

Project Report

Title: GOLD GYM WEBSITE

BACHELOR OF TECHNOLOGY

Computer science and Engineering

Submitted to

Ms. Nausheen Fatima

LOVELY PROFESSIONAL UNIVERSITY

PHAGWARA, PUNJAB



L OVELY
P ROFESSIONAL
U NIVERSITY

SUBMITTED BY :-ANSH THUKRAL
ROLLNO=51

Reg.No:-12207014

ACKNOWLEDGEMENT

I would like to express my special thanks to our mentor Ms. Nausheen Fatima for her time and efforts she provided during this project. Your useful advice and suggestions were really helpful to me during the project's completion. In this aspect, I am eternally grateful to you. I am making this project not only for marks but also to increase my knowledge.

DESIGN AND SOURCE CODE:-

. HOME SECTION

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta http-equiv="X-UA-Compatible" content="IE=edge">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <link rel="stylesheet" href="css/style.css">
  <title>GOLD GYM-"SWEAT NOW, SHINE LATER"</title>
</head>
<body>
  <nav class="navbar background">
    <ul class="nav-list">
      <div class="logo"></div>
      <li><a href="#Home">Home</a></li>
      <li><a href="#About">About</a></li>
      <li><a href="project2.html">Blogs</a></li>
      <li><a href="#Join Now">Join Now</a></li>
      <li><a href="#contact">ContactUs</a></li>
    </ul>
    <div class="rightNav">
      <input type="text" name="search" id="search">
      <button class="btn btn-sm">Search</button>
    </div>
  </nav>
  <section class="background FirstSection">
    <div class="box-main">
      <div class="FirstHalf">
        <p class="text-big"><h1>Located in Jalandhar, we offer comprehensive fitness
Services
and workout spaces that inspire</p></h1>
        <ul>
          <p class="text-small"><li><h1>Wide variety of fitness programs
designed by a knowledgeable team,</h1></p>
          <p class="text-small"><li><h1>Large,well designed spaces
to workout,</h1></p>
          <p class="text-small"><li><h1>Top of the line equipment Technogym,
Precor and thoughtful amenities.</h1></p>
          <p class="text-small"><li><h1>An "All Access Membership" to cater
to all your fitness needs.</h1></p>
          <div class="buttons">
            <button class="btn"></button>
          </div>
        </ul>
      </div>
    </div>
  </section>
</body>
</html>
```

```

        </div>
        <div class="SecondHalf">

        </div>
    </div>

</section>

```

.BLOGS SECTION

```

<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <link rel="stylesheet" href="css/style.css">
    <title>GOLD GYM-"SWEAT NOW, SHINE LATER"</title>
</head>
<body>

</section>
<section class="section1">
    <div class="paras1">
        <p class="sectionTag text-big">The Latest Blogs<br></p>
        <p class="sectionSubTag text-small">1) IS BANANA GOOD FOR WEIGHT LOSS?<br><br>
            "Bananas Are A Healthful Addition To A Balanced Diet For Weight Loss,
            As They Provide A Range Of Vital Nutrients And Are A Good Source Of Fiber.<br>
            Bananas Make An Excellent Snack Food, Dessert Or Breakfast. Their Versatility Makes
            Them
            Easy To Add To Your Diet Plan For Weight Loss.” <br>
            Moreover,Bananas Are Good For Your Heart. They Are Packed With Potassium, A Mineral
            Electrolyte
            That Keeps Electricity Flowing Throughout Your Body, Which Is Required To Keep Your
            Heart Beating.
            Bananas Are Also Known To Reduce Swelling, Protect Against Developing Type 2
            Diabetes, Aid In Weight Loss,
            Strengthen The Nervous System, And Help With The Production Of White Blood Cells, All
            Due To The High Level Of Vitamin B6 That Bananas Contain.
            Overall, People Looking To Lose Weight Should Consider How Many Calories They Are
            Taking In Compared With The Number Of Calories That They Are Burning.<br>
            “Bananas are healthful and nutritious to eat in moderation as part of a balanced
            diet.”<br>
            An Article By<br>

            Ms. Meena Ganagani<br>

```

```
Holistic Coach - MindBodyFood<br>
Gold's Gym India
</div></p>
<div class="thumbnail">
  
