Personalized Fitness Guidance Using AI-Driven Recommendation Systems

Mrs.K.LAKSHMI[1], CHINTALAPUDI MANUSHA REDDY[2]

[1]Assistant Professor,Dept of MCA, Audisankara college of Engineering and Technology (AUTONOMOUS),Gudur (M), Tirupati (Dt),AP

[2]PG Scholar, Dept of MCA,Audisankara college of Engineering and Technology (AUTONOMOUS)Gudur (M), Tirupati (Dt),AP

ABSTRACT_In order to provide artificial intelligence support for the fitness assistance system (FAS), this research suggests a recommender system (RS). These recommendations are made for both new and experienced users using the RS. The paper's objective is to create an RS that can learn, analyse, forecast, and provide these recommendations in addition to using AI to interface with humans. The best workout for each novice has been predicted using Artificial Neural Networks and Logistic Regression. Additionally, members are assisted in choosing their workout depending on their condition by the agent built with the Soar architecture's reinforcement learning capacity. The experimental outcome validates the utility application's effectiveness.

1.INTRODUCTION

In the pursuit of optimal health and fitness, the marriage of Artificial Intelligence (AI) and fitness assistance systems heralds a new era of customized wellness journeys. This introduction sets the stage for exploring the transformative potential of recommender systems fueled by AI in reshaping how individuals engage with their fitness aspirations. Embarking on the Wellness Revolution: As society increasingly prioritizes health and well-being, there arises a growing demand for solutions that cater to the individualized needs and preferences of users. Traditional approaches to fitness often provide generalized guidance, overlooking the nuanced requirements of diverse individuals. Herein lies the catalyst for innovation – the integration of AIdriven recommender systems to deliver tailored fitness assistance.

Unveiling the Power of AI: At the heart of this revolution lies the prowess of AI technologies, capable of deciphering intricate patterns within vast datasets to unveil actionable insights. Recommender systems, a quintessential application of AI, excel in understanding user behavior and preferences across a spectrum of contexts. In the realm of fitness, these systems hold the promise of unraveling the complexities

of each individual's wellness journey, offering guidance that is both precise and personalized. Personalization Redefined: The cornerstone of AI-powered fitness assistance lies in its ability to transcend one-size-fits-all approaches. By harnessing AI algorithms, recommender systems analyze an array of factors – from dietary habits to exercise preferences and even sleep patterns – to craft bespoke recommendations. This paradigm shift from generic to tailored guidance not only enhances the efficacy of fitness regimes but also fosters sustained motivation and adherence.

Crafting Customized Fitness Guidance: At the nexus of AI and fitness assistance systems, recommender algorithms redefine the notion of tailored guidance. By synthesizing diverse data streams – including fitness routines, dietary preferences, biometric data, and lifestyle factors – these systems curate bespoke fitness plans tailored to each individual's unique profile. Empowering Wellness Journeys: Beyond mere recommendations, AI-driven fitness assistance systems empower users to embark on transformative wellness journeys. By providing personalized guidance, adapting to evolving needs, and fostering accountability, these systems serve as indispensable allies in the pursuit of holistic health and vitality.

As we embark on this exploration of Recommender Systems with Artificial Intelligence for Fitness Assistance, we invite you to delve into the innovative methodologies, real-world applications, and ethical considerations that define this burgeoning field. Together, let us unlock the full potential of technology to elevate fitness and well-being for all. In this exploration of AI-driven recommender systems for fitness assistance, we delve into the innovative strides that are redefining how individuals embark on their path to wellness.

2.LITERATURE SURVEY

2.1 TITLE: Personalized Fitness Training and Nutritional Advice Using Recommender Systems: A Review.

AUTHOR: Mohammed, Adamu and Gambo, Muhammad Usman

ABSTRACT: The increasing prevalence of sedentary lifestyles and the rising awareness of health and fitness have led to a surge in the demand for personalized fitness training and nutritional advice. Recommender systems, powered by artificial intelligence (AI), have emerged as a promising solution to cater to this

demand by offering tailored fitness and dietary recommendations. This review paper provides a comprehensive overview of the state-of-the-art recommender systems designed for personalized fitness and nutritional guidance. It explores various AI and machine learning techniques utilized in these systems, including collaborative filtering, content-based filtering, hybrid methods, and deep learning approaches. The paper discusses the effectiveness of these algorithms in delivering customized workout plans and dietary advice based on individual user profiles, preferences, and goals. Additionally, the review highlights the integration of wearable devices and mobile applications in collecting real-time data to enhance the accuracy and relevance of recommendations. Challenges such as data privacy, user engagement, and the need for continuous adaptation of the recommender systems are also addressed. The paper concludes with future research directions and potential improvements in the development of intelligent fitness and nutritional recommender systems, aiming to provide more effective and engaging user experiences.

