



## FITNESS HUB

Manali Gosai<sup>1</sup>, Triveni Sharma<sup>2</sup>, Nidhi shah<sup>3</sup>

<sup>1</sup> Department of Information Technology, Sigma Institute of Engineering

<sup>2</sup> Department of Information Technology, Sigma Institute of Engineering

<sup>3</sup> Asst. Prof. Department of Information Technology, Sigma Institute of Engineering

---

**Abstract** —the Importance of Physical Fitness. Physical and mental fitness play very important roles in your lives. People are physically and mentally fit are medically fit and healthy. This App (web Application and Android) is designed for fitness Hub, to program its operations of keeping records and store them in form of a large and user friendly database further facilitating easy access to the personnel. App Handle all detail about Admin, Staff-Member and member-client. The Admin part will be managed through Php-Mysql web application. The remaining user part will be managed by Android Application, so our project is combination between Website and Android App.

---

**Keywords-** Fitness, gym management, physical fitness, fitness club, exercise, yoga, work out, trainer, health.

### I. INTRODUCTION

Physical fitness (PF) is important for health benefits in young people and it is considered an important health status. Beyond the objective measures, understand that one can have about their own health and life may add value to further decisions regarding lifestyle behavior, such as physical activity and nutrition. [1]. physical activity and exercise involve any bodily movement produced by skeletal muscles that expends energy, are measured by kilocalories ranging continuously from low to high, and are positively correlated with physical fitness as the intensity, duration, and frequency of movements increase.[2].In recent years there has been contribution of physical activity - practiced in forms of health. According to a modern world, health has several dimensions - emotional, physical, and mental. In our daily lives, physical activity plays an important role in maintaining and improving health, frequency of the required physical effort. [3] Weight loss exercise is considered to be of low risk and provide effective protection of injury in comparison to other exercise. In Recent, variety of weight training machines has been designed with the aim to allow a targeted and even less risky training. Beginners are move towards exercise machines since they are easier to use. [4].Dietary elements are product taken by mouth, the dietary ingredients such as a vitamin, a mineral, an herb, an amino acid, or a dietary substance for use by man for the diet by increasing the total daily intake [5].

### II. BASIC IDEA

This "Fitness Hub" App (web Application and Android) is designed to facilitate a fitness club, to automate its operations of keeping records and store them in form of a large and user friendly database further facilitating easy access to the personnel. App Handle all detail about Admin, Staff-Member and member-client. The Admin part will be managed through Php-Mysql web application and other user part will be managed by Android Application, so it's a combination between Website and Android App.

The Admin can add all the details about fitness club like package details, Rates, staff member details, exercise machine and their work. Admin can also add and manage client detail like their work charts, record of exercise, medical report, improvement in their fitness and health. The staff member(Trainer) give work chart and show warm-up exercises and daily exercise work detail and Register their work detail also Compare work detail to Exactly work details and also give Medicine & Exercise Detail. The User can View Club Detail, Facility Detail, Package Detail and payment terms and also make online payment.

Hence basic idea behind this is to keep all the fitness related data of client member and store them into one user friendly database and most important is integration of: -

- The main objective of the project is to design and develop a user friendly system.
- Easy to use and efficient computerized system.
- To develop an accurate and flexible system, it will eliminate data redundancy.
- Computerization can be helpful as means of saving time & money.
- To provide better graphical user interface.
- Less chances of information leakage.
- Provides security to data by using login & password.
- Storing information of members-Client, Staff members.
- Check validity of information provided by user.
- Storing information of members according to their id.

Various advantages of our applications are User can make online payment and can also buy gym equipment, the trainer also provide diet chart and work chart to user, and lot of features are integrated in one app.

### III. METHODOLOGY

- 1) Admin register the user, trainer and doctor.
- 2) Admin add the details about product, service, facility, exercise machine, batch, and designation.
- 3) Doctor submit user's pre check-up report.
- 4) Doctor also submit user's weekly or monthly check-up report.
- 5) Trainer view Batch wise member and Exercise Detail.
- 6) Trainer Register user's work detail and report.
- 7) Client view package detail, their profile and work done.

### IV. RESULT & EXPERIMENT

The image displays two screenshots of the fitnessXub web application. The top screenshot shows the 'User Registration' form, which includes fields for User First Name, User Last Name, Address, Email, Mobile, Registration Date, End Date, Package Name, Service Name, Batch Name, User Image, Status, Birth Date, Gender, and Password. The bottom screenshot shows the 'User BodyCheckup' form, which includes fields for User ID, User Name, Birth Date, Height, Weight, Blood Pressure, Body Attention, Remark, Medical Conditions, and Doctor ID.


