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Android Based Workout Planner

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ABSTRACT: Regular Physical activity and exercise can help you stay healthy, energetic and independent as you get older. Exercise plays a vital role in preventing health diseases and stroke. The health benefits of doing regular Exercise have been shown in many studies. This application reviews the evidence of the benefits of exercise for all the body systems. Physical activity and exercise can reduce stress and anxiety, boost happy chemicals, improve self-confidence, increase the brain power, sharpen the memory and increase our muscles and bones strength. It also helps in preventing and reducing heart disease, obesity, blood sugar fluctuations, cardiovascular diseases and Cancer. One of the greatest challenges to lifestyle medicine is patient adherence. Lifestyle diseases inherently require lifetime prevention and treatment. Therefore, adherence to lifestyle medicine recommendations must also be long-term. Long-term adherence implies that a routine incorporating health recommendations has been developed. Instead of focusing on the immediacy of adherence in lifestyle changes, health care providers could consider helping patients develop a routine to slowly incorporate those changes. This perspective may enable greater long-term adherence to lifestyle change recommendations

I. INTRODUCTION

Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, to aid growth and improve strength, preventing aging, developing muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, improving health and also for enjoyment. Many individuals choose to exercise outdoors where they can congregate in groups, socialize, and enhance well-being. In terms of health benefits, the amount of recommended exercise depends upon the goal, the type of exercise, and the age of the person. Even doing a small amount of exercise is healthier than doing none. Physical exercises are generally grouped into three types, depending on the overall effect they have on the human body. Aerobic exercise is any physical activity that uses large muscle groups and causes the body to use more oxygen than it would while resting. The goal of aerobic exercise is to increase cardiovascular endurance. Examples of aerobic exercise include running, cycling, swimming, and brisk walking, skipping rope, rowing, hiking, dancing, and playing tennis, continuous training, and long distance running. Physical exercise can also include training that focuses on accuracy, agility, power, and speed.

Types of exercise can also be classified as dynamic or static. ‘Dynamic’ exercises such as steady running tend to produce a lowering of the diastolic blood pressure during exercise, due to the improved blood flow. Conversely, static exercise (such as weight-lifting) can cause the systolic pressure to rise significantly, albeit transiently, during the performance of the exercise.

Exercising looks different in every country, as do the motivations behind exercising. In some countries, people exercise primarily indoors, while in others, people primarily exercise outdoors. People may exercise for personal enjoyment, health and well-being, social interactions, competition or training, etc. These differences could potentially be attributed to a variety of reasons including geographic location and social tendencies.

Exercising is something that everyone wants to achieve but not all of us enjoy doing it. Hence, we have come up with Android Application domain named as “**Exercise Routine**” to make people aware about fitness. Java SE 15.0.2, GUI Application these are the languages using in the Application.

II. RELATED WORK

Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, to aid growth and improve strength, preventing aging, developing muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, improving health and also for enjoyment. Many individuals choose to exercise outdoors where they can congregate in groups, socialize, and enhance well-being.

In terms of health benefits, the amount of recommended exercise depends upon the goal, the type of exercise, and the age of the person. Even doing a small amount of exercise is healthier than doing none.

III. PROPOSED SYSTEM

We have included basic exercises of various parts of body like : Abs Chest, Arms, Leg ,Shoulder and back . We have also made it easy for you by separating it into 3 levels like Beginners , Intermediate and Advanced Beginners : . If you are just about to start with your workout then beginners stage is for you. It includes basic exercises for warm up. It will also help to increase heart rate so that the body gets used the exercises. Intermediate: Intermediate is nothing but extended version of beginner stage , Intermediate stage is for those who want to continue with their workout. There are exercises with extra time and more detailed planner with precise diet.: Advance stage includes hardcore exercises and workout plans for professionals who are keen and regular towards workout. This being the final stage of workout Planning , it includes time base exercises for your well-maintained body and precise diet to keep your metabolism constant and healthy. Structure of Application: Log in page: if you are already “workout planner” users you must enter your log in details to use the application. Registration page: who are new to the application they should click on. For this they must generate username and password to follow the further procedures so that they get registered. Exercise types: beginners, intermediate and advance.

