Stay Fit (A Fitness iPhone App)

Project by

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ABSTRACT

'Stay Fit' is basically an iPhone App which covers the new emerging technology of market named BLE (Bluetooth Low Energy).

BLE is an application-friendly technology supported by every major operating system. The technology costs less and offers flexible development architecture for creating applications to bring everyday objects like heart-rate monitors, toothbrushes, and shoes into the connected world and have them communicate with applications that reside on the Bluetooth Smart compatible smartphones, tablets, or similar devices those consumers already own. This means Bluetooth Smart developers are limited only by their imagination.

'Stay Fit' uses a peripheral device, which has implemented the HRM (Heart Rate Monitor) profile of Bluetooth smart protocol. The application gets user's heart rate in bps unit from the device and also records the location details and allows users to track his/her fitness, all in one app. In addition to that, the application keep record of user's daily activity and also shows a statistics of all workouts that user has undergone to. The application also uses GPS to accurately measure the distance covered and speed of user during workout. Over all, 'Stay Fit' helps user to stay fit.