2.2 TITLE: AI-Powered Fitness Applications: A Review of Smart and Personalized Solutions

AUTHOR: Kaur, Harleen and Pasricha, Suruchi

ABSTRACT: This review paper provides a comprehensive overview of AI-powered fitness applications, focusing on the development and implementation of smart and personalized solutions in the fitness industry. The study examines the integration of artificial intelligence (AI) techniques, including machine learning and deep learning, in creating tailored fitness experiences for users. It highlights the various components of fitness applications, such as personalized workout plans, nutritional advice, and real-time feedback mechanisms, and discusses how AI algorithms enhance these features by analyzing user data and preferences. Additionally, the paper explores the role of wearable devices and IoT technologies in collecting relevant fitness data, which AI systems then utilize to refine recommendations and improve user engagement. The review also addresses challenges related to data privacy, algorithmic bias, and user adherence, offering insights into future research directions and potential improvements in AI-driven fitness solutions. Through this exploration, the paper aims to underscore the significance of AI in revolutionizing personalized fitness assistance, ultimately

contributing to better health outcomes and user satisfaction.

2.3 TITLE: Personalized Fitness Recommendation System Using Machine Learning Techniques

AUTHOR: Kumar, Pradeep and Kumar, Ashok

ABSTRACT: In recent years, the integration of machine learning techniques into fitness applications has revolutionized personalized health and wellness management. This paper presents a comprehensive study on the development of a Personalized Fitness Recommendation System (PFRS) using advanced machine learning algorithms. The primary goal of the system is to provide tailored fitness recommendations based on individual user profiles, which include personal attributes, fitness goals, historical workout data, and real-time activity tracking.

The proposed PFRS leverages a combination of supervised and unsupervised learning techniques to analyze and interpret user data. Initially, data preprocessing techniques are employed to clean and normalize the input data. Feature extraction methods are then used to identify key parameters that influence fitness outcomes, such as age, weight, gender, activity level, and exercise preferences. The core of the PFRS utilizes collaborative filtering and content-based filtering approaches to generate personalized workout plans. Collaborative filtering identifies patterns and similarities between users to suggest activities that have been effective for others with similar profiles. Content-based filtering, on the other hand, focuses on the unique attributes of each user to recommend exercises that align with their specific needs and preferences.

Additionally, the system incorporates reinforcement learning to dynamically adjust recommendations based on user feedback and progress. This adaptive learning process ensures that the recommendations evolve with the user's changing fitness level and goals.

3.PROPOSED SYSTEM

The RS is regarded as a component of the information filtering system that aids users in determining the likelihood of a rating or preference that users would provide to a suggested good or service. At present, the RS has been enhanced with multiple machine learning algorithms to offer customers recommendations according to their needs or help construct the framework. We develop a predictive module in the basic training layer (BTL) that classifies the user's activities during their workout using machine learning

techniques on activity data. Furthermore, we develop the trainer agent (TA) utilising Soar architecture and a machine learning algorithm to mirror BTL prediction and provide many workout suggestions, assisting users in choosing the best workout that aligns with their fitness regimen.

3.1 IMPLEMENTATION

FAS

The FAS is the system designed to support users doing exercise with two motors (called fitness assistance equipment, FAE) used to support lifting the weight of exercise instead of the traditional method. In FAS, the proposed RS is added to predict appropriate suggestions for users and transfer commands to the embedded controller conducting the FAE. The proposed RS used in FAS is a system combined with artificial intelligence (AI) packages, which plays the role as a professional trainer to give the training instructions of workouts for users based on predictability and data analysis to provide the appropriate suggestions according to user's condition. Machine learning algorithms help RS improve the ability to learn identify and acquire knowledge from real workout data. Particularly, it supports FAS to perform the simulation of exercise for each user's requirements.

