

# Android Application Development for a Complete Guide to Fitness & Good Health

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**Abstract**— Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Health and a supple body has been seen as a prized possession by almost every culture. Witnessing our body grow and come alive with health after months of hardwork is an unparalleled feeling. Fitness tends to improve our self-confidence immensely. Bodybuilding is one sport that may help achieve overall health by eliminating these problems as it has benefits of both weight training and aerobic exercises. Fitkart is android base application which give the complete information and guidance to achieve any kind of fitness goals for all age group and gender. It describes an online store application built using PHP-MySQL that provides supplements for bodybuilding for different body types. A customer can browse products, chat online with customer representatives and write reviews for the products. Customers can also compare prices for products and have access to blogs. Fitkart will enable a user to purchase fitness accessories, clothing and ergogenic aids. It will provide live chat with fitness professional, blogs and discussions. It also guide the daily diet routine with remainder and with the help of alarm. This will help the beginner, intermediate and advanced as a trainer along with full guide of asian food .This app will be the dynamic and static application. In this paper, I have incorporated features supported by the application in detail for multiple modules that form the system.

**Key words:** Fitness & Good Health, Android App, Fitkart

## I. INTRODUCTION

Fitkart is an application software that will run on android platform on a mobile device with android os.

Fitkart will provide complete guidance, tools and features to the user that will help them in achieving and maintaining their various fitness goals. People from all categories can avail the benefits of this app.

Fitkart will enable a user to shop all kinds of fitness accessories, equipments, nutraceuticals etc.

Fitkart will allow a person to have real time conversation with the fitness professionals, discussions on trending threads, Q & A, upload their own blogs.

Fitkart will remind its user about his/her workout & schedules and track his/her progress.

## II. PROPOSED ARCHITECTURE

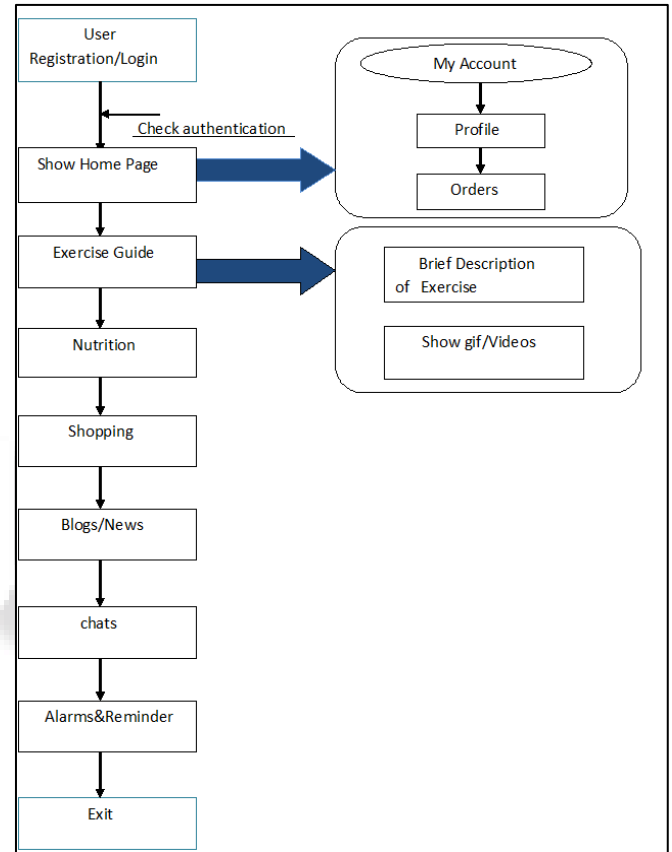


Fig. 1.1: Architecture of FitKart

## III. PROPOSED SYSTEM

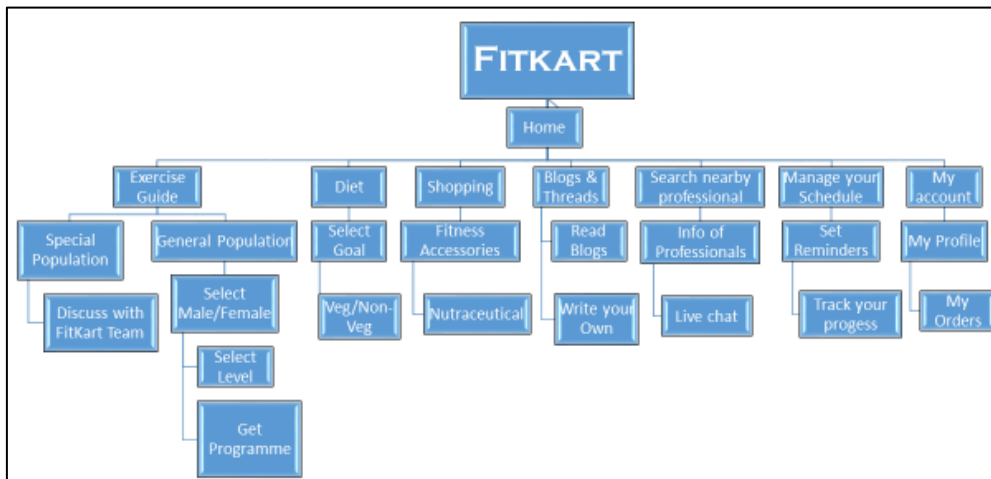


Fig. 2: Proposed System Architecture

#### IV. HARDWARE REQUIREMENT:

Sr. No	Hardware	Specification
1	Processor	Any processor starting from Pentium
2	RAM	Minimum 512Mb
3	Hard Disk	Minimum 250Gb

The Mobile Device on which the application will run will require:

- Minimum 50 mb of Rom
- 1 Gb Ram

#### V. SOFTWARE REQUIREMENT

- Operating system: Windows 7/8
- Mobile devices will require Android Operating system
- Eclipse
- Microsoft sql server

##### A. Advantages:

- The significance of our project is to simplify fitness.
- It is an handy kit for all fitness enthusiasts
- It will provide information and guidance considering Indian lifestyle
- This app is built with one intention Our Mission...Fit Nation.

#### VI. CONCLUSION

The aim of our project is to help the people of our country to live a better quality of life, maintain optimum health and fitness.

We want our Nation to be free from any kind of diseases/ illness that occurs due to unhealthy lifestyles. It is an preventive step taken by us, that will change lives of many.

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