



Fitness Hub: Fitness App With Chatbot

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Abstract: Fitness Hub is a React Application that can be used by any individual to keep track of his/her daily exercises. With the functionality to choose exercise categories and specific Muscle groups, it can browse more than hundreds of exercises with practical examples, and exercises details, and display similar exercise-related video tutorials from youtube.

Different age groups people like those under 14 and above 50 mostly cannot do heavy lifting exercises, so they can have access to Simple cardio exercises.

Fitness Hub also has a Chatbot assistant which helps the user get guidance and solve queries.

I. INTRODUCTION

The constant technological evolution and the development of new websites offer a higher level of comfort and practical Use. Globally, it is estimated that in 2019, there were 6.8 billion users worldwide and it is expected that in 2023 the number of users will increase to 7.33 billion. Fitness Hub can be used by any individual to keep track of his/her daily exercises. With the functionality to choose exercise categories and specific Muscle groups, it can browse more than hundreds of exercises with practical examples, and exercise details, display similar exercises, related video tutorials from Youtube, and much more. The Exercises can be divided into age groups according to their needs. This website also has a chatbot assistant to guide you through the diet and exercise plans.

II. OBJECTIVE

- Our aim is to provide all knowledge related to fitness and provide knowledge regarding exercises age-wise.
- To provide the user with instructions and examples of one or more types of exercise
- To provide physical activity, nutritional programs, or some other fitness topic.
- To help the learners to know how the exercises are done.

III. SCOPE OF THE PROJECT

With the help of fitness we are able to provide which exercises to perform and provide different diet plans. The chatbot assist the users with their queries.

IV. TECHNOLOGIES USED

- Reactjs – It is a javascript library used in frontend development to build single page applications.
- Material UI – Open source React library that implements Material design.
- Jquery – It is a fast, small and high featured javascript library which makes event handling easy.

V. Methodological Quality

We studied four chatbots for the fitness hub project and selected one which gives a better assistance to user queries. Each study was independently scored by two reviewers evaluating the different sections that make up the studies and scoring each item with 1 if the study satisfactorily met the criterion, and with 0 if the study did not satisfactorily meet the criterion or if the item was not applicable to the study..

VI. Data and Sources of Data

The initial database search returned 113,537 results, reduced to 36,105 once duplicates were eliminated. One reviewer conducted a full scan of the title, then an abstract review and finally a full-text review using the inclusion and exclusion criteria. Among the articles that remained at the abstract level ($n = 4$), a second reviewer also examined the abstracts of the articles to confirm their eligibility, and there were no discrepancies with the first reviewer.

The following steps were conducted while extracting data on the fitness application. They were to define the research questions, identify the data sources, collect the data, clean and preprocess the data, analyze the data, and interpret the results

VII. Developers view point

The continuous technological advances have awakened the interest of marketing researchers in the intention to use app, of variables in the field of sport. The research explained the existence of a trend toward increase interest by fitness consumer in using app for exercise control. Therefore, the aim of the study was to conduct a systematic review of the literature of the consumer intention to use app related to fitness and physical activity. The result of the systematic search has been the existence of remarkable interest in the subject, as the studies were found in the last 4 year, however, studies focused on sports app are still limited ($n=19$) with very heterogeneous methodology. This problem statement raised an idea to build a unique fitness application.

VIII. Discussion

The continuous technological advances have awakened the interest of marketing researchers in the intention to use Apps, especially in the field of sports. Walter [64] explained the existence of a trend towards increased interest by fitness consumers in using Apps for exercise control. Therefore, the aim of this study was to conduct a systematic review of the literature on consumers' intention to use Apps related to fitness and physical activity. The result of the systematic search has been the existence of a remarkable interest in the subject, as the studies were found in the last four years; however, studies focused on sport Apps are still limited ($n = 19$) with very heterogeneous methodologies. Most of the studies analyzed have tried to predict the influence of PEOU and PU on ITU, finding significant relationships between both constructs]. These relationships have been evaluated previously in the context of sport websites as a technological tool prior to the appearance of the Apps.