User

The RS is known as a part of the information filtering system which helps the users seek the prediction of rating or preference that users would give to an item or service recommendations. Currently, the RS has been upgraded with several machine learning algorithms to provide users with suggestions for their purposes in or build the framework for RS as shown in. In the fitness field, recent studies have focused on developing the RS to users with a wearable device and recording data in real time. A fitness assistant framework is developed to smartly track and identify user's activity based on contextual interpretation in. Moreover, RS has been approached for a runner, which is described in The purpose of this study is to design the RS that will suggest personalized workout to the users and predict the plan for doing exercise in future. In the proposed RS, we use machine learning algorithms on activity data to build a predictive module in the basic training layer (BTL) that classify the user's activity in their workout. In addition, we also build the trainer agent (TA) with Soar architecture and machine learning algorithm to reflect the prediction of BTL for suggesting the several workouts to help

users select the suitable workout fitting well with their exercise plan.

Admin

The aim of admin is to approve the users. the entire data must be gathered to admin. Admin maintain the all registered user information and admin should maintain the users daily status reports.

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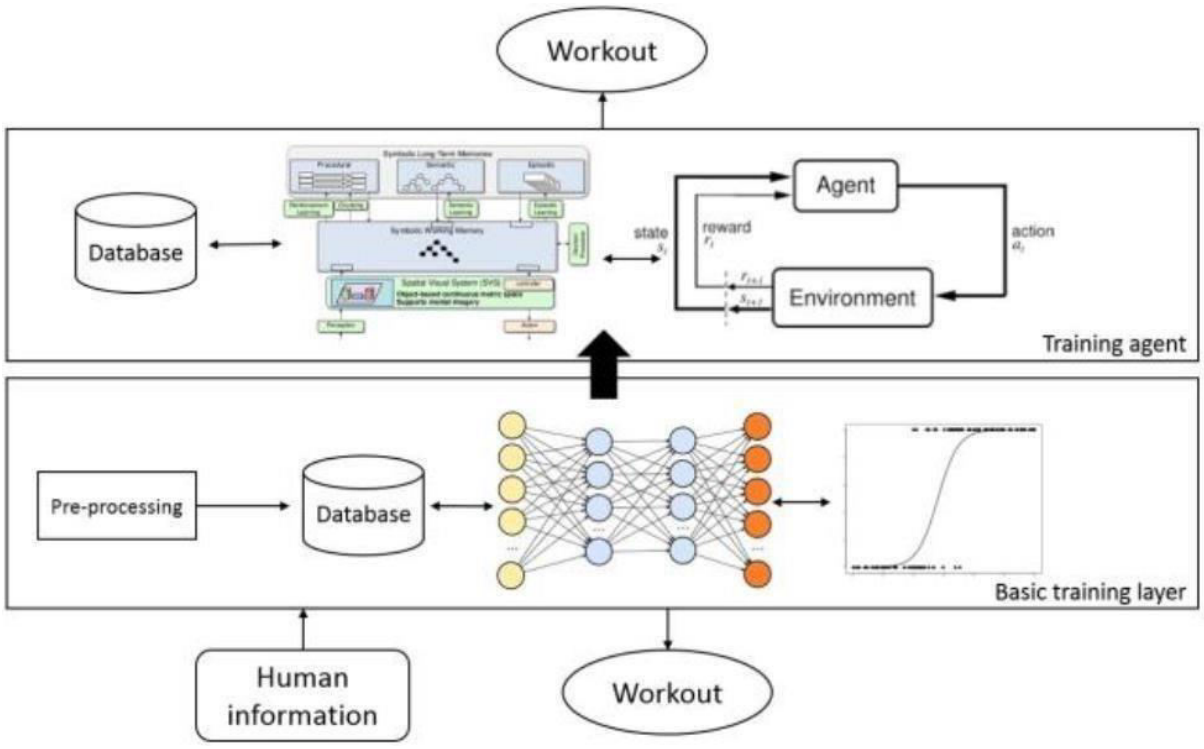