**User Registration Form:**

User First Name:	Manali
User Last Name:	Gosal
Address:	c/5 Pavandham soc, vadodara
Email:	manali@gmail.com
Mobile:	9423578567
Registration Date:	15/03/2017
End Date:	15/06/2017
Package Name:	Package1
Service Name:	Gym
Batch Name:	Batch1
User Image:	Choose File about_img2.jpg
Status:	student
Birth Date:	04/03/1996
Gender:	<input type="radio"/> Male <input checked="" type="radio"/> Female
Password:	manali1234

**User BodyCheckup Form:**

User ID:	1
User Name:	Abhi Joshi
Birth Date:	07/11/1992
Height:	161
Weight:	54
Blood Pressure:	Normal
Body Attention:	Normal
Remark:	none
Medical Conditions:	Back pain
Doctor ID:	1

Dr. Email is D@gmail.com.  
User Email is abhi@gmail.com.



Hello, D@gmail.com

[Home](#)
[User Precheckup](#)
[User Weekly Report](#)
[Add Service Exercise](#)

[logout](#)

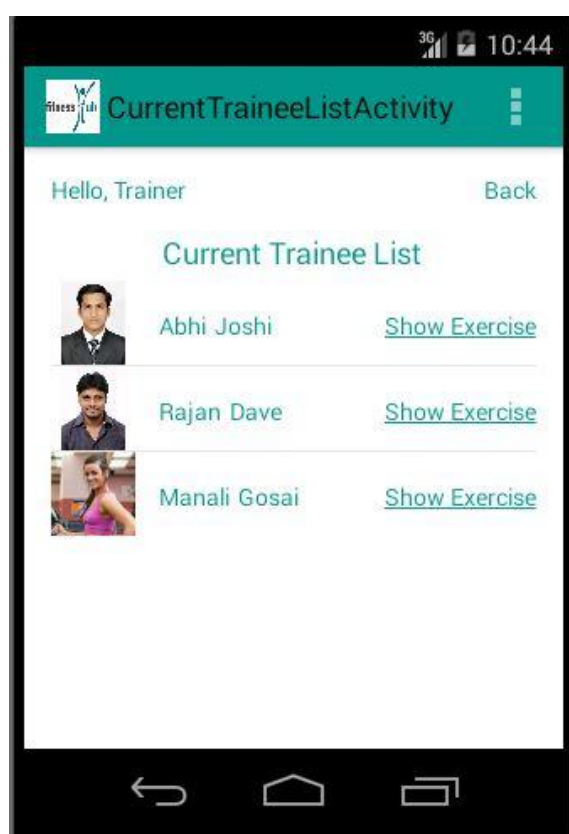
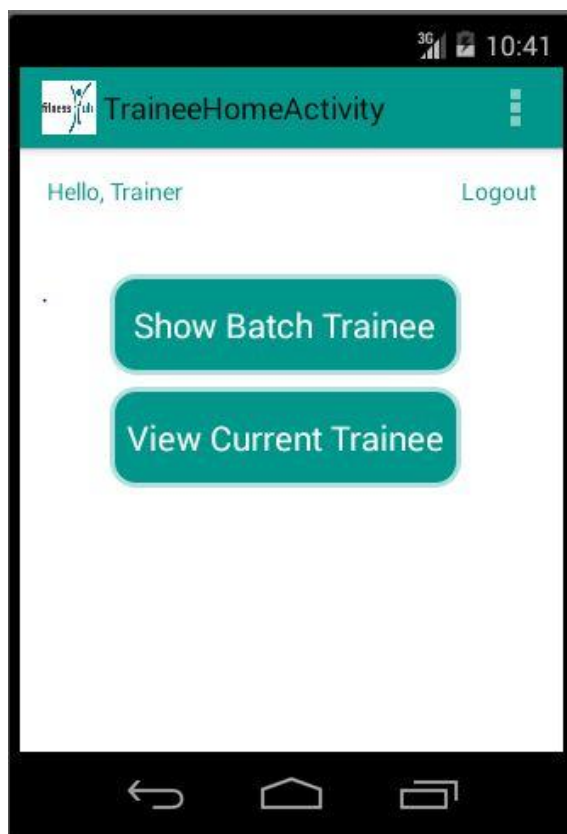
Hello, abhi@gmail.com

