

Fitness Nama Using Python Language, MYSQL, SQLyog And Anaconda Software

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Abstract - Health problems associated with diet, including obesity and cancer, are important concerns within the current society. The main treatment for obesity includes dieting and frequent physical activity. Diet programs keep and cause weight loss over short, medium, or future. However, to take care of balanced body energy, a frequent workout is required. This paper presents SapoFitness, a mobile health application for a dietary evaluation and therefore the implementation of challenges, alerts, and constantly motivates the user to use the system and keep the diet plan. SapoFitness is customized to its user keeping a daily record of his/her food intake and daily exercise. The main goal of this application is to supply a motivation tool for weight reduction.

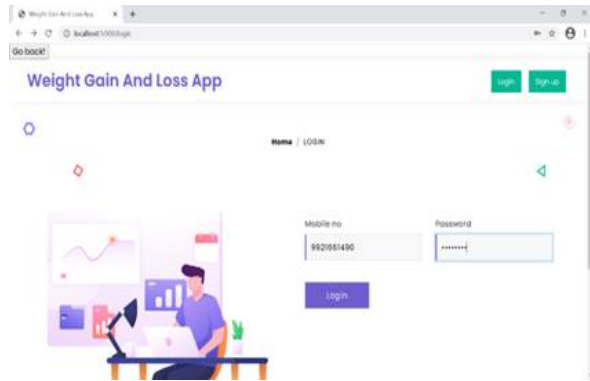
SapoFitness includes the ability to share personal achievements with social networks, a very intuitive human-device interaction and control weight, applying not only to control obesity but also to malnutrition problems. The application offers a continuous alert system activity, sending alerts/messages concerning the user diet program taking into account also his/her physical activity. SapoFitness may be a challenged mobile application that delivers the action to the user, motivating for a healthier lifestyle.

Our system enables users without knowledge about nutrition to look easily for recipes with tongue to enhance specific health conditions. The tongue includes 'I want to cure my acne' and 'I want to get over my fatigue'. We compared the results of our system to the results we obtained by calculating the nutrient information manually. Evaluation was done on 1000 dishes. We measured the effectiveness of the system using F-Measure and the average F-measure was 0.64 respectively. this paper presents an emergency alarm and healthcare management system, which is mainly deployed in an android-based phone that is conveniently used and carried. So, our system is suitable for many of the people.

I.INTRODUCTION

Now with the growing social pressure and the life more and more quick steps, most people are facing with health problems, especially a lot of high-level personnel who are in sub-health. And modern social accidents occur frequently. It is more important to design a health security system for people. As mobile phones play more and more important role for people, it is the best choice that the system will be deployed on mobile phones. Living a healthier life can not only extend your life, it can also improve the quality. Feeling physically better and having control over your own life can greatly increase your mental health as well. Although there are some aspects of physical and mental health that are beyond an individual's (and science's) control, there are many things that people can do to improve their quality of life. The purpose of this course is to introduce you to some of the basic practices and guidelines of healthy living. Because every person (and his or her physical health and abilities) is unique, not all of the information in this course may apply. It is important to check with your doctor or medical care provider when changing your lifestyle. However, the information from this course may provide you with some basic guidelines for developing your own healthy living plan. According to lifestyle related diseases such as diabetes account for 60% of deaths and 30% of medical costs. There are recipe websites that provide detailed nutrient information, that is, the proportion of protein, vitamins, fats etc. in the recipe, thus supporting a user deciding on a menu however, this information is only useful for a professional nutritionist. A general user with a rough skin condition, for example, cannot decide whether the recipe will help her condition or

not. This is because she is not a professional nutritionist. There are also websites that provide recipes designed by dieticians that target specific health conditions. Yet these are usually limited, and the chance that a user might not find a recipe for her condition is high. We propose a system that relieves general users from the burden of having to identify the right recipes for their condition. This system will also relieve dieticians from the task of designing recipes for all the numerous health problems people suffer from. We designed our system to take in inputs such as 'want to relieve fatigue', 'want to prevent diabetes', and 'want to cure acne'. Then the system outputs recipes that address the user's health issues. With this system, a dietician does not have to make a recipe manually from scratch, and users can search for recipes to improve their health without needing a sophisticated knowledge of nutrition. It is android application that is handy and easy to use for any user having this application. We found that before us, there was no application available in the market which can create the diet-plan for user. So we decided to take it as a challenge. Any user having android mobile or any other android device can use this application and can utilize its numerous features.



II. GOOGLE CLOUD MESSAGING

Google Cloud Messaging (commonly mentioned as GCM) may be a mobile service developed by Google that permits third-party application developers to send notification data or information from developer-run servers to applications that target the Google Android Operating System, as well as applications or extensions developed for the Google Chrome internet browser. It is available to developers free of charge. The GCM Service was first announced in June 2012 as a successor to Google's now-defunct Android Cloud to

Device Messaging (C2DM) service, citing improvements to authentication and delivery, new API endpoints and messaging parameters, and the removal of limitations on API send-rates and message sizes. Google Cloud Messaging functions using server APIs and SDKs, both maintained by Google. The GCM has the power to send push notifications, deep-linking commands, and application data. Larger messages can be sent with up to 4 KB of payload data. Upon allowing the appliance permission to receive and display notifications, the client application sends a registration API request to the Google Cloud Messaging interface to start the registration process. The GCM Service receives and acknowledges the request and responds by giving the device a GCM Registration ID, a unique identifier that the developer later uses to send a notification to the individual device. The identifier is stored onto the device and is typically sent to the developer's application server to be stored. The GCM Registration ID may be a randomly generated identifier that does not contain any personal or device information that would allow a developer to get the private identity of the user. When the developer wishes to send a notification event to a tool, the method begins with an API POST request being sent to the GCM Authentication Service. The POST request includes the GCM Registration ID, priority, optional values, and links, and therefore the information that is to be displayed on the device upon its arrival. Upon successful verification of the GCM Registration ID and other credentials, an authentication token is returned. Both identifiers are then sent to the GCM Service to be enqueued and delivered to the device.

