**AIR** **UNIVERSITY** **MULTAN** **CAMPUS**

**SUBMITTED** **TO:**

Ma’am Atika Ali

**SUBMITTED** **BY:**

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**SUBJECT:**

Web Application and Development

**PROJECT NAME:**

**GYM FITNESS CLUB**

**PROJECT** **DESCRIPTION:**

We as a team decided to opt for ‘’GYM FITNESS CLUB” because we think it’s unique cause we going to develop a lot of creative ideas which will be beneficial for the people. This website will give excessive information to the general public who visit our website.

**TARGETED** **AUDIENCE:**

* Men of all age group above 15
* Middle age women
* Fitness for all age groups

**WHY** **UNIQUE?**

Our website is unique because as there is a unique entry, they ask for

* Age
* Gender
* Height
* Weight

And when you give this information accordingly instructor decide which exercise is best for you such as:



**TYPES** **OF** **EXERCISE:**

* ENDURANCE (Aerobics)
* STRENGTH (Muscle stronger)
* BALANCE (fall, adult problem)
* FLEXIBILITY (body stay limber)

According to your BMI the instructor will give you daily/ weekly/ monthly workout plans.

**DIET** **PLANS:**

According to the BMI and body structure easily with this website you can get the daily/ weekly/ monthly diet plan. Recipes are also given in a section and the timings of food intake.

**ONLINE** **FAQs:**

One of the important aspect of our website is ‘’FREQUENTLY ASK QUESTIONS”. General viewer can easily ask frequent questions and so you can easily get the answers accordingly.

Trainer can ADD/SUBTRACT diet and exercise if there is a medical history.

**DOOR** **TO** **DOOR** **SERVICE:**

As it is a world with slothful people they want a door to door service so we are also providing a door to door service. Open the web page the options are given. Online consult the instructor and even you can call him/her to your place.

**BLOGGING:**

Bloggers can easily blog at our website for free. Can give remarks about how they feel about our work.