

Build Fitness with Workout, Diet and Motivation - FITNOMIC APP

Prof. Umakant Bhaskar Gohatre, Kaveri Dhore, Pragati Patil, Neha Gupta, Shweta Pawar

Smt. Indira Gandhi College of Engineering, Navi Mumbai, Maharashtra, India

ABSTRACT

Good health is the most important thing more than anything. It is health that is real wealth and not pieces of gold and silver. Being fit allows us to perform our activities without being lethargic, restless or tired. Physical exercises lead to maintain good and healthier life. Smartphone technologies have now made life easier. A mobile application is a program which performs some definite function. It has now become an essential part of the human activities. Most of the apps plays an important role in one's day-to-day life. One of the emerging apps is the Fitness apps. There are various Fitness Applications in market for Workout, Yoga, Nutrition and different aspects related to fitness. We aim to provide all in one fitness app which will not only provide workout, yoga and diet but also it will allow users to buy fitness related things.

KEYWORDS: Fitness Application, Flutter flow, Dart

INTRODUCTION

Fitness apps act as a personal fitness trainer by means of a smartphone. These apps can be used anywhere at any time for getting fit. Now there's no need of finding fitness trainers or a fitness class as fitness applications provide better provision to keep you fit and healthy. The best part is you don't need to travel for long hours to get this facility. All you need to do is download the app and start a fitness program.

We are developing a fitness app named "FitNomic". The name Fitnomic is a combination of both "Fitness" and "E-commerce". The Fitnomic app will contain features related to both Fitness and E-commerce. The fitness part will consist of workout videos such as Yoga for above as well as below 40 age groups, Zumba for beginners, intermediate and advance, Cardio Exercises for above and below 40 age groups, Gym Exercises such as lean, bulk and many more, Prenatal Exercises for Pregnant women, Steps and sports which will have timer and steps tracker. Fitness is not only about exercise but also about having balanced diet. So along with the

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exercises, Fitnomic app will also have Nutrition and Diet and Calorie chart features.

Most of us lead a busy life and have hectic work schedules due to which, we avoid taking care of our health. The Fitnomic app feature of Motivational Blogs will be the reminder to importance of Fitness in our life. When we workout at gym, we need several things like Yoga Mats, T-shirt, Shoes, etc. As app provides Fitness at our home, we can buy these things from our home as this app will also have E-commerce section where we can buy things related to the Fitness.

Literature Survey:

The App Stores were launched in 2008. Only two years later, the first fitness and sports apps were launched. One of the first was "Fit Phone". In the meantime, however, it has disappeared from the market. During a case study of fitness applications during COVID-19 in turkey (Mumcu, 2021) it was seen that females used fitness and health applications more than males, paid apps were preferred over free

ones. The study concluded the fitness applications available on smartphones and other digital devices safeguarded and also helped in increasing physical activity during pandemics.

Market research firm Technavio has forecasted the market cap of fitness application market as 1.68 billion dollars in the period 2020-2024 while market research firm Polaris marked the growth potential of fitness and health application companies at 14.7 billion dollars by the year 2026 [1].

It should be noted that there are many fitness apps in the market which promise that the user will lose weight or get fit [2]. Kristen Julia Anderson introduces the functions and characteristics of fitness application. After intense work and learning, it is recommended to use fitness application to participate in physical exercises, such as yoga, running and aerobic sports activities [3].

But the point here is having so much of fitness applications, users find it difficult to find the app which will contain every area of fitness in one single application. Some fitness apps are focused on specific area of Yoga, some are focused on Exercises for weight loss and weight gain while some apps only provide diet tips. It is confusing to find Yoga, workout for weight gain, weight loss, diet and nutrition and many other things to find in one single application.

Disadvantages of present Fitness application:

- Focuses only on some specific area of fitness like Yoga or Exercises for weight gain or loss or diet
- Treat all calories same

Software Configuration

Flutter flow:

Flutter Flow is a browser-based drag and drop interface to visually build mobile apps without writing code. Flutter Flow helps companies improve developer efficiency, accelerate project timelines and reduce costs for large scale business applications.

Dart:

Dart is an object-oriented client-optimized programming language used to build mobile and web applications on various platforms.

Flutter:

Flutter is Google's portable UI toolkit for crafting beautiful, natively compiled applications for mobile, web, and desktop from a single codebase. Flutter works with existing code, is used by developers and organizations around the world, and is free and open source.

Figma:

Figma is a collaborative web application for interface design, with additional offline features enabled by desktop applications for Mac and Windows.

Operating System:

For developing our Fitness app we have used Windows Operating System. Windows is a operating developed and marketed by Microsoft.

Firestore:

The firestore database is a cloud-hosted NoSQL database that lets you store and sync data between your users in realtime.

Application UI Design:

Splash Screen

Sign In/ Signup Page



List View





Future Scope:

For the future development, we can add Premium features to the app. The premium features where live sessions for Yoga by expertise can be conducted at weekends. Also having personal trainer for gym exercises to guide user through correct positioning and form is invaluable. They can help ensure that performing the exercise most effectively for one's body can be the most helpful premium feature of the app. Taking diet tips from the professional dietician can be the ultimate advantage of the app. Currently, app is having only calorie chart, we can add tracker to count calories burnt or added.

So overall, we can add premium features which will be more helpful to the user to reach their fitness goals.

Conclusion:

Hence, we have designed a Fitness Application which contains features of Yoga, Gym Exercises, Cardio Exercises, Prenatal Exercises, Zumba, Steps and Sports, Nutrition and Diet, Calorie Chart, Motivational Blogs and E-commerce. The project gives a better idea on developing a user-friendly application satisfying a user. The application is very compliant and versatile. This application has a user-friendly screen that helps the user to use it without any hassle. While it may sound simple to use and go through the feature of the application but much more is involved in the development. Debugging can sometimes be a relatively straight forward process, or rather finding out what you must debug can be. Overall, the application performs well and the constraints are met and overcome successfully. Most of the features work flawlessly, and the errors that do exist are minor or graphical. We can make further improvement to make app more efficient that can be beneficial for others.

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