

Feasibility Study

Introduction-

In this current generation due to availability of different types of food in home, streets ,restaurants.

every individual is consuming more food than required which results in unhealthy diet.

By acknowledging these idea in account we are focusing on health and hygiene.

Our main topic is –

A **fitness app** that tracks the user's progress and suggests exercises.

Problems in this society:

- 1) Due to lack of fitness many individuals are suffering from risky diseases like heart strokes, obesity, high blood pressure etc..
- 2) Lacking fitness can destroy his/her daily routines.

So for improving the health related activities we are going to develop an app based on fitness of an individual

1) Since ,sports are improving in daily life most of the athletics are searching for plyometric exercise as per their individual body-mass ratio. Plyometric exercise for people who are searching for stamina , jump height ..etc.

Scope of the project :

To provide required guidelines to individuals we are going to develop the physical exercises.

We are going to help with the exercises by providing sufficient time for a particular exercise.

To also ensure that all plyometric exercise are useful to the individuals to achieve their target

We will provide time limit and regulations for each exercise .so that blood rush in the body could be avoided.

Methodology and Tools:

1) We have been researching in fitness app markets in play store, key features etc.

- 2) We are going to use either java or flutter to create this app in up coming stages.
- 3) We have done a survey by asking many people are they comfortable in gym in campus. The answer is that there no professional gym trainer for every individual who is going to gymnasium, so here by we are trying to achieve what kind of exercises we need to evolve in this app.

Observation :

By acknowledging these all results given by people and by research, we found that fitness is most important aspect in our daily life in this rushing life So we decided to apply all possible exercises that are discussed by the team .

Challenges are to ensure that this app takes a photo of an individual and assigning the physical exercises with in a certain period of timeline either in the morning or in the evening.

Team Scorpion-

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References : <https://www.ncbi.nlm.gov>.

