

A Review on IMfit Application: A Healthcare Implementation

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Abstract - The “IMfit Mobile Application” is used for finding the disease based on user’s symptoms that is collected from chatbot. Here chatbot is asking a simple questions and users giving the answers. Based on user’s answer the predicted result is generated. This result is predictable disease. The “IMfit Mobile Application” also gives the information regarding exercise and diet plan. For best user experience we have provide Exercise videos and their health benefits. Food being an essential part of the healthy lifestyle at the same time it's important to know the kind of food to intake according to the age groups or category wise.

Keywords: IMfit Application, Healthcare, disease, Mobile Application.

I. INTRODUCTION

Civilization is referred to the characteristics of native of a region in special time and place. It includes day to day behaviours and functions of individuals in activities, job, diet and fun. Millions of people follow an unhealthy lifestyle. Hence, they get encountered with many health issues. Health being an important factor thus it plays a vital role in everybody's life. With the rapid economic development, it is observed that innovation or technological grow this only determinant of economic progress. Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open. Today, there are many peoples who are careless about their health. Because they do not know about how to start a healthier lifestyle and majority of them are lazy about their health care. The IMfit is a mobile application. This application is used by those people who are very careful about their body and those who want to start their healthier life. Using this application, user can identify what disease they have with predictable results. Using IMfit application, user can also get knowledge about diet. Using this feature, user can know about what diet plan they can apply everyday so they can healthy according to their body. Using IMfit application, user can also get knowledge about exercise. Using this feature, user can know about what exercises are beneficial in everyday

routine so they can fit and healthy according to their body. Therefore, our main motive is people to get healthy and fit, so that any external virus or any disease affects you.

Main goal is to provide a healthy lifestyle to each and every one out there with just one touch away. An application having three categories: Diet, Exercise and Disease undergone roof for making healthy living easier. The relationship of health and lifestyle should be highly considered.

Diet: A Diet plan is very important in our life. A strong diet plan is giving our body is strong and healthy. Also using Strong diet plan is used for body weight loss. A healthy eating plan will reduce your heart disease and other health conditions.

Exercise: To improve your muscle strength and boost your endurance, you need regular physical activity. Regular exercise is used to circulate a blood in all over the body. Also using exercise, the body is maintaining and he/she is very sigh to do any work.

Disease: An earlier diagnosis also allows you to be support network about what you want during each stage of the disease. This can give you peace of mind, reduce the burden and prevent disagreements.

II. LITERATURE REVIEW

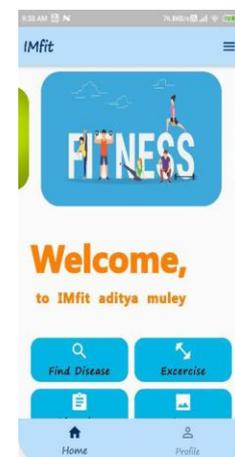


Figure 1: Home Page Screen

Life schedule impact on people's health: Is Health a genuine need or fashionable trend!

Like any influential trend, healthy lifestyle has reached a tipping point because people are connecting the dots and taking steps toward positive change.

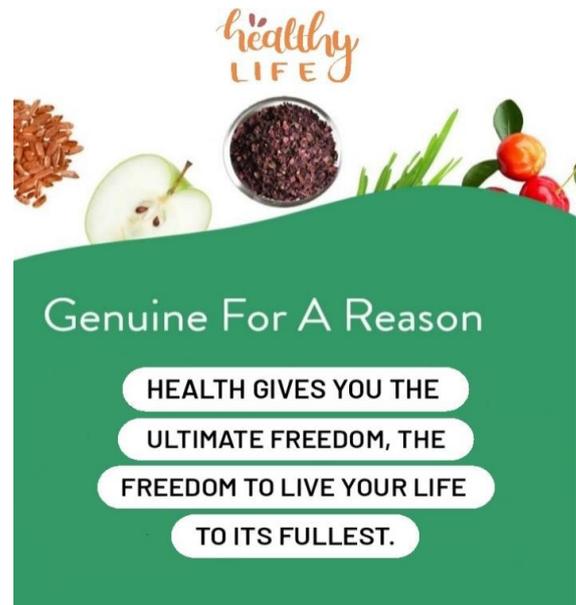
Your personality nowadays depends on eating fancy and to showcase junk food. This all show how trendy you are and you know what is the trend going on. But you ever know being trendy is costing our lives so badly. Modern diet relates to 'Junk food' that simply means an empty calorie food. An empty calorie food is a high calorie or calorie rich food which lacks in micronutrients such as carbohydrates, proteins, vitamins, minerals, or amino acids, and fiber but has high energy(calories)These foods does not contain the nutrients that your body needs to stay healthy. Hence, this food that has poor dietetic values is considered unhealthy. Thus it has to impact on society and it is impacting so much that today adult and teenager are suffering from health issues.

