

Project report

1 INTRODUCTION

1.1 OVERVIEW

A **health club** (also known as a **fitness club**, **fitness center**, **health spa**, **weight room** and commonly referred to as a **gym**) is a place that houses exercise equipment for the purpose of physical exercise.

In recent years, the number of fitness and health services have increased, expanding the interest among the population. Today, health clubs and fitness centers are a reference of health services, rising the adherence to physical activity.

Most health clubs have a main workout area, which primarily consists of free weights including dumbbells and barbells and the stands and benches used with these items and exercise machines, which use gears, cables and other mechanisms to guide the user's exercise.

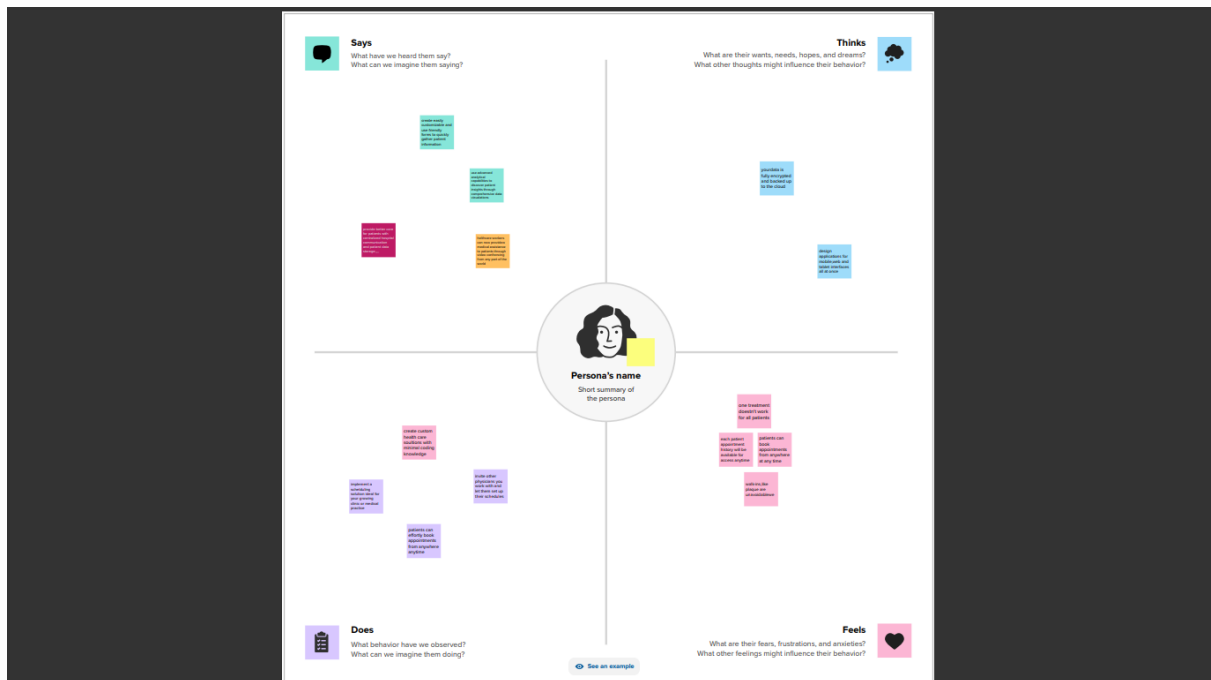
This area often includes mirrors so that exercisers can monitor and maintain correct posture during their workout. A gym that predominantly or exclusively consists of free weights (dumbbells and barbells), as opposed to exercise machines, is sometimes referred to as a **black-iron gym**, after the traditional color of weight plates

1.2 PURPOSE

A health club is a private club that people go to in order to do exercise and have beauty treatments.

clinic, an organized medical service offering diagnostic, therapeutic, or preventive outpatient services. Often, the term covers an entire medical teaching centre, including the hospital and the outpatient facilities.

2 PROBLEM DEFINITION&DESIGN THINKING



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Draw | Read aloud | Ask Bing AI

1 of 1

2 Brainstorm
Write down any ideas that come to mind that address your problem statement.
10 minutes

3 Group ideas
Take turns sharing your ideas. If sticky notes have been grouped bigger than six sticky notes, try
20 minutes

Person 1
manage different expectations of hospital.
maintain neatly.
maintain all your patient records securely.

Person 2
easily create websites in just a few steps.
use advanced analytical capabilities.
provide better care for patients with centralized.

Person 3
implementing a scheduling solution can be a growing concern for medical practices.
your data is fully encrypted and backed up to the cloud.
contribution health care solutions with minimal coding knowledge.

Person 4
design applications for mobile.
work and share information at all times.
healthcare providers and new providers medical assistance.

Person 5

Person 6

Person 7

Person 8

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3 RESULT

PROFIT & LOSS

- However, they are not without their flaws;
- Inactivity over lengthy periods.
- Medical care that doesn't fit the patient's needs.

DISADVANTAGE

- Inadequate Access: ...
- Low Budget: ...
- Lack of Preventive Care: ...
- Lack of Medical Research: ...
- Policymaking: ...
- Shortage in Professionals: ...
- Paucity of Resources:

5.APPLICATION

Hospitals may have acute services such as an emergency department or specialist trauma center, burn unit, surgery, or urgent care. These may then be backed up by more specialist units such as cardiology or coronary care unit, intensive care unit, neurology, cancer center, and obstetrics and gynecology

6.CONCLUSION

Health care, or healthcare, is the improvement of health via the prevention, diagnosis, treatment, amelioration or cure of disease, illness, injury, and other physical and mental impairments in people.

7.FUTURE SCOPE

The following five examples show how innovations can serve the care process and open new opportunities for healthcare improvement:

- Drone-delivery supplies. ...
- AI-assisted medical learning and surgeries. ...
- 3D modeling and printing. ...

- VR in medical teaching and practice. ...
- Big Data diagnosing predictive algorithms use.