</div>
</section>
<section class="section2">
  <div class="paras2">
    <p class="sectionTag text-big"></p>
    <p class="sectionSubTag text-small">2) HOW DO I CUT DOWN MY BELLY FAT?<br><br>
      "Abs Are Made In The Kitchen". How Many Times Have You Heard Or Seen This Quote While
      Browsing On How To Lose Belly Fat Fast?
      This Holds True, Without A Proper Diet With The Proper Foods, You Will Not Achieve
      Those Six Pack Abs That You Crave So Much.
      But What Foods Should You Consume? The Answer Is Nutrition Rich Foods.
      Our Digestive System Is Also Known As Our Second Brain, It Is At The Very
      Center Of Our Core Health.<br>
      Belly Fat Is Quite Stubborn And Cannot Be Shed Off Easily. That Is Why You Need To
      Find The Right Combination
      Of A Good Workout Routine With The Proper Diet Friendly Foods Which Is The Fastest
      Way To Lose Belly Fat.<br>
      Knowing The Knowledge Is Not Enough, The Application Is Important. There Are No Magic
      Solutions To Losing Belly Fat.
      All That It Requires Is Some Effort, Commitment, And Perseverance On Your Behalf.
      Successfully Adopting Some Or All Of The Strategies And Lifestyle Goals Discussed In
      This Article Will Definitely
      Help You Lose The Extra Pounds Around Your Waist.<br>
      An Article By<br>
      Ms. Shivani Gour<br>
      Holistic Coach - MindBodyFood<br>
      Gold's Gym India
    </div></p>
    <div class="thumbnail">
      
    </div>
  </section>
  <section class="section3">
    <div class="paras3">
      <p class="sectionTag text-big"></p>
      <p class="sectionSubTag text-small">3) GROW,NOURISH,SUSTAIN THROUGH FOOD!<br><br>
        Let Me Make Food Very Simple For You By Giving Some Easy To Do Tips -<br>
        Practice Gratitude -<br>
        In The Midst Of Hush-Hush Life, Day By Day We Are Forgetting The Beautiful Culture
        Practiced By Our Ancestors
        Of Paying Gratitude To Your Food. Each Religion Across Globe Calls For Some Kind Of
        Prayers Before Eating And After Eating.
        The Wisdom Behind This Is There Is Shift In Your Mind And Preparing Your Body To
        Start Your Digestion System And Maximises Digestion And Absorption Of The Food Post
        Consumption. Do Practice Gratitude Before Start Of Every Meal, And Definitely Post
        Completing.<br>
```

Food vs Food -

How Much Time Does It Take To Peel A Banana OR Open A Packet Of High Salt-High Sugary Food? It's The Same Right? Here's A Classic Saying -

“You Are What You Eat.” Remember Just 5 Words Whenever You Crave For Packet Food! More The Food Is Wrapped, More Its Processed And Least And Cheapest Nutrients Available In Them.

However, All Natural Foods Are Great In Vitamins And Minerals Which Has Tremendous Health Benefits.

Ensure That A Good Amounts Of Seasonal And Naturally Grown Foods Is Going In Your System As Compared To Pampered

(Wrapped) Or Hybrid Foods.

Eat Seasonal, Eat local -

More The Food Is Travelled, More Are The Nutrients Lost. Seasonal, Easily Available And Local Foods Should Be The Criteria To Opt For. Eat A Balanced And Complete Meal.

The Best Practice Is To Have Small Kitchen Garden In Your House And Eat Garden Fresh Vegetables. Planting Like Tulsi, Coriander Leaves Or Microgreens Can Take Great To Begin With.

Make Food Your BFF And Not Fear. Relish Each Morsel And Enjoy Each Delicacy With The Above Pointers. This Will Help To Make Your Food As Your BFF And Be A Better Person To Be Around.

Food Is Power, Food Is Energy, Food Is Life!

</div></p>

<div class="thumbnail">

</div>

</section>

</body>

</html>

CSS

```
*{
  margin: 0;
  padding:0;
}
.logo{
  width:25%;
  display: flex;
  justify-content: center;
  align-items: center;
}
.logo img{
  border: 3px solid white;
  border-radius: 190px;
}
.navbar{
  display:flex;
  align-items: center;
```

```
    justify-content: center;
    position: sticky;
    top: 0;
    cursor: pointer;
}
.nav-list{
    width:50%;
    align-items: center;
    width: 50%;
    display: flex;
}
.nav-list li{
    list-style: none;
    padding: 26px 30px;
    text-decoration: underline;
}
.nav-list li a:hover{
    color:rgb(235, 15, 15);
    text-decoration: underline;
}