Progressive healthy lifestyle in people's lives is increasing influentially in redefining food culture. The influence is disproportionate in terms of people having actual health knowledge or people just doing it for gram or any social platforms to portrait themselves cool. Consequent sharing and updating about health care and education is paving a way for those who know how to utilize knowledge is perfect manner also the guidance and direction to go on healthy route with complete information.

Focused on real quality food, positive nutrition, fresh, less processed foods and have with healthy eating and lifestyle. Regular routine and work schedule can't be changed and that's how we are trained all this year's but what we can do is to prioritise our health not for trend but for ourselves. Trends may come and go but our health values should be consistent and long going. Being on healthy route is difficult, being on not healthy route is also difficult, everything is difficult to adapt and change according to it so choosing which difficult path you want to and remember one thing not all difficult path leads you to positive change in your lives.

Don't make your genius health need a fashionable trend because trends are not permanent unlike our health. Going with the trend and living with it is not negative or bad thing at all but not at the cost of our Healthy lifestyles. One should know where to stop and what is good for their body, mind, soul and for their long term need.

III. KNOW YOUR GENUINE HEALTH NEED



3.1 Objective

The objective is to design and develop a health care application with the goal of ensuring a Healthy routine for the users, aimed at providing care in most appropriate way and to increase the focus on health promotion.

- Building a consumer-focused integrated primary healthcare system;
- To improve access and reduce inequity;
- To promote awareness among functionaries involved in Healthcare management.

The general public for the improvement of health and health care management and to promote a forum for the exchange of ideas and information among health and management, academicians, administrators, various statutory bodies.

To provide a high standard of care and support to every service user. To provide a safe, welcoming, nurturing, environment where service users are able to develop and grow at their own pace to maximize their potential emotionally, physically, intellectually, socially and spiritually. The primary objectives of our health delivery application is to enable all citizens to receive health care services whenever needed, and to deliver health services that are cost-effective and meet pre-established standards of quality. Right quality and perfect service meet the needs to include and help others to get indulge in Healthy lifestyles. All this standard aims and objectives are meant in all the right way possible to achieve and satisfied user's demand. Just want to keep spread happiness to healthy and fit souls.

3.2 Related Work

[1] Patrick Sullivan, Reid Sheppard

One or more systems and/or techniques are provided for generating a workout routine. For example, a first input including a first tool available to a user and/or a second input including a modality may be received. A set of movements may be generated based upon the first tool and/or the modality. A workout routine may be generated based upon the set of movements. The workout routine can be generated based upon a selection of one or more movements from the set of movements. In an example, the one or more movements are randomly selected from the set of movements. The results of the workout routine may also be tracked.

[2] John J Yeager

A system for personalized meal planning is provided which includes a client device and a meal planning center configured to communicate with the client device, and to receive a customer's information including a weight designator, a gender designator, a goal designator, and an activity level designator. The meal planning center includes a storage device and a processing unit. The Storage device is configured to Store recipe template files having an ingredient designator and a plurality of recipe rule factors, which include a nutrient contribution value, a minimum ingredient value, and a maximum ingredient value. A plurality of recipe rule factors is each assigned to each ingredient designator. The processing unit is configured to determine a nutritional allowance based upon the customer information and to create a recipe that satisfies the nutritional allowance by using the recipe rule factors assigned to the ingredient. The meal planning center is further configured to deliver the recipe to the client.