Fig 1:Architecture

4.RESULTS AND DISCUSSION

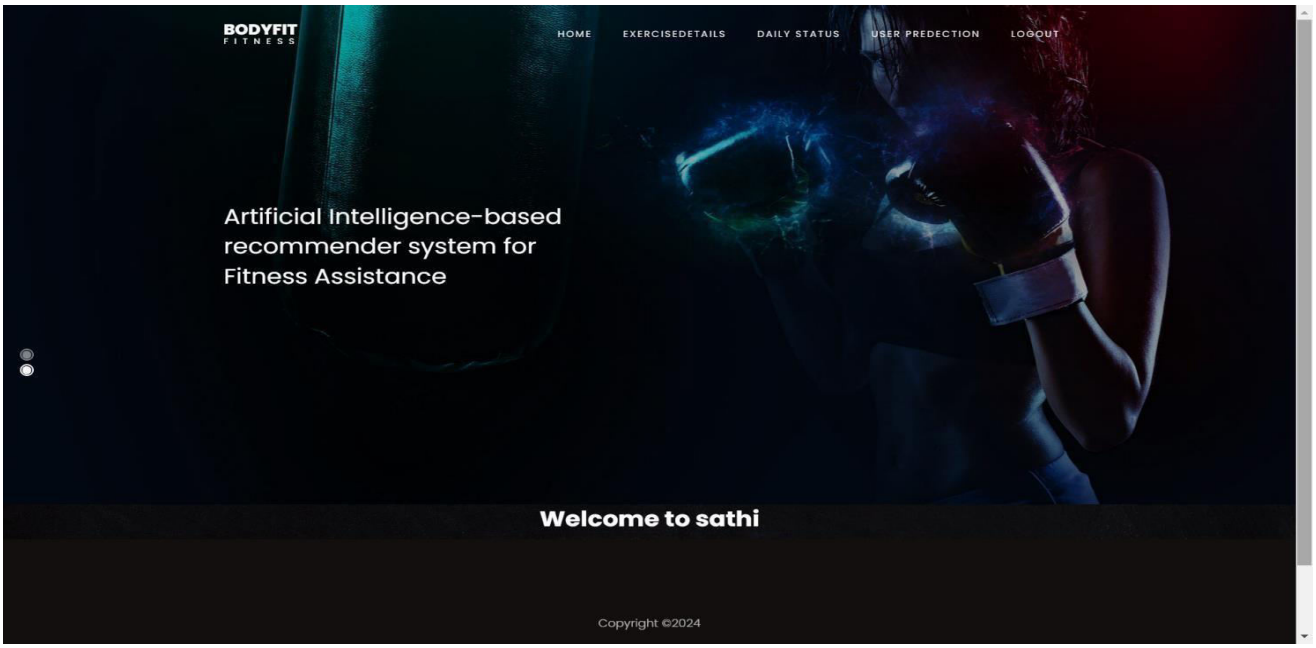

Fig 2: User Homepage

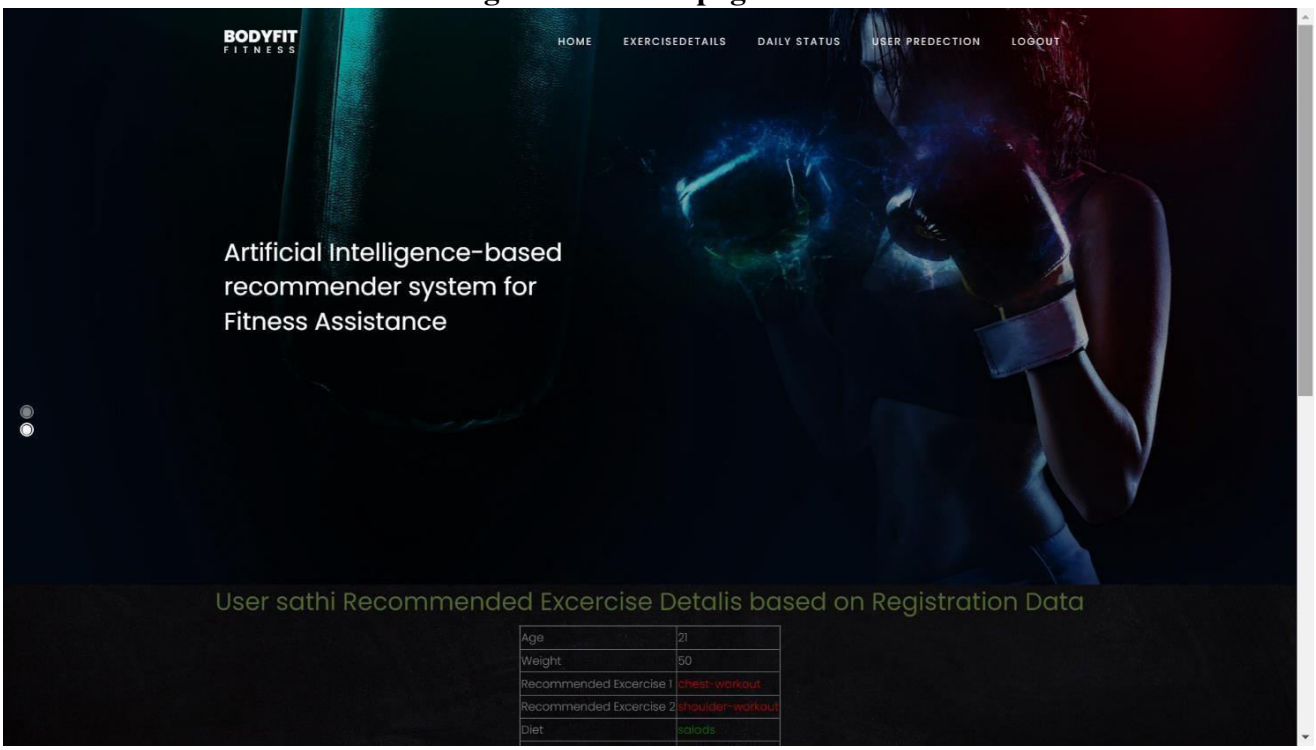

Fig 3: User Exercise Details

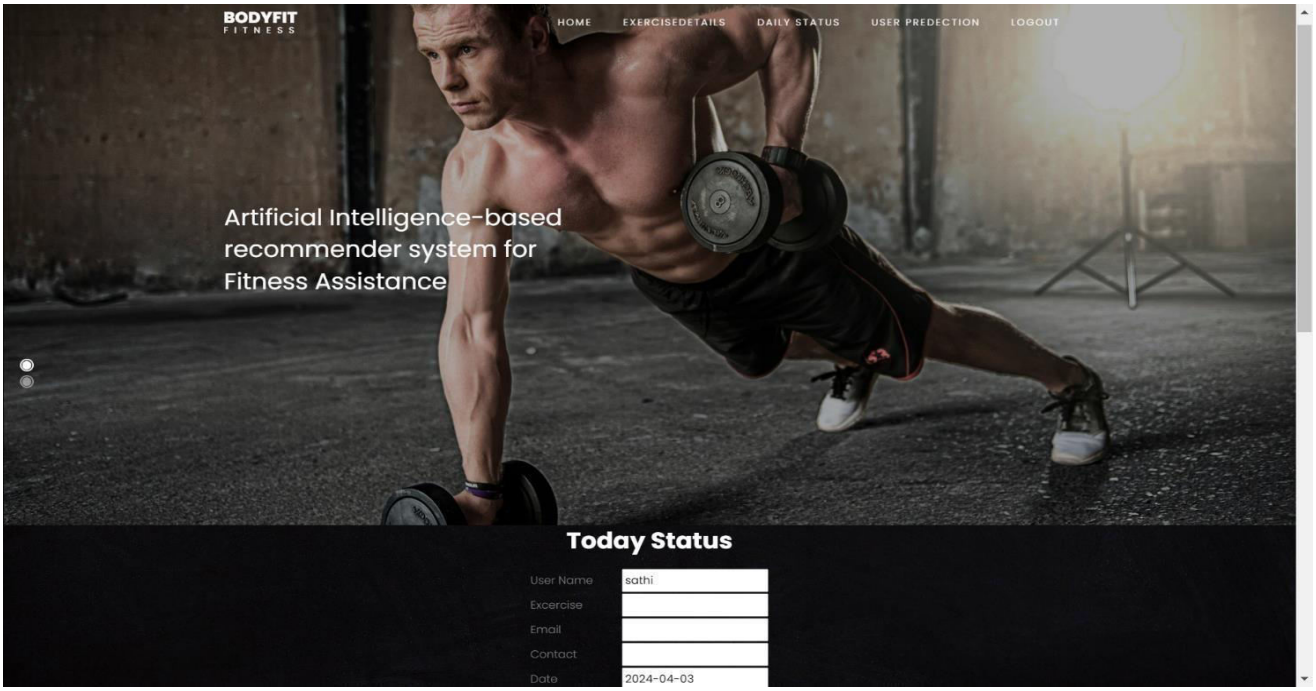

Fig 4: User Daily status

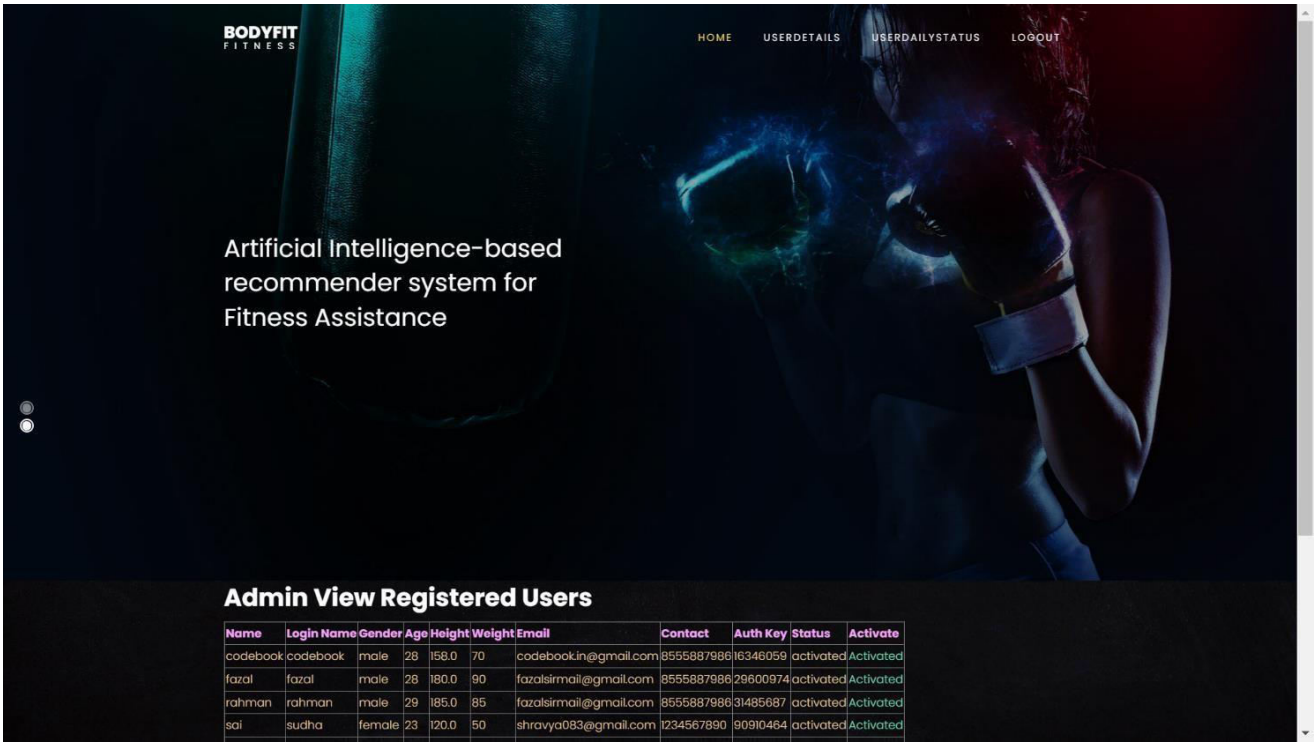

Fig 5: Admin view registered users

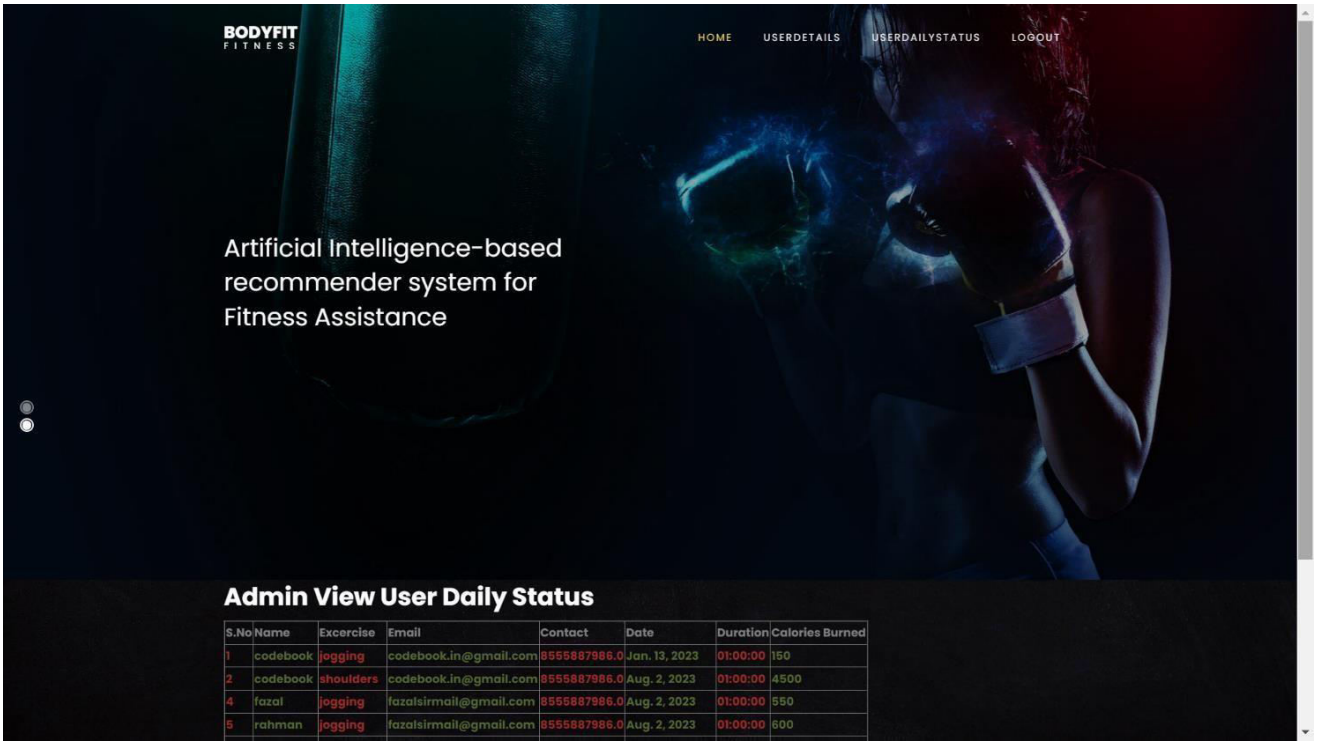

Fig 6: Admin view USER Daily status

5.CONCLUSION

In this study, we proposed RS for fitness assistance system and a novel method for fitness workout recommendation with artificial intelligence