

G.Narayanamma Institute of Technology & Science

(For women)

(Approved by AICTE, Affiliated To JNTUH, Accredited by NBA & NAAC)

(An ISO 9001:2015 Certified Institution)

Shaikpet, Hyderabad – 500 104

Department of Computer Science & Engineering



**TITLE:
STAY FIT**

- 19251A0574 - Dandu Samaikya
- 19251A0582 - Ganjai Kalathmika
- 19251A0585 - Jallipalli Mounika
- 20255A0512 - Donaboena Pravalika

Batch no : 8
Year : II
Semester : II
Class : CSE-B

M. S. Suba

ABSTRACT

Health is an important thing that everyone should take care of. As Technology is growing day by day we the people are running for money without seeing how our health is. And we should know that a healthy man only can keep their surroundings healthy.

So our website will help people to get rid of health issues and to live a happy life. The website consists of a schedule of the exercise activities according to the day. So that people can find different type of activities to get fit and healthy and it is really helpful to today's busy world. And people can find videos on how to do the gym so that they will be much more clear.

The website also consists of the diet menu according to the days so that people can find it much more useful to follow diet plan according to their day activities. And this is very helpful to stay fit and strong.

SYSTEM REQUIREMENTS:

Software Requirements:

Platform	-	Windows
Front End	-	Html, CSS, Java script
Development Tool	-	Visual studio code, Xampp
Back End	-	Php, Mysql

Hardware Requirements:

Name of the Processor-	intel i5
Hard Disk Capacity	- 50-80 MB
RAM Capacity	- 0.5 GB