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(54) Title of the invention : FITNESS BELT

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(57) Abstract :
The proposed invention discloses a fitness belt to be worn around waist of a person during exercises such as weight lifting or the like. One or more sensors on the fitness belt measure one or more health parameters such as muscle activity, body alignment, and so on. Upon detection of the muscle activity exceeding a threshold value, that may hurt the muscle, the person is notified instantly. Also, during exercise, if posture of the person is found inappropriate for the exercise, the person is notified again to change the posture. Thus, the proposed fitness belt allows the person to perform the exercise according to the person's body and prevents injury caused by heavy weight lifting or exercise.

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