

FX HEALTHY PHYSICAL

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ABSTRACT

All are aware of the saying “health is wealth”. No one in this world is perfectly alright incase of health. Each and Every is suffering from some or the other sickness. More applications are being used through the mobile devices. The study was to analyze healthy projects from the viewpoint of the planning, implementation and evaluation of the projects. The purpose was to generate knowledge about the work done in projects that can be utilized in Health physical management.

KEYWORDS

healthy, fitness, style, styling, insert (key words)

1. INTRODUCTION

Lifestyle choices can include physical activity, a healthy diet, stress reduction, sleep, quitting smoking and good oral hygiene. If your habits are already healthy, make sure to maintain them. If one or more of these areas need improvement, pay some extra attention to it. For a long-term, successful change, the journey towards a healthy lifestyle should be a positive experience. Notice all small improvements; every move in a positive direction is a step forward. Your habits have a direct impact on your well-being. For example, getting enough quality sleep will make you feel thoroughly rested, good oral hygiene will contribute to a healthy mouth, and so on. aper is organized as follows: Section II presents the proposed model of the CV system, Section III states the optimization problem formulation, Section IV expresses the model results and discussion, and Section V states the conclusion and future research work .

2. ARCHITECTURAL DIAGRAM

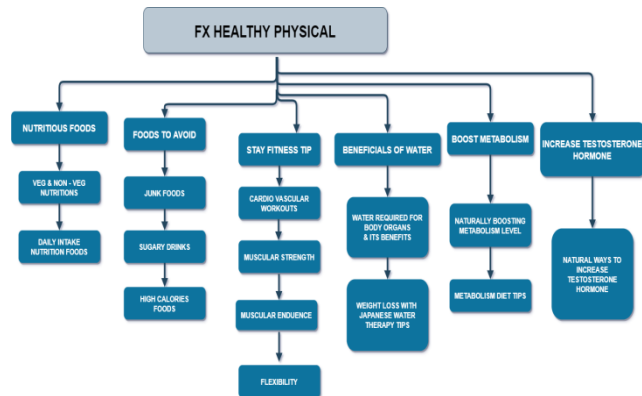


Fig-1 Architecture Diagram

3. EXPERIMENTS AND RESULTS

Module

A. Nutritious foods

Manufacturer will register and login to the system by using valid credentials. Then manufacturer can add the products in its database. They also generate the QR code in the products.

B. Food To Avoid

This module Mainly use of live a long day by avoiding these unwanted foods Ex: Junk Foods, Sugary Drinks, Cake & Candy ...etc. There is no health to the human body as all of these foods are eaten .

C. Stay Fitness Tip

This module full focused on Fitness and Great Physique. allocate three fitness tips. fat to fit transformation, lose fat, gains weight.

D. Beneficial of Water

Drinking Water Helps Maintain the Balance of Body Fluids. Your body is composed of about 60% water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature. we are includes how to reduce the body and increase the body through the Japanese method.

E. Increase Testosterone Hormone

Formula of Testosterone: $C_{19}H_{28}O_2$ Testosterone is a hormone produced by the human body. It's mainly produced in men by the testicles. Testosterone affects a man's appearance and sexual development. testosterone plays a key role in the development of increased Muscle & bone mass, growth of Body hairs. It stimulates sperm production as well as a man's sex drive. Testosterone is

both male and female hormone. But mainly used male. Ovaries times of Female used this hormone

F. Trainer

In this Trainer Modules have more and more specification on this Website. Users can interact with the Trainers. Users can access Voice Call & Video call with the trainers. the users can Contacts with Trainers example: email, phone no, instagram, WhatsApp etc.. The user's Any Doubts will comes with Clarify the trainers with Chat Applications. The Chat Application will provide on this website.

G. Blogs

The Blog module allows authorized users to maintain a blog. Blogs are a series of posts that are time stamped and are typically viewed by date as you would view a journal. The Trainer can Post Health based Blogs and only viewed by Users and read the daily blogs. In this Module when Trainer can post the Blogs. then Blogs will store on the database and Blogs will be displayed on User interface.

