

Universiti Teknologi MARA

**E-GOALFITNESS: RECOMMENDATION OF
FITNESS EXERCISE AND DIET**

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ABSTRACT

Gym-goers lack of tool to help them identify the suitable exercise and diet consumed. The development of *E-Goalfitness: Recommendation of fitness exercise and diet* web-based application is dedicated to the gym-goers and people who exercise and diet. The main reason for developing the application is because the gym-goers lack of tool to help them exercise and recommend their diet based on their body category. In this application, the important features including the reading of users' weight and height, BMI calculator and recommendation of fitness exercise and diet. The application was developed by using Ruby in Rails and Mysql2 for database. The users need to register, be a member and give information that are required for the system to process and give output for the users. Functional testing was performed to evaluate if the application is able to help the users in recommendation of fitness exercise and diet. The evaluation was performed by 10 respondents in which most of the respondents were satisfied.

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CHAPTER 1

INTRODUCTION

This chapter provided the background and the rationale for the study. It also provided the details of this study as it discussed on the research background, problem statement and objectives of the study. Furthermore, the scope of research, its limitation, significant, methodology and approach were also included.

1.1 Introduction

Nowadays, physical activity is widely recognized as an important effort to practice healthy lifestyle among citizens. It can be seen through some fitness centres and gymnasiums have been built in the township. Fitness centre, which is also commonly referred as a gymnasium, is a place which places exercise equipment for the purpose of working out the physical exercise. In addition, gym-goers who come and work out at the fitness centre or gym have different intentions, for instance to build their body (Andreasson & Johansson, 2014) and to lose weight (Hartmann-Boyce, Johns, Jebb & Aveyard, 2014).

According to Andreasson and Johansson (2014), due to the result of physical culture that occurred long time ago, there are many gymnasiums that are built with various tools today. Bodybuilding is an evidence that gymnasium has grown and developed with the passing of time. The International Federation of Bodybuilding and Fitness (IFBB) claimed that bodybuilding becomes a healthy sport for all people to participate in.

Lately, a lot of people start to take care of their physical appearance and even willing to do anything to satisfy them. Most men are more focused on to look