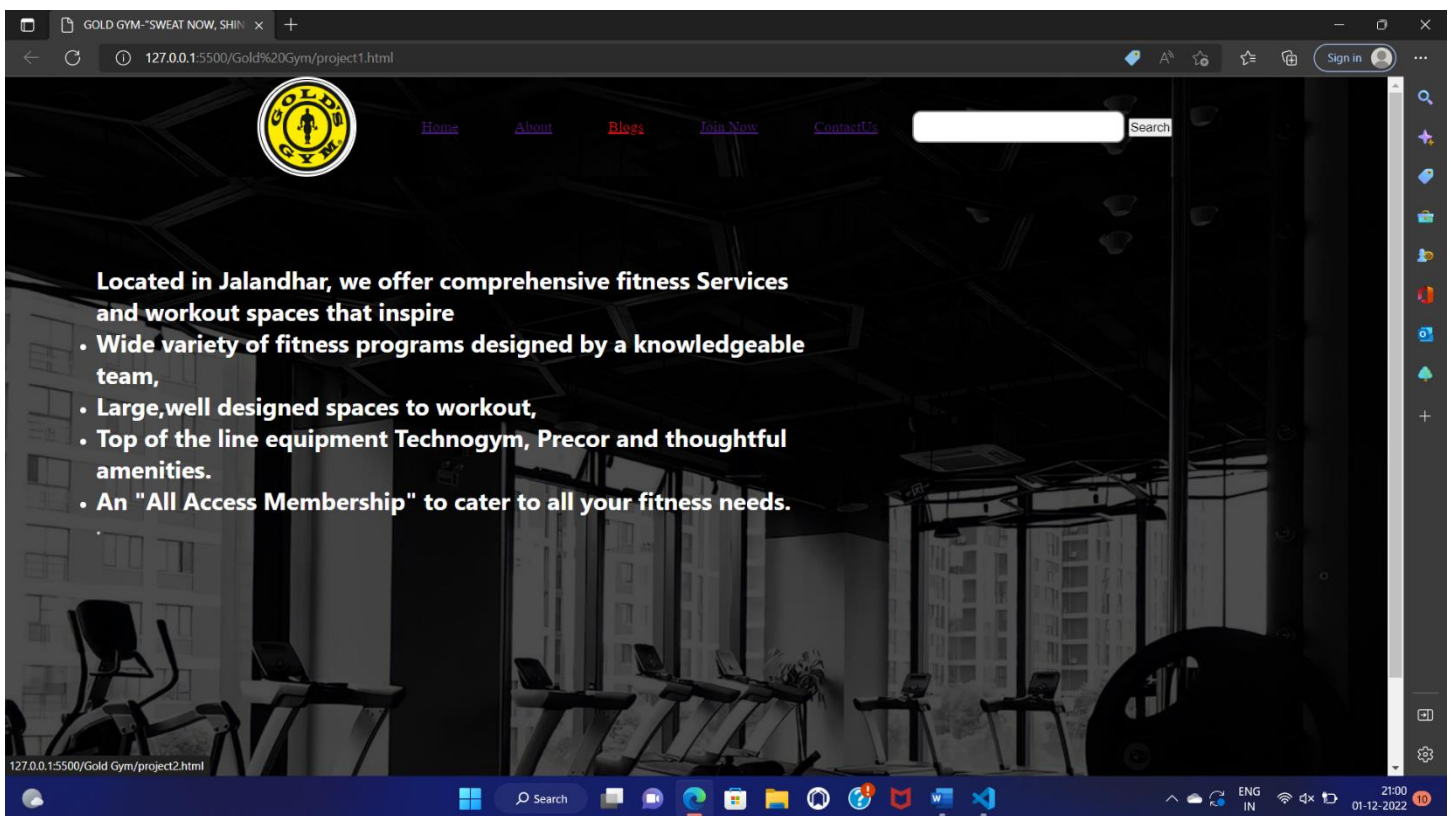
.rightnav{
    width: 44%;
    text-align: right;
    padding: 20px;
}
#search{
    padding: 5px;
    font-size: 17px;
    border: 2px solid grey;
    border-radius: 9px;
}
.background{
    background: rgba(0,0,0, 0.7) url('../gym.jpg');
    background-size: cover;
    background-blend-mode: darken;
}
.FirstSection{
    height:100vh;
}
.FirstHalf{
    width: 80%;
    display: flex;
    flex-direction: column;
    justify-content: center;
    font-size: 17px;
    cursor: pointer;
```

```
}
.box-main{
  height: 64%;
  width: 66%;
  display: flex;
  justify-content: center;
  align-items: center;
  color: white;
  font-family: 'Segoe UI', Tahoma, Geneva, Verdana, sans-serif;
}
.text-big{
  font-size: 30px;
}
.text-small{
  font-size: 17px;
}
.section1{
  height: 449px;
  display: flex;
  align-items: center;
  justify-content: space-evenly;
  margin: auto;
  max-width: 119%;
}
.section2{
  height: 395px;
  display: flex;
  align-items: center;
  justify-content: space-evenly;
  margin: auto;
  max-width: 97%;
  flex-direction: row-reverse;
}
.section3{
  height: 583px;
  display: flex;
  align-items: center;
  justify-content: space-evenly;
  margin: auto;
  max-width: 98%;
}
.paras1{
  padding: 2px 87px;
  cursor: pointer;
}
.paras2{
  padding: 4px 33px;
  flex-direction: row-reverse;
}
```