[3] Abraham Carter, David Scott

The present invention is implemented as a method for providing a dynamically updated diet and exercise plan. A diet and exercise plan of a user is received by a computing device. The diet and exercise plan includes a target number of calories to burn during a time period. The target number of calories is based on the number of calories consumed by the user in the time period .A first recommended to perform using a first of a plurality of exercise devices is generated and displayed to the user.

[4] Matthew Landers

A health and fitness tracker module executed by a processor from a health and fitness tracker application (executing on a client device) repeatedly receives data associated with a user of the fitness tracker application. An individual uses the

fitness tracker module to manipulate the data to generate fitness tracker module data, the fitness tracker module data comprising an overview, behavioral statistics, and comparative statistics.

[5] Edwin C Iliff

Structure-based processing includes a method of diagnosing diseases that works by arranging diseases, symptoms, and questions into a set of related disease, symptom, and question structures, such as objects or lists, in such a way that the structures can be processed to generate a dialogue with a patient. A structure-based processing system organizes medical knowledge into formal structures and then executes those structures on a structure engine to automatically select the next question. Patient responses to the questions lead to more questions and ultimately to a diagnosis.

3.3 Scope

The objective is to design and develop a health care application with the goal of ensuring an Healthy routine for the users aimed at providing care in most appropriate way and to increase the focus on health promotion. The work is to provide Fully Functional Mobile Application for users to have a routine that value as the health, Database Backup, Professional Look and feel, Unambiguous, easy to use and learn, flexible, robust and cater to indulge the user's lifestyle in best ways.

IV. DESIGN AND METHODS

1. Home Page

After successful login we will be directed to the Home page. We have created different cards according to the categories which we have in our application i.e Find Disease, Exercise, Diet Plan and the upper cards are set to motivate users to do engage in fitness.

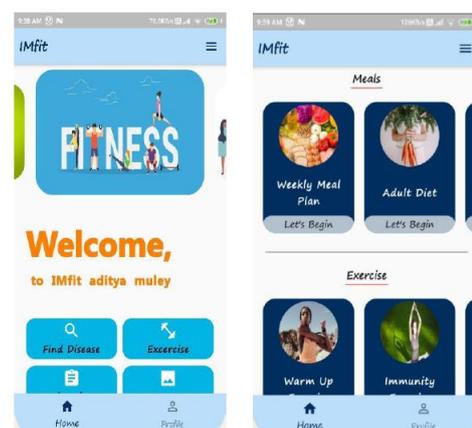


Figure 2: Home page screen

2. Category Page

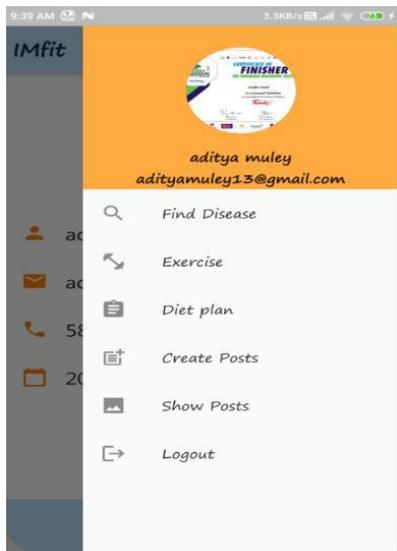


Figure 3: Category Page

This is the category page where we have listed different categories that are Disease, Exercise, Diet Plan one can navigate to his prefer category and see what he/she desires for.