III. HISTORY OF MOBILE OPERATING SYSTEM

Operating system is the heart of mobile devices, which controls and interacts with the mobile hardware. Similar precept to an operating system such as windows, Mac OS and Linux, that controls the desktop or laptop. Device which runs on operating system are smart phones, PDA's and tablet computers. Everyone wants to do everything fast and on the go. When people were sitting back and diddling with the heavy computers for accessing the internet. An operating system called Palm OS was launched in year 1996 which brought a drastic change in the communication world. With the introduction of Palm OS 2.0 in the

year 1997, accessing and sending mail via mobile evolved. The time when Palm OS was standing alone in the Smart phone market in the year 2000, another giant bounced into the market, introducing Windows “Pocket PC 2000” which almost had most of the features of a computer. Entertainment on the go was achievable with windows by launching “Pocket PC 2002” which incorporated MSN messenger and media player with enhanced user interface. Bluetooth an extraordinary invention for file transfer wirelessly. Bluetooth integration was successfully implemented in Windows Mobile 2003, and browsing was made more comfortable with the pocket internet explorer. When windows were acquiring the smart phones market, Palm OS Cobalt bounce d back with Wi-Fi and Bluetooth connectivity in 2004. In 2005, Google acquired the Android Inc. and Blackberry’s OS 4.1 was ma de available in the market. Windows interfaced the GPS management and office mobile in their “windows mobile 5”. When everyone was going upwards in updating the version and integrating application in the smart phones the release of “iPhone” in 2007 disrupted the mobile industry and gave a new era of smart phone operating system with user experience which relies on touch-based user interaction. In 2007, a trendsetting year when Google formed the OHA [4] with 79 other hardware, software and telecommunication companies to make entry into the smart phone market by introducing a legendary open-source operating system “ANDROID” resulted in 2008 with Android 1.0 which was available in the market. Android came up with a middleware which is responsible for hardware and communication between applications and provides open-source Android SDK application that allows embedded systems developers to use it to develop their own customizable Android platform applications. Some notable top applications such as Google map, E-mail, Instant messaging, Brow sir, GPS, Multimedia messaging are widely made available to the people in large only because of Android.

IV. FEATURES

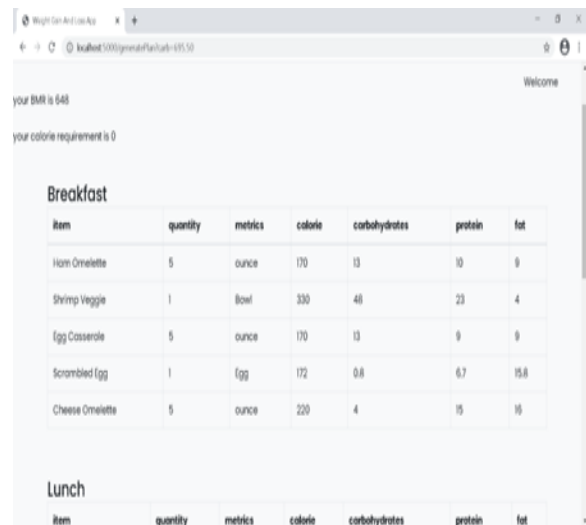
- Application framework enabling reuse and replacement of components.
- Dalvik virtual machine optimized for mobile devices.

- Integrated browser based on the open-source Web Kit engine.
- Optimized graphics powered by a custom 2D graphics library; 3D graphics based on the penGL ES 1.0 specification (hardware acceleration optional).
- SQLite for structured data storage
- Media support for common audio, video, and still image formats (MPEG 4, H.264, MP3, AAC, AMR, JPG, PNG, GIF)

V. CONCLUSION

The project titled Fitness nama is a hybrid-based application that enables the user to stay an eye fixed on their fitness regime. The project has been completed successfully with maximum satisfaction. The constraints are met and overcome successfully. The system is meant love it was decided within the design phase. The project gives an honest idea on developing a user-friendly application satisfying the user. The system is very flexible and versatile. This application has a user-friendly screen that enables the user to use it without any inconvenience. This project is more informative and more helpful for understanding the concept of web/hybrid app and machine learning development. This project is enough to implement our concept. We can further try much harder to make a much more efficient and useful app that can benefit others.

VI. RESULT SCREENSHOTS





VII. ACKNOWLEDGMENT

No project is ever complete without the guidance of these expert how have already traded this past before and hence become Master of It and as a result, our leader. So, we might wish to take this chance to require all those individuals how have helped us in visualizing this project.

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