



G. Narayanamma Institute of Technology & Science (For Women) (Autonomous)

Approved by AICTE, New Delhi & Affiliated to JNTUH, Hyderabad
Accredited by NBA & NAAC, an ISO 9001:2015 Certified Institution
Shaikpet, Hyderabad-500104

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

<GN-R-18> (2022 - 2023) II B.Tech II Sem Hobby Project
on "Fitness Care website"

Abstract

Fitness is the condition of being physically fit and healthy and involves attributes that include mental acuity, cardiorespiratory endurance, muscular strength, muscular endurance, body composition, and flexibility. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

By using HTML, CSS and java script we are developing a fitness website. The use of a fitness website is to help users achieve their health and fitness goals by providing them with personalized guidance, motivation, and support. A fitness website can serve as an essential resource for fitness enthusiasts, providing them with a wide range of information to help them achieve their health and fitness goals. This explores the key features and benefits of a fitness website, including personalized workout plans, nutrition advice. Ultimately, a fitness website can be a valuable asset for both fitness professionals and enthusiasts, helping them to stay motivated, informed, and on track to achieve their fitness goals.

H/W & S/W Requirements

Hardware Requirements: intel core i5 processor, Hard Disk capacity of 500GB,8GB RAM ,64-bit OS.

Software Requirements: HTML, CSS, JAVA SCRIPT.

*Dept R&D: Yes / No

* If No: GNITS



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