

(12) PATENT APPLICATION PUBLICATION

(21) Application No.202111014533 A

(19) INDIA

(22) Date of filing of Application :30/03/2021

(43) Publication Date : 23/12/2022

(54) Title of the invention : HEALTH AND FITNESS MANAGEMENT SYSTEM

(51) International classification	:A61B0005000000, A63B0024000000, G06K0007100000, A61B0005107000, G06F0001160000	(71)Name of Applicant : 1)Chandigarh Group of Colleges, Jhanjeri Address of Applicant :State Highway 12A Jhanjeri, Sahibzada Ajit Singh Nagar, Punjab 140307, India. Punjab India
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(86) International Application No	:NA	
Filing Date	:NA	
(87) International Publication No	: NA	
(61) Patent of Addition to Application Number:	NA	
Filing Date	:NA	
(62) Divisional to Application Number	:NA	
Filing Date	:NA	

(57) Abstract :

A health and fitness management system comprising; a wearable band associated with the system having multiple sensors to measure a set of health parameter(s) from a user, a calculator inbuilt in the band for computing a Body Mass Index (BMI) by analyzing the data, a recommendation module associated with the calculator for processing the index and parameter(s) to suggest workout routines along with details of equipment(s) and nearby gyms, wherein the user selects one or more routines and a gym from the suggestions, a processing module connected with the recommendation module that generated a bar code upon selection of the routines and gym, and a scanner wirelessly linked with the processing module that is accessed by a trainer for scanning the code to fetch the routines, details, and index, wherein the trainer guides to perform the routines in accordance to the index and parameter(s). Ref. Fig. 1

No. of Pages : 14 No. of Claims : 10