



CSU Bakersfield

School of Natural Sciences,
Mathematics, and Engineering

AirFitness

Bryan Gutierrez, Francisco Ulloa

California State University Bakersfield

Introduction

We wanted a way for people to keep fit while being air-conscious. Being healthy doesn't only mean eating right and exercising.

You need to consider how well the air quality is before heading out. Air is something we can't go without, so should you be able to do outdoor activities without worrying.

Solution

To help people make their decisions to not only stay fit and stay indoors, we tried creating a system where you'd get recommended exercises based on the air quality index (AQI).

Technologies

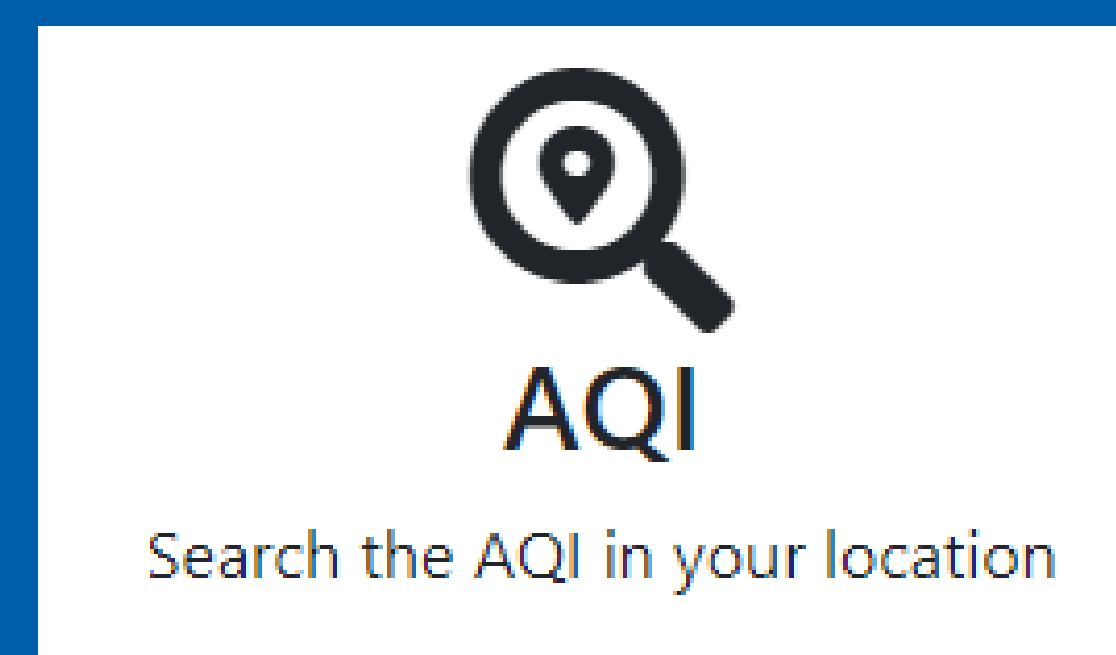
Our implementation relies on the following frameworks, platforms, and languages:

- PHP for the backend
- Bootstrap for the frontend
- Heroku for hosting
- JawsDB for MySQL connectivity
- AirVisual API for fetching AQI info

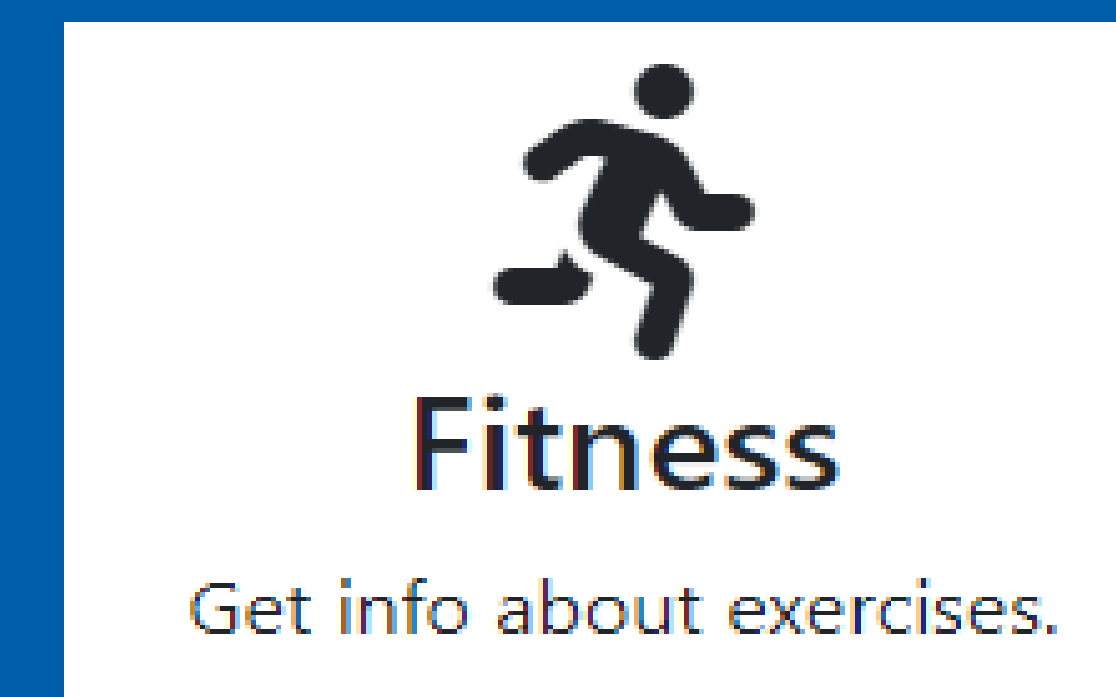
Features:

- Login/Signup
- Change Password
- Check AQI
- Get Recommend Exercises
- Learn About Exercises

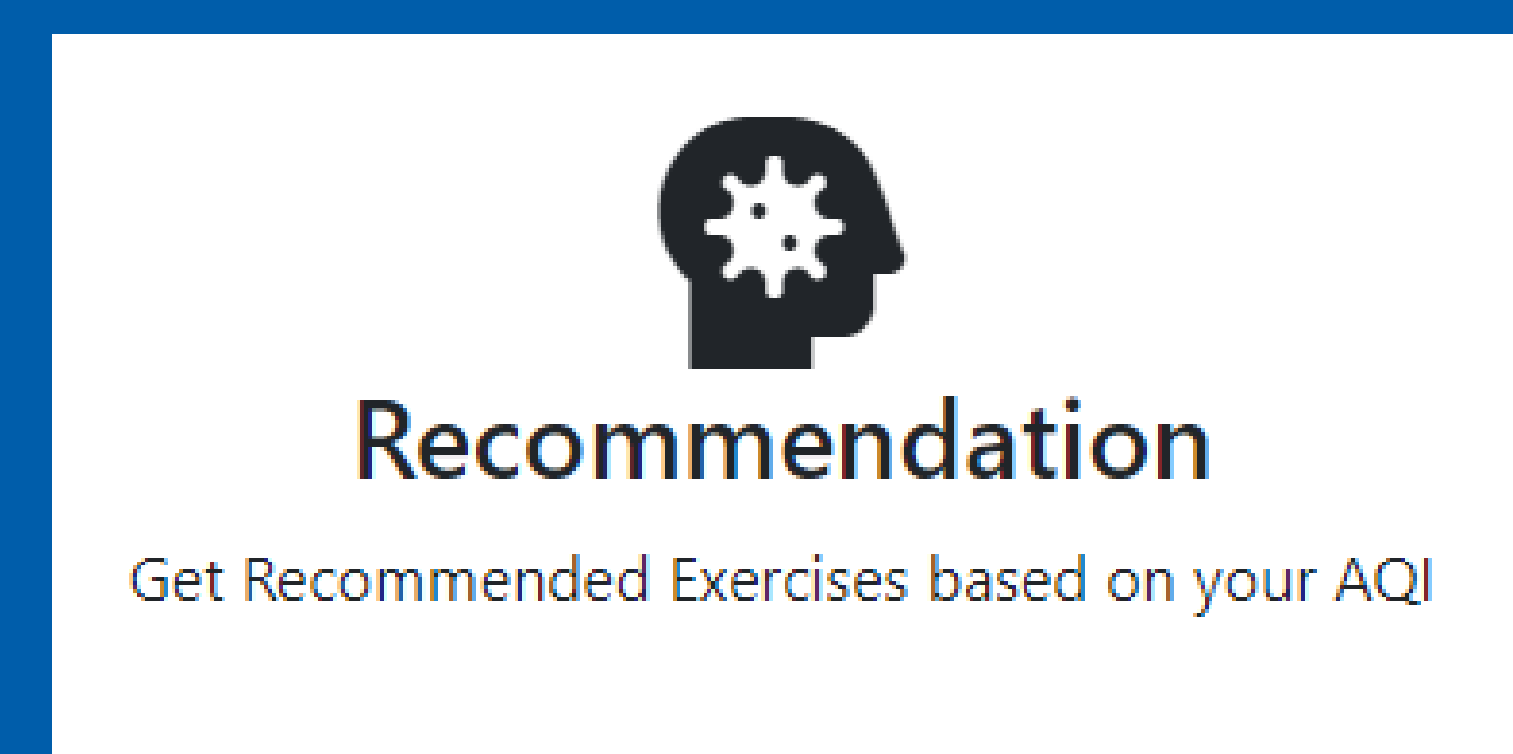
Step 1



Step 2



Step 3



What is AQI?

AQI is the Air Quality Index used to classify the amount of pollution in the air. Basically, the higher the number the more polluted the air is.

You don't want to be outside when the air is heavily polluted; the air quality can severely affect one's health.

Using geolocation, our application calls an API that uses stations to return information about the various pollutants in the air.

We can then take that information and tell you about the sort of exercises you can do.

Our demo website is located at:

<https://air-fitness.herokuapp.com/>

Or, just scan a QR code