IX. Need of System

- This system provides users with an AI-based chatbot to solve and guide users queries.
- This app is combined with the best exercises found on the internet.
- Here the need for the new system is required for everyone who wants to get the details of the exercise with diet plans.

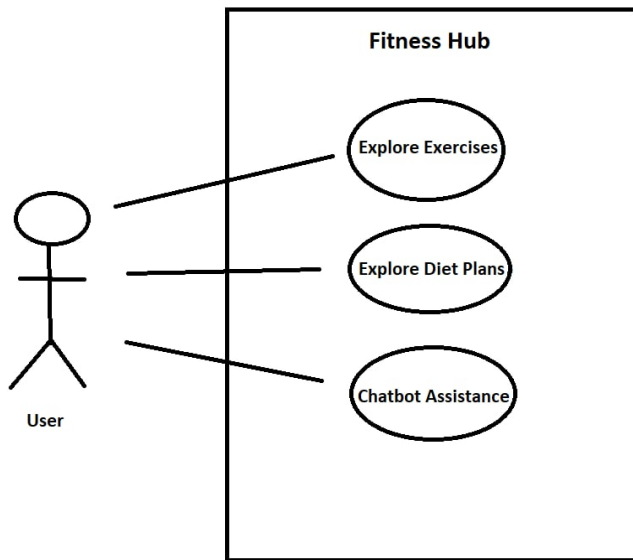
X. Motivation for work

1. Understanding React and AI-based Chatbots.
2. Creating a Beautiful User Interface using Material UI (version 5).
3. Information related to all exercises is not available at one place
4. Provide the best experience to users according to their age.

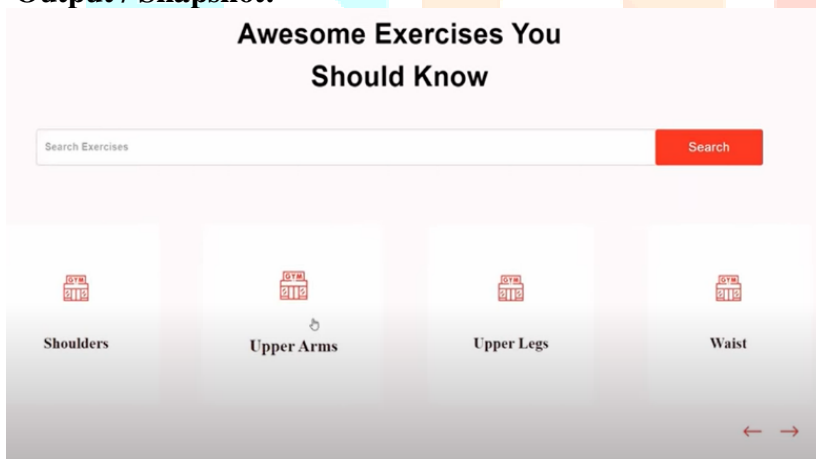
XI. Result

The Analysis of this study in the field of sports led to the development of this project, which provides various diet plans and the exercise details of all workouts. The chatbot assists the user to help solving queries regarding to exercise details and diet plans.

Use Case Diagram



Output / Snapshot:



Chatbot Output:

Hello! I'm FitHub Assistant are you ready to explore

Sure!

Alright! First, tell me your full name, please.

Aditya

Howdy, Aditya! It's a pleasure to meet you.

Welcome to the Fitness World

What kind of guidance would you like?

Exercise Details

Diet Plan

Select an option



XII. CONCLUSION

This systematic review responded to the need for a critical evaluation of existing research on the intentions of using sports Apps as this is an emerging field of research. This findings highlight the need for more rigorous and systematic research by researchers in the field putting factors in common that allow better evaluation of the context of the use of new technologies in the sport environment. At the same time, allow for better growth and development of the evaluation of the intention to use apps.

XIII. REFERENCES

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