```
    cursor: pointer;
}
.paras3{
padding: 0px 35px;
cursor: pointer;
}
```

RESULT PAGE/OUTPUT :-



GOLD GYM-"SWEAT NOW, SHIN" x +

127.0.0.1:5500/Gold%20Gym/project2.html

Sign in

The Latest Blogs


1) IS BANANA GOOD FOR WEIGHT LOSS?

"Bananas Are A Healthful Addition To A Balanced Diet For Weight Loss, As They Provide A Range Of Vital Nutrients And Are A Good Source Of Fiber. Bananas Make An Excellent Snack Food, Dessert Or Breakfast. Their Versatility Makes Them Easy To Add To Your Diet Plan For Weight Loss."


Moreover, Bananas Are Good For Your Heart. They Are Packed With Potassium, A Mineral Electrolyte That Keeps Electricity Flowing Throughout Your Body, Which Is Required To Keep Your Heart Beating. Bananas Are Also Known To Reduce Swelling, Protect Against Developing Type 2 Diabetes, Aid In Weight Loss, Strengthen The Nervous System, And Help With The Production Of White Blood Cells, All Due To The High Level Of Vitamin B6 That Bananas Contain. Overall, People Looking To Lose Weight Should Consider How Many Calories They Are Taking In Compared With The Number Of Calories That They Are Burning.

"Bananas are healthful and nutritious to eat in moderation as part of a balanced diet."

An Article By
Ms. Meena Ganagani
Holistic Coach - MindBodyFood
Gold's Gym India



2) HOW DO I CUT DOWN MY BELLY FAT?



"Abs Are Made In The Kitchen". How Many Times Have You Heard Or Seen This Quote While Browsing On How To Lose Belly Fat Fast? This Holds True, Without A Proper Diet With The Proper Foods, You Will Not Achieve Those Six Pack Abs That You Crave So Much. But What Foods Should You Consume? The Answer Is Nutrition Rich Foods. Our Digestive System Is Also Known As Our Second Brain, It Is At The Very Center Of Our Core Health.

Belly Fat Is Quite Stubborn And Cannot Be Shed Off Easily. That Is Why You Need To Find The Right Combination Of A Good Workout Routine With The Proper Diet Friendly Foods Which Is The Fastest Way To Lose Belly Fat.

Knowing The Knowledge Is Not Enough. The Application Is Important. There Are No Magic Solutions To Losing Belly Fat. All That It Requires Is Some Effort, Commitment, And Perseverance On Your Behalf. Successfully Adopting Some Or All Of The Strategies And Lifestyle Goals Discussed In This Article Will Definitely Help You Lose The Extra Pounds Around Your Waist.

An Article By
Ms. Shivani Gour
Holistic Coach - MindBodyFood
Gold's Gym India

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ENG IN

21:00 01-12-2022

GOLD GYM-"SWEAT NOW, SHIN" x +

127.0.0.1:5500/Gold%20Gym/project2.html

Sign in



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3) GROW,NOURISH,SUSTAIN THROUGH FOOD!

Let Me Make Food Very Simple For You By Giving Some Easy To Do Tips -

Practice Gratitude -

In The Midst Of Hush-Hush Life, Day By Day We Are Forgetting The Beautiful Culture Practiced By Our Ancestors Of Paying Gratitude To Your Food. Each Religion Across Globe Calls For Some Kind Of Prayers Before Eating And After Eating. The Wisdom Behind This Is There Is Shift In Your Mind And Preparing Your Body To Start Your Digestion System And Maximises Digestion And Absorption Of The Food Post Consumption. Do Practice Gratitude Before Start Of Every Meal, And Definitely Post Completing.

Food vs Food -


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Make Food Your BFF And Not Fear. Relish Each Morsel And Enjoy Each Delicacy With The Above Pointers. This Will Help To Make Your Food As Your BFF And Be A Better Person To Be Around. Food Is Power, Food Is Energy, Food Is Life!



Search

ENG IN

21:00 01-12-2022

Conclusion

I have learnt so many things throughout the process of creating this “Gold’s Gym” website. I learnt the real time application of HTML and CSS while designing this website. It was a wonderful time making this project.

