



A WEB APPLICATION ON HEALTH AND FITNESS “MY FITNESS BUDDY”

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ABSTRACT

Health is the most important factor of human life. To carry out the system problem for the possibility of developing a Health Management System for improving and modernization of the system. Design a system for better patient care. Maintaining the data in the database. Save the time. Track the appointment scheduling from home and manage to reach to the hospital/clinic on time. Better coordination between various health departments. Physical inactivity is a modifiable risk factor for cardiovascular disease and a widening variety of other chronic diseases, including diabetes mellitus, cancer (colon and breast), obesity, hypertension, bone and joint diseases (osteoporosis and osteoarthritis), and depression. The benefits of physical activity and fitness extend to patients with established cardiovascular disease.

Your body is your best friend what you do is what you get, but because of the busy lifestyle and unhealthy eating habits 78% population of India is getting obese, which is the major cause of various health problems like high BP, Sugar, and various other heart related diseases which can cause be severe if not taken proper care.

Nothing tastes as good as being fit feels, every time you're working out and you get discouraged or feel like giving up a little early, remember that you're trying to burn this thing off your body, and more & more comes off with every minute you keep pushing.

By the use of Fitness Buddy we are trying to offer every fitness related query at a single place with proper customized Indian diet plans veg/nonveg you can stay on your fitness track monitor your body fat and plan your diet accordingly. An increase in physical fitness will reduce the risk of premature death, and a decrease in physical fitness will increase the risk. This is important because, for a long time, rest and physical inactivity had been recommended for patients with heart disease. Unlike studies of primary

INTRODUCTION

General fitness is a part of overall health. It means having a healthy body weight as well as an ability to perform physical activities without tiring easily. Specific fitness is the opposite of this form of fitness. It refers to how well a person is able to master specific levels in a sport. Physical fitness is a basic state of wellness and well-being and, especially, the capacity to perform aspects of sports, occupations and day-to-day movements. Physical fitness is customarily completed by means of proper nutrition, average-vigorous physical recreation, physical awareness, and sufficient rest. It is examined that the improvement of common health by means of physical awareness to expand physically recreation and recreation adherence. Awareness about Physical activity can also reduce the risk of injuries, as well as improve physical fitness, weight management,

cognitive function, and quality of life. Despite having knowledge about physical health, Indian people still not meeting the recommended level of physical activity[2]. Indian society has limited sources to promote physical activity like lack of exercise planning, training, instruments and cross-sectional analysis. Many people who move to ground are active enough to take part in vibration, but unconscious about the real motive behind physical activity. Unawareness leads the m to the chronic disorder and imbalance. Miss perception of physical activity putting them at risk. We call them active by default not by their part in exercising. People with understanding of low level activity are healthier than unaware physical active masses. It is complex and multi-dimensional behavior which is not easy to access. Knowing y our physique, problem, benefit and the atmosphere, etc.,



are prerequisites for specified sports.

This journal encourages submissions relevant to but not limited to applied sport sciences, physiology and nutrition, human movement involving components of biological, physical and health sciences, biomechanics and neural control, cardiovascular physiology and metabolism, exercise physiology, fitness assessment, kinesiology, metabolism and nutrition, physical therapy and athletic training

The behaviors and traits of today's children, along with their genetics, are determinants of their growth and development; their physical, mental, and psychosocial health; and their physical, cognitive, and academic performance. Technological advances of modern society have contributed to a sedentary lifestyle that has changed the phenotype of children from that of 20 years ago. Children today weigh more and have a higher body mass index (BMI) than their peers of just a generation earlier. Behaviorally, most children fail to engage in vigorous- or moderate-intensity physical activity for the recommended 60 minutes or more each day, with as many as one-third reporting no physical activity in the preceding 5 days. This lack of participation in physical activity has contributed to a greater prevalence of pediatric obesity, a decrease in fitness (e.g., flexibility, muscular strength, cardio respiratory capacity), and a greater risk for disease

An increase in physical fitness will reduce the risk of premature death, and a decrease in physical fitness will increase the risk. The effect appears to be graded, such that even small improvements in physical fitness are associated with a significant reduction in risk. In one study, participants with the highest levels of physical fitness at baseline and who maintained or improved their physical fitness over a prolonged period had the lowest risk of premature death. Modest enhancements in physical fitness in previously sedentary people have been associated with large improvements in health status. For instance, in another study, people who went from unfit to fit over a 5-year period had a reduction of 44% in the relative risk of Death compared with people who remain unfit.

The benefits of physical activity and fitness extend to patients with established cardiovascular disease. This is important because, for a long time, rest and physical inactivity had been recommended for patients with heart disease. There is a paucity of information regarding the effectiveness of physical activity in preventing death from cancer or from any cause in patients with cancer. An early (5.5-year) follow-up study involving women with breast cancer revealed little association between total recreational

physical activity and the risk of death from breast cancer.