algorithms. We developed a system with several machine learning algorithms to predict and train data to give the suggestion for the fitness workout. The ANN with LR implements the prediction of workout parameters with the best accuracy. The proposed RS is expected to give better recommendation for user to do exercise. Table IV illustrates the result of User#1 with the purpose of muscle up between suggested workout and the supposed rules. As can be seen in Table IV, the exercise weight for User #1 is in the range of the supposed rule. In the meanwhile, the repetition and break time also approach the values within the range of the assumed rule as shown in Table I. As future work of this study, we plan to focus on improving the TA module in the proposed RS with Soar agent by designing the RL algorithm to recommend several workouts for existing member's average selection. TA will be developed in future work for improving its features to calculate the epsilon value of epsilon-greedy method, and validate the suggested

workout for approaching the suitable workout plan to the users.

Consequently, the proposed RS will play a role of professional trainer for user in future.

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Author Profiles

Mrs.K.LAKSHMI she done M.sc from vikrama simhapuri university in 2020.she is dedicated to teaching field from the last 3 years .At present she is working as Assistant Professor in Audisankara college of Engineering and Technology, Gudur, Tirupati(Dt), AP

CHINTALAPUDI MANUSHA REDDY is pursuing MCA from Audisankara college of Engineering and Technology (AUTONOMOUS), Gudur, Affiliated to JNTUA in 2024. Andhrapradesh, India.