3. Disease

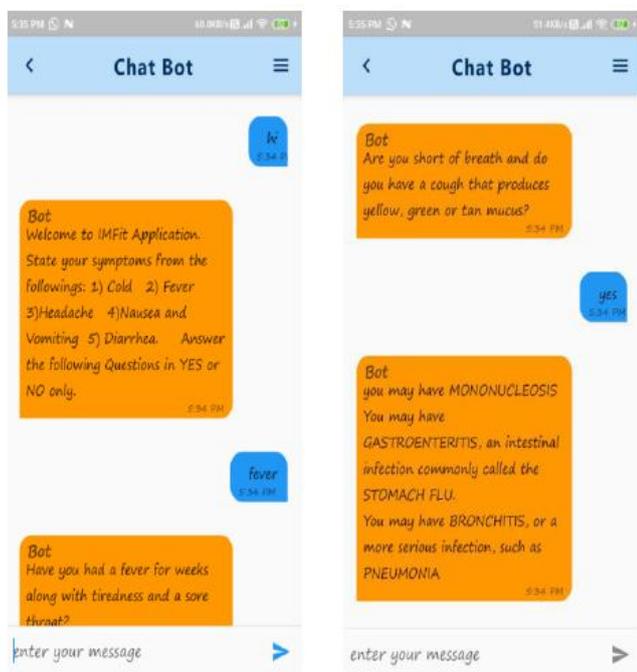


Figure 4: ChatBot Page

This is our chatbot (find Disease) Page where we will ask users the questions according to the categories listed in our application (category page). When user selects one category from the list of categories we would ask user questions from the selected category. The answering of questions would be in

YES/NO form if there are 3 YES then we would predict the user has this symptoms for the particular disease he has selected.

4. Exercise

In exercise page we have listed different exercises like Basic Exercise, Warm-up etc. for every exercise we have different sub exercise which will help user to improve his health. In every sub exercise we have put the exercise related videos and its benefits for every exercise which will help users.

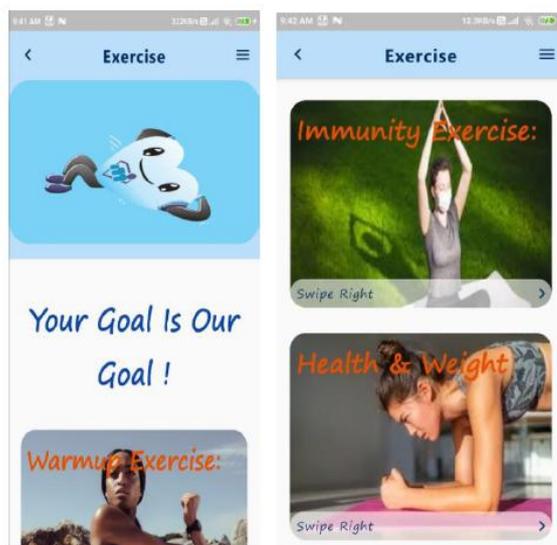


Figure 5: Exercise Page

5. Diet Plan

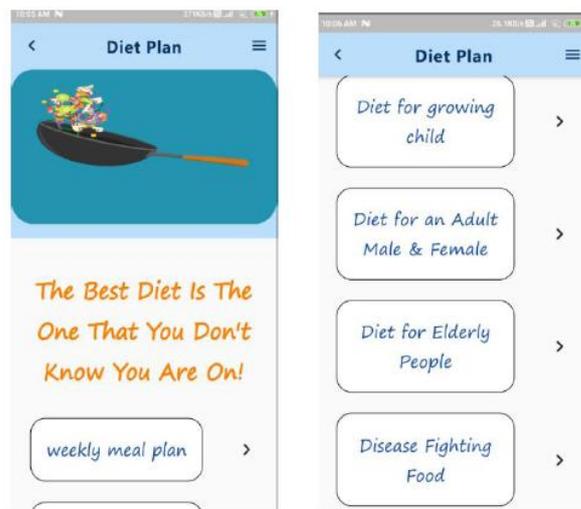


Figure 6: Diet Plan Page

In Diet Plan screen we have put Diet Plan for every category of people i.e Diet for growing child, Diet for Elderly people etc. Also, we have put diet plan related content for every

category if they follow that diet plan it will be beneficial for them.

V. CONCLUSION AND FUTURE WORK

5.1 Conclusion

IMfit Application has been practically proven to work properly and has been able to successful run on different devices. This application is able to predict the disease to user on the bases of symptoms and also able to provide users necessary exercise and diet content. Concluding this application has all the necessary features through which users can experience healthiness under one roof and under one touch.

5.2 Future work

Using this application as base, it can be expanded by including features like doctor suggestion, Hospital location, online appointment and payment gateway for our diet and exercise related content.

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