Assessed origination and exploration which have attempted to relate wellbeing preparing to upgrades on mental variables amongst expected in the same class as chose experimental populaces. Hypothetical theories in this subject are studied, and look into plans are assessed as pre-test and post-test or pre-exploratory and consequently to a great extent un- physical wellbeing results in a better state of mind, self-

idea, and work propensities; the confirmation is a great deal less clear as to its outcomes on intellectual working the exception of self- thought, personal qualities must not be experiencing upgrades in considerable wellbeing. It was once understood that rationally hindered adolescents show mental development taking after physical well being preparing, yet no conclusion can become to including the impacts of substantial wellbeing drilling with other clinical disorders. The current learn broke down 27 male focuses who demonstrated self-control and low levels of substantial wellness. Points singled out first in the meantime standing discreetly on a treadmill test, at that point while walking rapidly on a mechanized treadmill, and eventually for the span of mending from undertaking (extended HR however social peacefulness). Results confirmed that simplest the average health workforce showed knowledge for the duration of pastime haven demonstrated it that the larger part persons acquire themselves occupied with diversion for twenty to sixty min for each day, three days for every week, including on the level of force i.e. seventy to eighty percent of greatest. Heart rate will have inferred at any rate some wellbeing related favorable circumstances connected with improved cardio respiratory wellness and first class physical make-up weight. Donors displaying least cardio-respiratory wellness can commonly get main points from wellness have risen as exceedingly created with entertainment test modalities coordinated as nearly as reasonable to determined games.

Comparable improvements have used to evaluations of anaerobic life. Among nonathletic populaces there is an interest for circuitous techniques for evaluating work potential by the utilization of sub-maximal responses and order appraisals. Such tests are currently close by for use with subjects veering off in age, intercourse, phase of wellness and preparing distinction. Considerable wellness is a multivariate idea and subsequently is not agreeable to expose in a private wellbeing test.

A writing diagram of behavior revision and undertaking adherence demonstrated that just a little amount of the studies analyzed reported physical



wellness appraisals [9]. Of the meetings inspected, best 7 out of 31 measured individual wellness pre and post test. Leith Recommended that these discoveries were for the most part stunning, for the reason that by foremost of encounters analyzed said likely the most transcendent quest for behavioral alteration programs as impacting physical wellness scores. All things considered, all the more as of late, meetings have coordinated a real wellness deciding result. This audit joined 11 surveys that analyzed the result of their intercession on cardio respiratory wellbeing. The pooled impact scores had been certain and moderate for cardio respiratory wellbeing (0.52 9 5% CI 0.14 to 0.90).

A number of meetings has analyzed the relationship amongst walking, jogging and wellbeing impacts to examine if going for activities at a lively percent, a measure of activity force, is contrarily identified with danger or a create in wellness. One study found that walkers can enormously enhance their strolling events on a sub maximal walking test following a 12- week program, demonstrating an expand in wellbeing [10]. One more be taught when analyzed the medical advantages of walking three miles, 5 days for every week at both a walk (20 minutes/mile), a lively walk (quarter-hour/mile) or a cardio walk (12 minutes/mile). The result demonstrated that each one walkers had gigantic upgrades in the VO_{2max} when contrasted with a control staff and that the cardio walkers had a colossal change over the strollers yet not the lively walkers.

Physical effort has additionally been recommended in expressions of the number of calories consumed at unmistakable periods of profundity and METs. A MET is a few of the resting metabolic cost of oxygen devoured per kilogram of body mass every moment (3.5/ml/kg/min;) [11]. As needs be, a MET of six speaks to aside interest that is six events the resting oxygen utilization of anyone at recreation. In the amusement writing, substantial wellness is a man's cardio limit, or maximal oxygen utilization, and speaks to a man's ability for cardio force switch. High-impact limit is at times called cardio power, or maximal oxygen uptake (VO_{2max}). Estimating VO_{2max} by means of normal maximal treadmill conventions or sub maximal step tests or running checks is seen to yield target measures of cardio energy that don't rely on upon bear in mind or self-archive mastery.

Analyzed the impacts of a randomized oversaw trial of ways to deal with promote physical undertaking.

Physical attempt was measured with the national wellness Survey poll. This Observed information from the Australian Bureau of insights

three cross-sectional country wide wellbeing Surveys, carried out in 1989–1990, 1995–1996 and 2000, lengthy-term people replies in 1996 bodily physical activity(PA) ideas.