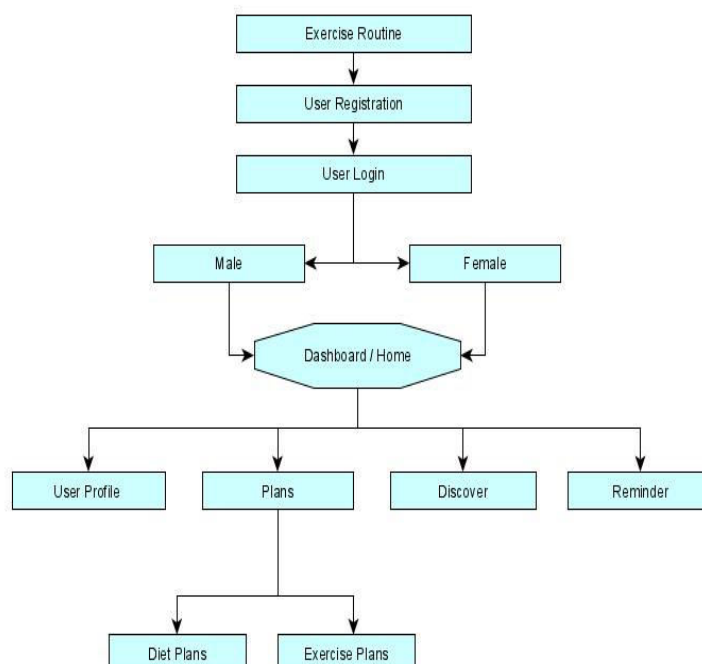
Option menu includes

Profile: when you click on profile option it takes you to the registration page which you filled while registering yourself in this application. You can also reset or edit your form if you want.

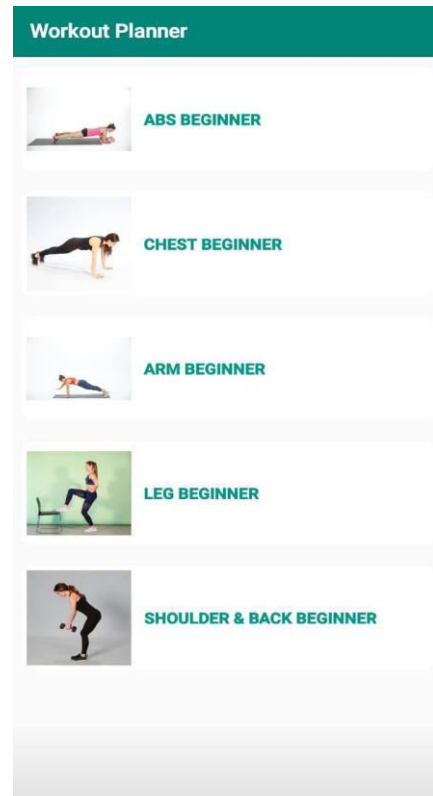
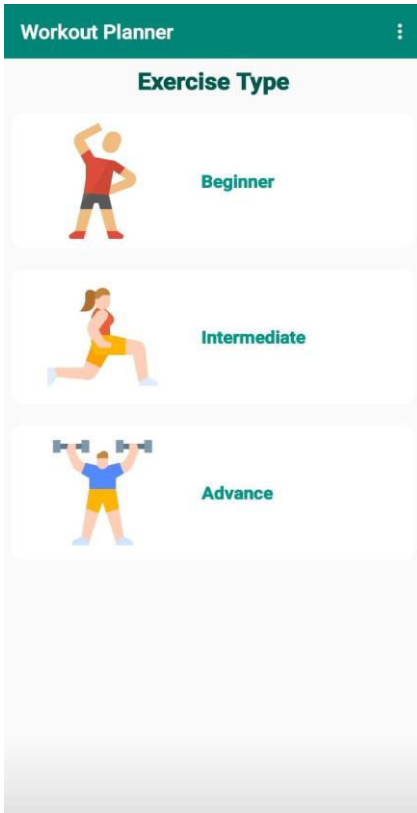
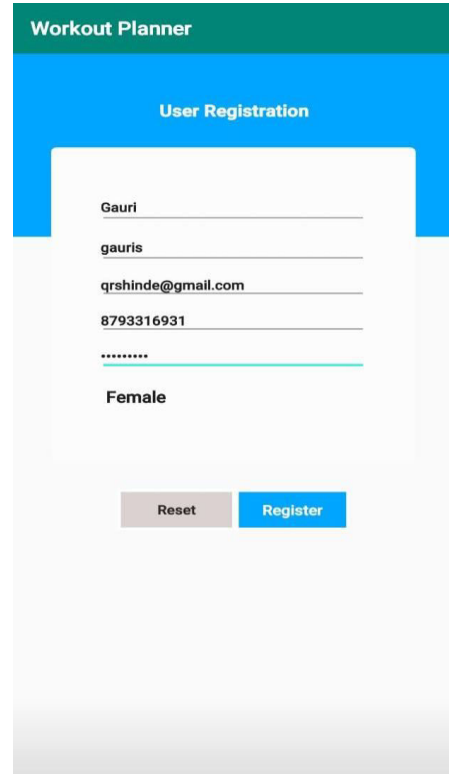
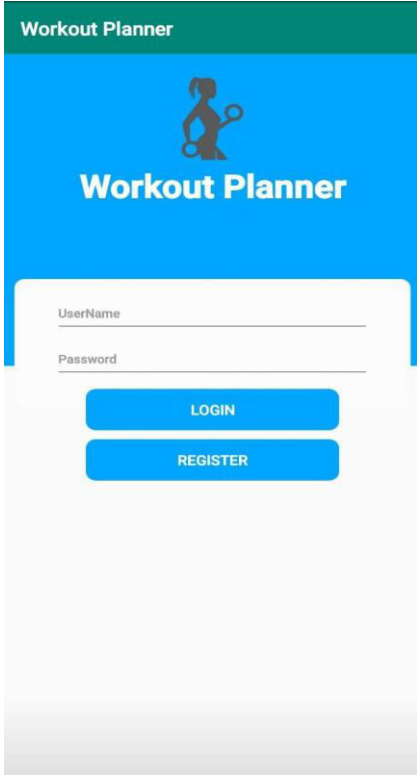
About: a brief information is provided of our project in the about option

