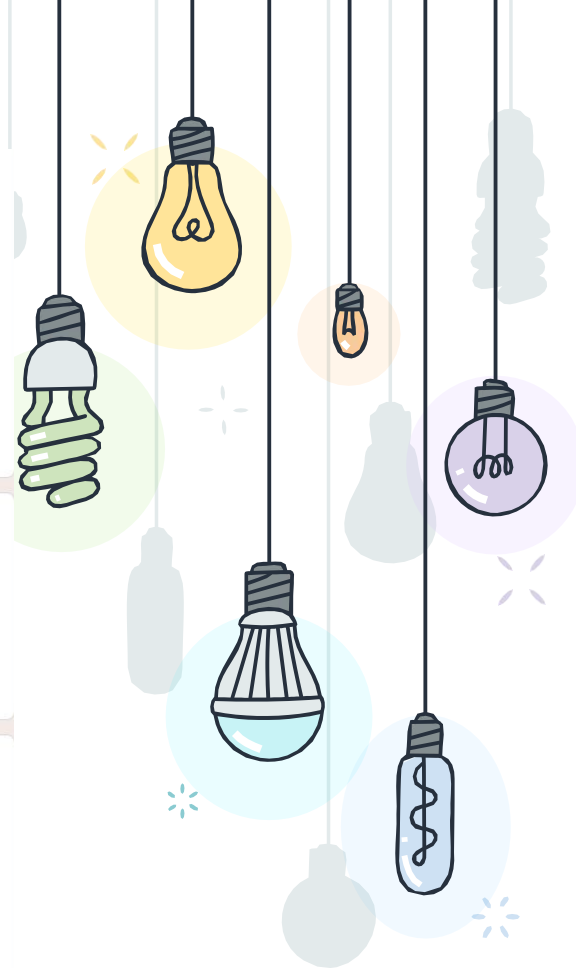
Relaxed

☐ ☒ ☐ ☐ ☐

High Tension

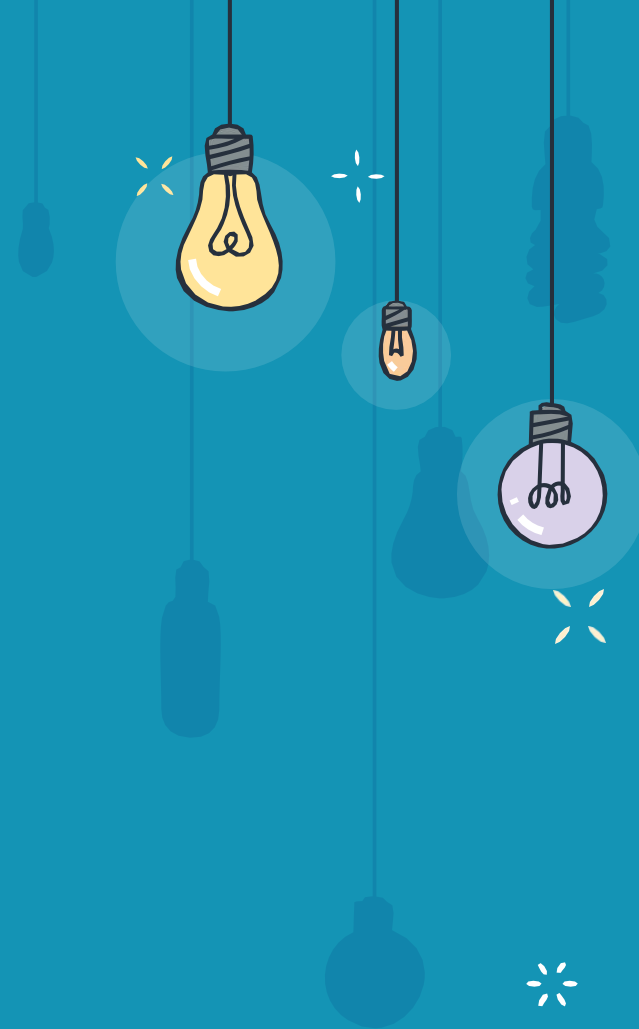
### Medical / Health Complications \*

- ☐ Back Pain , Joints Pain ( Orthopedic )
- ☐ Blood Pressure
- ☐ Diabetes
- ☐ Eyes related issues
- ☐ Cardiovascular ( Heart related , Cholesterol etc)



# 11

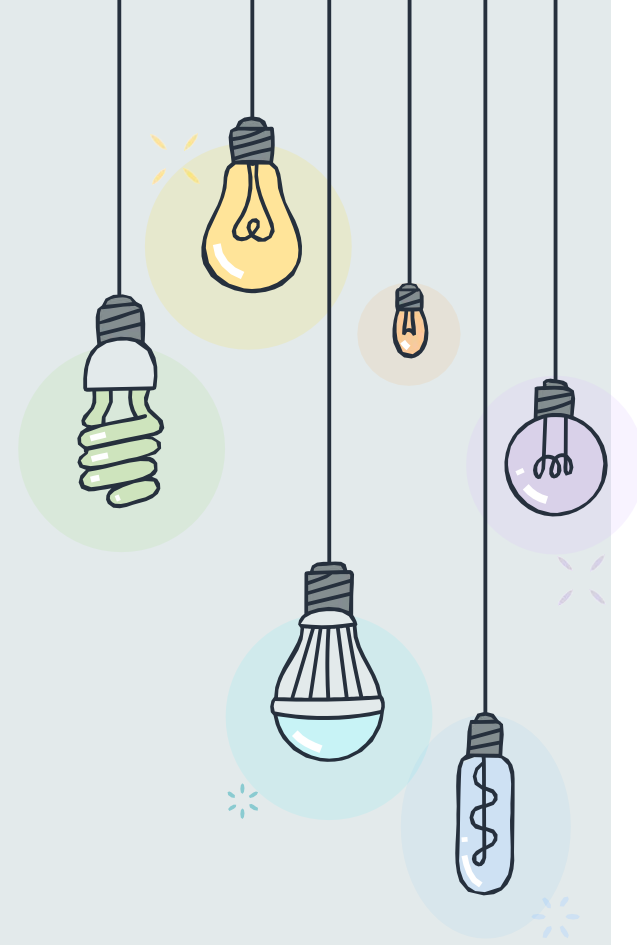
## References





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- <https://www.andiappanyoga.com/yoga-therapy-various-diseases/>





**THANK  
YOU**