

INFORMATION TECHNOLOGY IN MODERN FITNESS GADGETS

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ABSTRACT

Now the Trends of fitness industry & gadgets are related to modern society. Information Technology is growing and playing vital role fitness regime. The information technology has got various application like to wearable's, non-wearable's, mobile apps for person. Advanced fitness technology information will gives us the chance to analyze every aspect of our body and workout performance. Modern gadgets for fitness and sport will assist you in crushing your goals, keeping you healthy, and help you accomplish your desired level of performance. If your goal in 2019 is to achieve a higher level of fitness and your desired level of athleticism, below is the list of the best smart fitness gadgets that can help

INTRODUCTION

In earlier day's fitness lover use do activities like cutting wood, lifting wooden logs, house hold activities are the ways of doing workouts and keeping fit without any fatigue. In the Present days the Sports, fitness regime is controlled by the information technology modern fitness gadgets. There are dozens of smart modern gadgets that can help you realize your potential as a sportsman or sportswoman, help you maintain exceptional health and make you fit. "Role of Education, Sports & Health in 2016, the Information Technology in sports has established scientific discipline, Research activities, improve learning and coaching, Bio mechanical analysis and field of research evolved. In future very soon the way computer with be applicable in sports with good quality and best results.

Now the Trends of fitness industry & gadgets are related to modern society. Information Technology is growing and playing vital role fitness regime. The information technology has got various application like to wearable's, non-wearable's, mobile apps for person. Advanced fitness technology information will gives us the chance to analyze every aspect of our body and workout performance. Modern gadgets for fitness and sport will assist you in crushing your goals, keeping you healthy, and help you accomplish your desired level of performance. If your goal in 2019 is to achieve a higher level of fitness and your desired level of athleticism, below is the list of the best smart fitness gadgets that can help.

INFORMATION AND TECHNOLOGY IN FITNESS GADGETS

Tangram Smart Rope

it is best equipment where u can use cardio vascular workouts because the Tangram Smart Rope will give us record the each steps u jumped, frequency, intensity & duration of workouts with few seconds. With LED light display the Smart Rope will store 100 sets of data whenever u wants access u see the data.

Ozmo Active Smart Cup Hydration Tracker

Hydration of the fluid is neglected part of fitness, so Ozmo's Active Smart Cup Hydration Tracker guide will help maintain water level inside the body. It come with an interactive app, and has a vibration alert system to the users and also synchronized with the any mobile.

UpRight Go Posture Trainer

for healthy posture the UpRight Go Posture Trainer will guide to rectify the poor posture during the various postures. This will give real time feedback to our mobile, it allow gives suggestion to strength your muscle. It also recommended by the physiotherapists for injury and during rehabilitation of athletes.

iHealth Core Smart Scale

The smart gadgets will provide the body weight with BMI, lean mass, daily calorie intake, different forms of percentage of fat & bone mass. It will guide the right direction to make healthy lifestyle

FitBit Charge 3: The fitness tracker will come with 24x7 heart rate monitor, sleep tracking patterns and goal based activities. It is connected to your smart phone which notifies and personalizes your daily workout training session.

Bose Sound Sport Free Wireless Headphones: The audio headphone comes with fitness matters. The Bose Sound Sport Free Wireless Headphones has weather, sweat & water resistant. It will stimulate to do the workouts and discard the loneliness during the workout time. It also has five hours of battery and find my buds feature in case you happen to lose in high intensity training session.

Sensoria Smart Sock V2.0

The Sensoria's smart socks are made of advanced modern fabric with proprietary textile sensors made specifically for walking, jogging, running & various fitness training. The smart socks' gadgets can be connected to mobile; the data can be seen in the mobile. The Sensoria Smart Sock V2.0 socks collect real-time data, including steps, calories burned, altitude, speed, and distance and also store in data.

Beast Sensor

It is the real-time sensor which provides the workout exercises repetition in your mobile. The sensor of the gadget will keep tracking your lifts. And it also measures the speed, force and power of each movement with cutting edge accelerometer technology. It also calculates the optimal conditions for each workout you do based on the goal set.

Nexus Crossfit Tracker

This Nexus tracker will provide a maximum effort with. Built in accelerometer and a gyroscope to analyze each of person. Movements, performance & gives the accurate data in metric system. This unique gadget will give us velocity, reps, displacement, time, and power

Bowflex Selecttech 560 Dumbbells

The Bowflex Selecttech 560 Dumbbells are best items in weight training. The Selecttech weights wipe out the need for an entire rack thanks to each bicep-builder being able to adjust from 5 to 60 lbs. It will record weight, sets, and reps for your workouts via integrated Bluetooth technology and the supporting app

compatible with iOS and Android. To motivate yourself the app has a 3 Dimensional Trainer for step-by-step coaching to help you max out and gain mass.

Athos Men's Full Body Kit

With the Athos compression shirt and shorts, you'll receive real-time biometric tracking for your muscle activity. The sensors in the garments will read bio-signals, delivering data straight to your mobile app, informing you which muscles are working and how much they're being utilized.

Mirror Interactive Home Gym

When you can't find time to get to the gym or it simply becomes a hot box of sweaty New Year's resolution rookies, the Mirror Interactive Home Gym is the next best thing. This home gym looks and functions like a regular mirror until you turn it on and the LCD screen lights up and connects you with professional trainers. The Mirror features an interactive display complete with a camera and speakers to create an authentic training experience right from your home.

Techno gym Mycycling

Techno gym Mycycling is a trainer with realistic road inertia to give you a genuine cycling feel indoors. The device continuously varies pedaling and cadence power to challenge your muscles and give you an authentic cycling experience. You'll also be able to communicate with certified coaches via the Mycycling app to help you reach peak performance.

Benefits or advantages of Fitness Trackers

- Motivation
- Hands-Free Experience:
- Self-Awareness
- Improved Sleep
- track all day activity
- help you reach your fitness goals.
- one can set the goals
- track the progress in order to improve.
- effective in helping people to lose weight.
- easy to use
- large group data analyses in research
- Saves time during data collection
- Gives information of calories burned, distance travelled, cardio level etc.
- provides previous days information
- motivated to do regular exercises.
- The regular use of fitness trackers keep you fit & fine
- large OLED display screen which is very convenient to use.

CONCLUSION

The Field of fitness role of Information of Technology plays a vital role using various fitness gadgets. It help avoid laziness, motivates to do. People also make use optimum utilization of technological to become healthier. Thus information technology has huge impact people health aspects.

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