Diet: it includes diet plan of each day of the week. You can also select your food type such as veg or non-veg and diet plan will be provided according to your food type. Two are given to you to choose between “weight gain or weight loss”

Discover: short time exercise, video links, references video link, challenges foot counter: to track your foot steps and log out



III. RESULTS



Workout Planner



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Project Name
Workout Planner

Workout planner is a app in which we have level of exercises and diet plans according to type of that exercise. It is very helpful application for everyone for maintaining there health in there busy lifestyle

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Under Guidance Of
Mrs. S.A. Shete

Workout Planner

yoga video |

SEARCH

Workout Planner

Monday

Breakfast
1 cup oatmeal cooked in 2 cup water 1/2 cup raspberries 1 Tbsp. chopped walnuts 1 hard-boiled egg A.M. Snack (286 calories) 1 medium apple 2 Tbsp. peanut butter

Lunch
1 serving Whole-Wheat Veggie Wrap 1 banana P.M. Snack (210 calories) 1 cup nonfat plain Greek yogurt 1/2 cup sliced strawberries 1 Tbsp. chia seeds

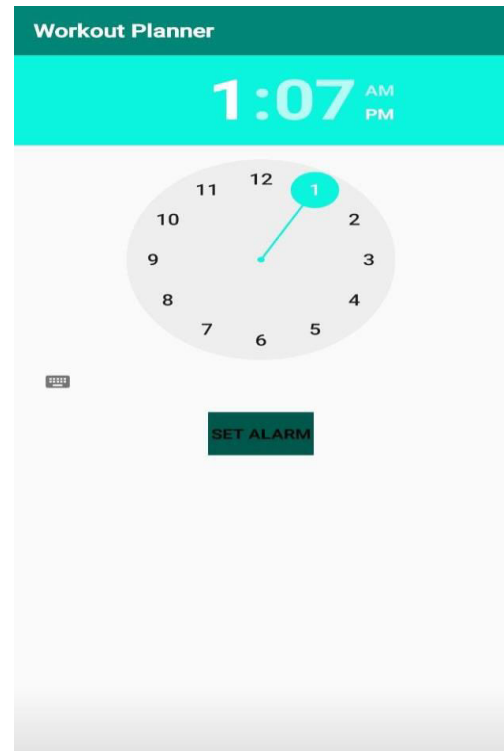
Dinner
1 serving Mushroom-Quinoa Veggie Burgers with Special Sauce 1 serving Basic Green Salad with Vinaigrette

Tuesday

Breakfast
2 servings Baked Banana-Nut Oatmeal Cups 2 clementine A.M. Snack (216 calories) 1/2 cup raspberries 1 cup nonfat plain Greek yogurt 1 Tbsp. chia seeds

Lunch
1 serving Lemon-Roasted Vegetable Hummus Bowls 1 apple P.M. Snack (201 calories) 1 medium banana 1 Tbsp. peanut butter

Dinner



IV.CONCLUSION AND FUTURE WORK

Thus, we made a Workout Planner application that can provide various Exercises and dite to people in need and who want to be fit in their busy schedule. User personalization:This feature refers to collecting user info like age, gender, weight, height, etc., Goal setting Push notifications: Like reminders, Reference video tutorials

FUTURE WORK

Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, to aid growth and improve strength, preventing aging, developing muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, improving health and also for enjoyment. Many individuals choose to exercise outdoors where they can congregate in groups, socialize, and enhance well-being.

In terms of health benefits, the amount of recommended exercise depends upon the goal, the type of exercise, and the age of the person. Even doing a small amount of exercise is healthier than doing none.

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