Earlier 2 weeks do not forget of the amount of occasions & complete time consumed running on behalf of leisure or recreation, and exploit reasonable & lively pastime, had been arrived at the midpoint of for 1 week to make a measure of adequately dynamic : greater than 5 week by week sessions of a hundred and fifty min/week of in any event sensible power diversion. Aside from grown-ups matured greater than 60 years, from 1989 -2000, there have been expansions inside of the event of strolling (plus 8%) and in normal power movement (Plus 4%), prompting a huge decay (mines six percent) in the rate of these reporting no satisfaction time try. Discoveries of the betaught portray that cooperation in brimming with life diversion stayed unaltered, and there used to be a 'people shift' in normal minutes and sessions of going for strolls from 1995 - 2000, however the rate of standard walking greater than 5 events and ≥ 150 /week) stayed unaltered. A little yet immense expansion (plus two percent) in the proportion of grown-ups who met the Physical Activity thoughts was once well known more usually for men lower than 30 years and for men's. Study gave each member a physical undertaking positioning taking into account the amount of, reported sessions of normal fiery undertaking enduring no less than 20 minutes in the last four weeks [12]. Real leisure activity rankings at 12 weeks had been 22% bigger in the intercession bunch contrasted with the control workforce, which used to be presently not rescted measurably critical.

Rice offered data to help the sort and level of physical try that are major for wellbeing advantages in youths, and for later a voidance of illness as grownups are not accessible. Expressed absence of comprehension is additionally realized by method for irregularity in phrasing and by method for issues and issues with to be had gadgets to gauge the idea. High aim of this content is to handle measurement issues concerning substantial undertaking/amusement or physical wellness in youths. Significances of these issues for scientists and professionals are talked about. prevention, many studies of secondary preventions. Several systematic reviews have clearly shown the importance of engaging in regular exercise to attenuate or reverse the disease process in patients with cardiovascular disease.

As importance of web based application is increasing day by day, it is important to manage all the healthcare data online. Now everyone has internet connection and it is easy to use web application. This



application will reduce the work of patient as well as doctor. Doctor does not need to take patient's weight, patient's blood group, because all this information is entered at the time of registration of patient on website. Doctor will automatically see patient's information. There is no more hardware required for patient and doctor. Efficient appointment schedules reduced patient waiting time while keeping doctor idle time as low as possible without adding extra resources. Efficient and effective management of healthcare is imperative due to the efficient appointment scheduling.

OBJECTIVES OF STUDY

- To explore the perceptions toward developments about physical activity.

- To improve the general fitness of, the people through physical fitness awareness.
- To analyze the impact of, physical fitness awareness on, physical activity levels.
- Physical fitness awareness has positive effects on fitness exercise and health.

METHODOLOGY

Participants

Twenty-four (n=27) male participants were selected randomly from the regular visitors in public park, Lahore, India. The participants were already doing their regular activity for general fitness. Age of each participant was 20 .

RESULTS

Variables	Minimum	Maximum	Mean	S.D	Skewness
Shuttle Run 20m (in sec)	29.3	40	33.81	2.70	0.22
Push-ups (in reps)	7	30	21.50	5.56	-0.57
Standing broad jump (in meters)	1.3	2.75	2.10	0.35	-0.36
Core Plank (in min)	0.3	2.42	1.31	0.65	0.27
Sprint 100m (in sec)	13.59	16	14.12	2.64	-4.27
Running 600m (in sec)	2.01	3.67	2.60	0.37	0.92

Table-2: Descriptive Statistics of Post-Test of the Participants (n=27)

Variables	Minimum	Maximum	Mean	S.D	Skewness
Shuttle Run 20m (in sec)	29	37	31.88	2.05	0.75
Push-ups (in reps)	10	37	27.46	5.96	-0.91
Standing broad jump (in meters)	1.7	2.91	2.50	0.30	-1.17
Core Plank (in min)	1.00	2.90	1.98	0.53	-0.28
Sprint 100m (in sec)	11.55	15	12.36	0.88	0.78
Running 600m (in sec)	1.41	3.01	1.96	0.38	0.41

Table-3: Pre-Test Correlation Coefficients of Test Variables (n=27)

Variables	Push-Ups	Core Plank	Standing Broad Jump	Shuttle Run 20m	Sprint 100m	Running 600m
Push-Ups	1	0.79**	0.41*	-0.28	-0.51*	-0.64**
Core Plank		1	0.48*	-0.39	-0.49*	-0.62**
Standing Broad Jump			1	-0.64**	-0.66**	-0.60**
Shuttle Run 20m				1	0.65**	0.70**
Sprint 100m					1	0.67**
Running 600m						1



Table-4: Post-Test Correlation Coefficients of Test Variables
(n=27)

Variables	Push-Ups	Core Plank	Standing Broad Jump	Shuttle Run 20m	Sprint 100m	Running 600m
Push-Ups	1	0.61**	0.38	-0.26	0.50*	-0.84**
Core Plank		1	0.34	-0.25	0.23	-0.56**
Standing Broad Jump			1	-0.70**	0.32	-0.60**
Shuttle Run 20m				1	-0.30	0.60**
Sprint100m					1	-0.48*
Running 600m						1