Output Screen

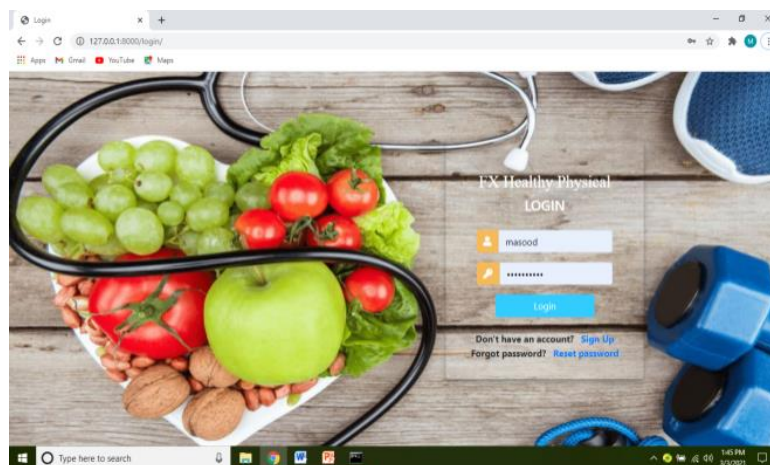


Fig- 2 Login Page

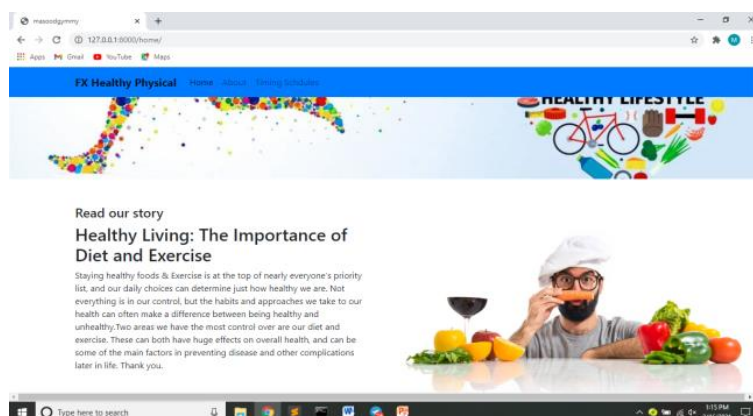


Fig-3 Register page

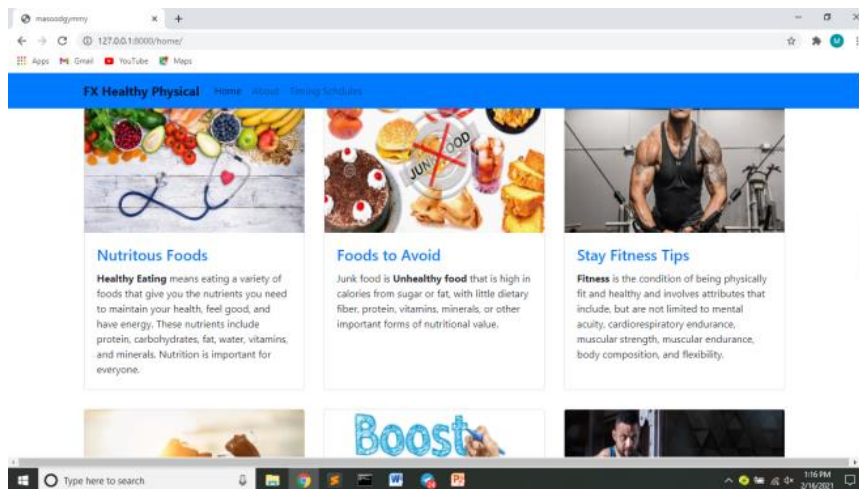


Fig-4 Home Page

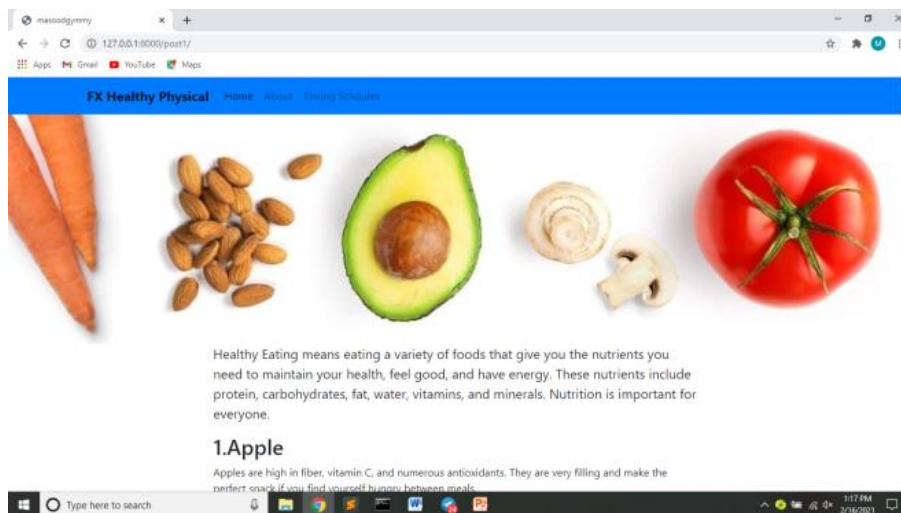


Fig-5 Nutritious foods

PERFORMANCE ANALYSIS

The existing and proposed system are analysed. The problem identified existing is system will also help in providing real time information provided by the healthcare professionals and the problem identified proposed system Including Healthy ways to Boost Metabolism and Increase the Testosterone hormone. Nearly 70% performance has been increased.

4. CONCLUSION

The Good nutrition is fundamental for children's current and future health, as well as their development and learning. The benefits of developing healthy dietary and lifestyle patterns from an early age onwards can positively impact on people's nutrition and health throughout their adult lives, and enhance the productivity of individuals and nations. Nutrition education is an

important element in an overall strategy aimed at improving food security and preventing all forms of malnutrition. Schools (from pre-school to secondary) are ideal settings for promoting lifelong healthy eating habits and lifestyles.

5. FUTURE ENHANCEMENT

Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, physical activity, and sufficient rest. Before the industrial revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue. However, with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations.

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