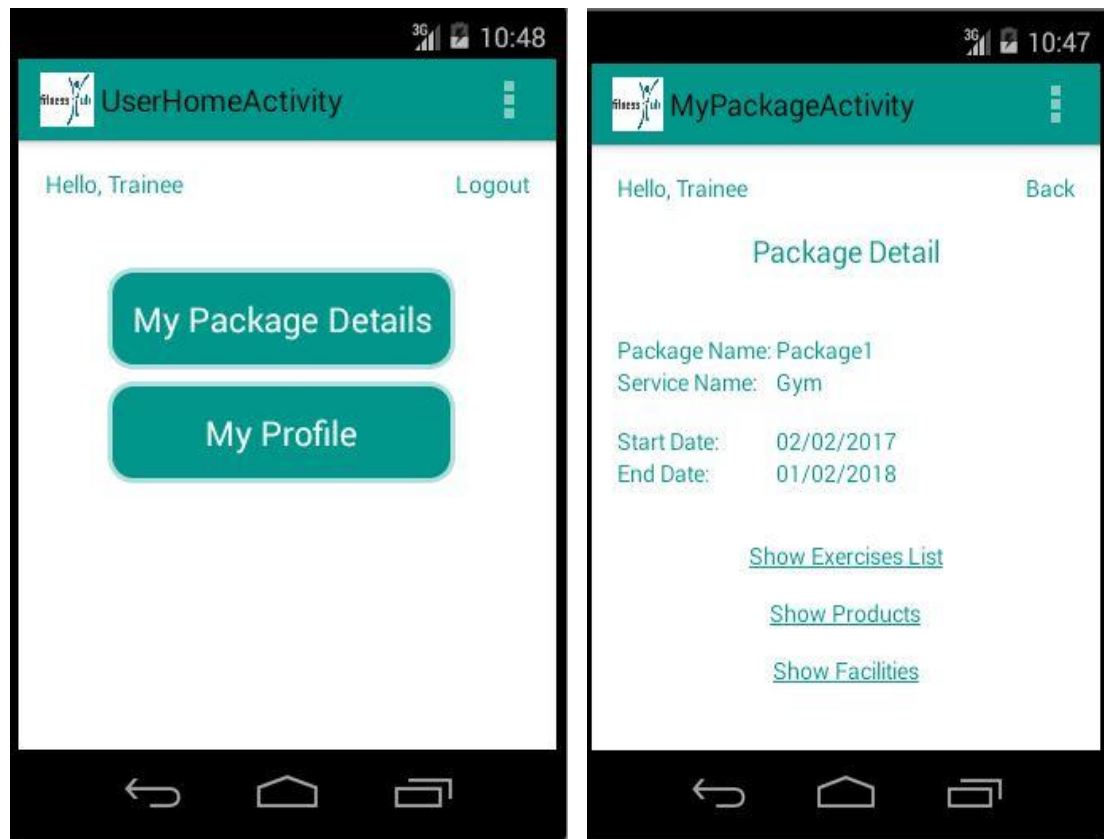
### User Weekly Report

Employee Name	User Name	Date	Report
Rahul Patil	Abhi Joshi	02/02/2017	complate
Rahul Patil	Abhi Joshi	03/02/2017	complate
Rahul Patil	Abhi Joshi	06/02/2017	complate

User ID:	1
User Name:	Abhi Joshi
Birth Date:	07/11/1992
Height:	161
Weight:	54
Blood Pressure:	Normal
Body Attention:	Normal
Remark:	none
Medical Conditions:	Back pain
Doctor ID:	1

[Next](#)





## V. CONCLUSION AND FUTUREWORK

We are designing an application(Website and Android Application) “Fitness Hub” which provides various facilities such as online payment, diet chart, gym equipment, pre and post check up report, exercise details and the whole user profile are managed in the app itself, saves a lot of time as a lot of features are integrated in one app. In future GPS tracking system and Location sharing can be added.

## REFERENCES

- [1] Adilson Marques , Jorge Mota, Tania Gaspar, Margarida Gaspar de Matos, Associations between self-reported fitness and self-rated health, life satisfaction and health-related quality of life among adolescents, pp. 8-11,February- 2016.
- [2] CARL J. CASPERSEN, PhD, MPH KENNETH E. POWELL, MD, MPH GREGORY M. CHRISTENSON, PhD, Physical Activity, Exercise, and Physical Fitness: Definitions and Distinctions for Health-Related Research, pp.126-131, March-April, 1985.
- [3] Monica Stănescu, Luciela Vasileb, Using Physical Exercises to Improve Mental Health, pp.921-926, 2014.
- [4] Hristo Novatchkova, Arnold Baca, Machine learning methods for the automatic evaluation of exercises on sensor-equipped weight training machines, pp. 562-567, March, 2012.
- [5] Pouya Saeedi, Mohd Taib Mohd Nasir, Abu Saad Hazizi , Mohammad Reza Vafa, Abbas Rahimi Foroushani, Nutritional supplement use among fitness club participants ,pp. 20-26, September 2012.
- [6] Tiffany Field, Yoga research review, pp.145-161, June 2016.