

A Technical report on:

Fitness Care : A Fitness Website



Under The Guidance Of

Name : Mr. Manash Kumar Deb

Designation : MD Sir

Organization : George College

GROUP -H

BY-

Bekrom Roy (13301218059)

Malik Kumar (13301218046)

Amritanshu Singh (13301218073)

Harikesh Kori (13301218053)

Anurag Singh (13301218067)

Saurabh Jha (13301218023)

Sahil Gaurav (13301218027)

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We wish to express our deep respect and thankfulness to Manash Kumar Deb, our project guide, without his guidance, insightful comments, smart encouragement and valuable help this work would not have been a success.

We owe our honesty, sincerity, and perseverance to our family, without whose support and inspiration we would never have, come this far. Last but not the least our friends and other well-wishers who have motivated us throughout our student life.

Thank You,

Signature of the Project Member

TABLE OF CONTENTS

<u>Topics</u>	<u>Page No.</u>
1. Introduction	5
2. Object and Scope of the project	5
3. Purpose of the project	5
4. Features of the project	6
5. Analysis Model	6-7
6. ER Model	7-8
7. Feasibility Study	9-10
8. Technology used	10-11
9. Software Requirements Specification	11-12
10. Database Designs	12-13
11. Source codes	13-283
12. Screenshots of the application	284-304
13. Future Scope of the application	305
14. Limitations	305
15. Conclusion	305
16. Bibliography	306

CERTIFICATE OF RECOMMENDATION

We hereby recommend that the project prepared under our supervision by **Bekrom Roy, Harikesh Kumar Kori, Anurag Singh, Saurabh jha, Malik kumar, Amritanshu singh, Sahil gaurav** entitled "**Fitness Care**" be accepted in partial fulfillment of the requirements for the degree of "**Bachelor of Computer Application**".

Project Mentor : M.D. Sir
Date : 05/07/2021

Head of Institution

1. Introduction of the project:

This project Fitness Care has been developed on HTML, CSS, JS, PHP and MYSQL. The main aim of this project is to make you healthy and fit. We were all trapped inside the house for a long lockdown period. In this period we have faced many issues related to our study, work, etc. this all left effects on our health and on our mental health also. So we Fitness Care team tried to build such a website that would make people healthy and fit mentally and physically.

2. OBJECT AND SCOPE OF THE PROJECT:

2.1 Object:

The objective of Fitness Care to develop a web based application using which people can use it for their fitness exercise. It provides different types of exercise, yoga, nutrition, etc. Anyone can open an account here. And if he/she forgot his password then with the help of forgot password page he/she can easily set his new password.

2.2 Scope:

Our project aims to make people healthy and fit, i.e. we have tried to computerize some exercise, yoga, diet-plan, etc.

- In computer system and in phones user can use our website.
- User can access the exercise and everything of Fitness Care Website after the login process.

3. PURPOSE OF THE PROJECT :

The purpose of Fitness Care is to automate the existing manual system by the help of computerized equipments and full-fledged computer software, fulfilling their requirements, so that they can enjoy their exercise time. The required software and hardware are easily available and easy to work with.

Fitness Care, as described above, can lead to error free, secure, reliable and fast management system. It can assist the user to concentrate on their other activities rather than to concentrate on the record keeping. Thus, it will help organization in better utilization of resources.

4.Features of the project:

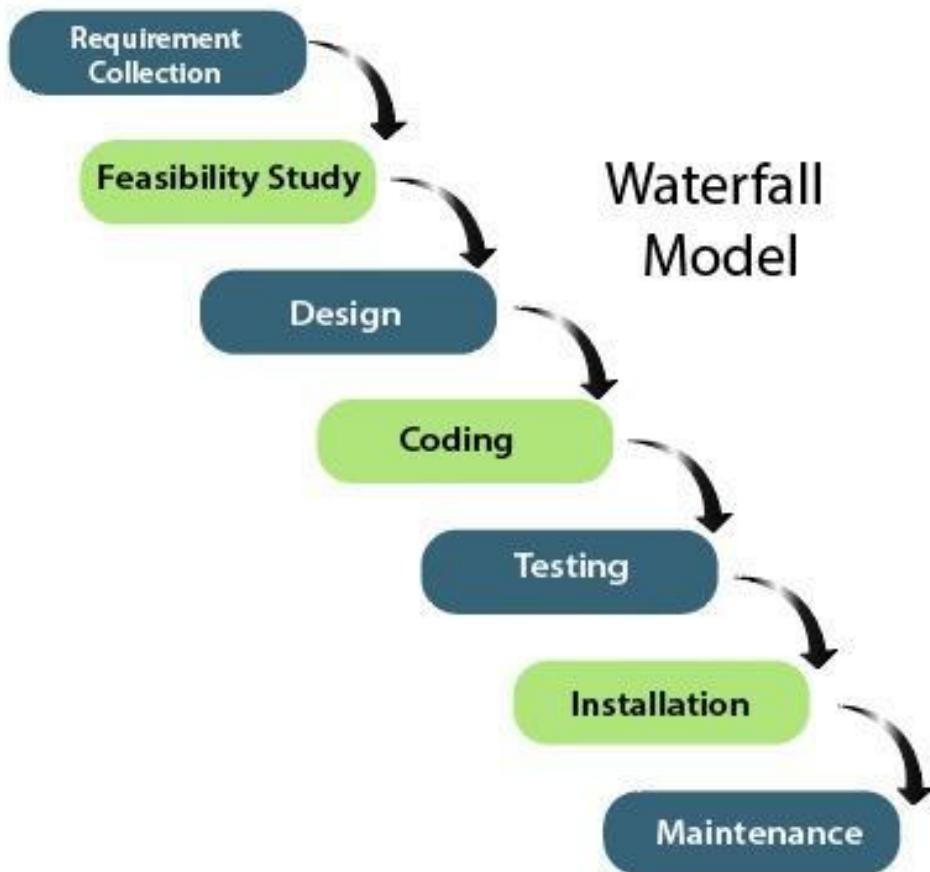
- Website uses cookies.
- Can be accessed only on desktop, laptop, tab and mobile phones.
- User can access the website after the login process.
- User can change password.

5.ANALYSIS MODEL

The model that is basically being followed is the WATER FALL MODEL, which states that the phases are organized in a linear order. First of all the feasibility study is done. Once that part is over the requirement analysis and project planning begins. If system exists one and modification and addition of new module is needed, analysis of present system can be used as basic model. The design starts after the requirement analysis is complete and the coding begins after the design is complete. Once the programming is completed, the testing is done. In this model the sequence of activities performed in a software development project are: -

- Requirement Analysis
- Project Planning
- System design
- Detail design
- Coding
- Unit testing
- System integration & testing

Here the linear ordering of these activities is critical. End of the phase and the output of one phase is the input of other phase. The output of each phase is to be consistent with the overall requirement of the system. Some of the qualities of spiral model are also incorporated like after the people concerned with the project review completion of each of the phase the work done. WATER FALL MODEL was being chosen because all requirements were known beforehand and the objective of our software development is the computerization/automation of an already existing manual working system.



6. ENTITY RELATIONSHIP MODEL:

6.1 OBJECTIVE:

An Entity Relationship Model(ER model) describes inter-related things in a specific domain of knowledge. An ER model is composed of entity types and specifies relationships that can exist between instances of those entity types. An ER Diagram (ERD) is a graphical representation of an information system that shows the relationship between people, object, places, concepts or events within that system. An ERD is a data modeling technique that can help define business processes and can be used as the foundation for a relation database.

6.2 Symbols used in ER model:

- **Rectangle:**

Entities, which are represented by rectangles. An entity is an object or concept about which you want to store information.

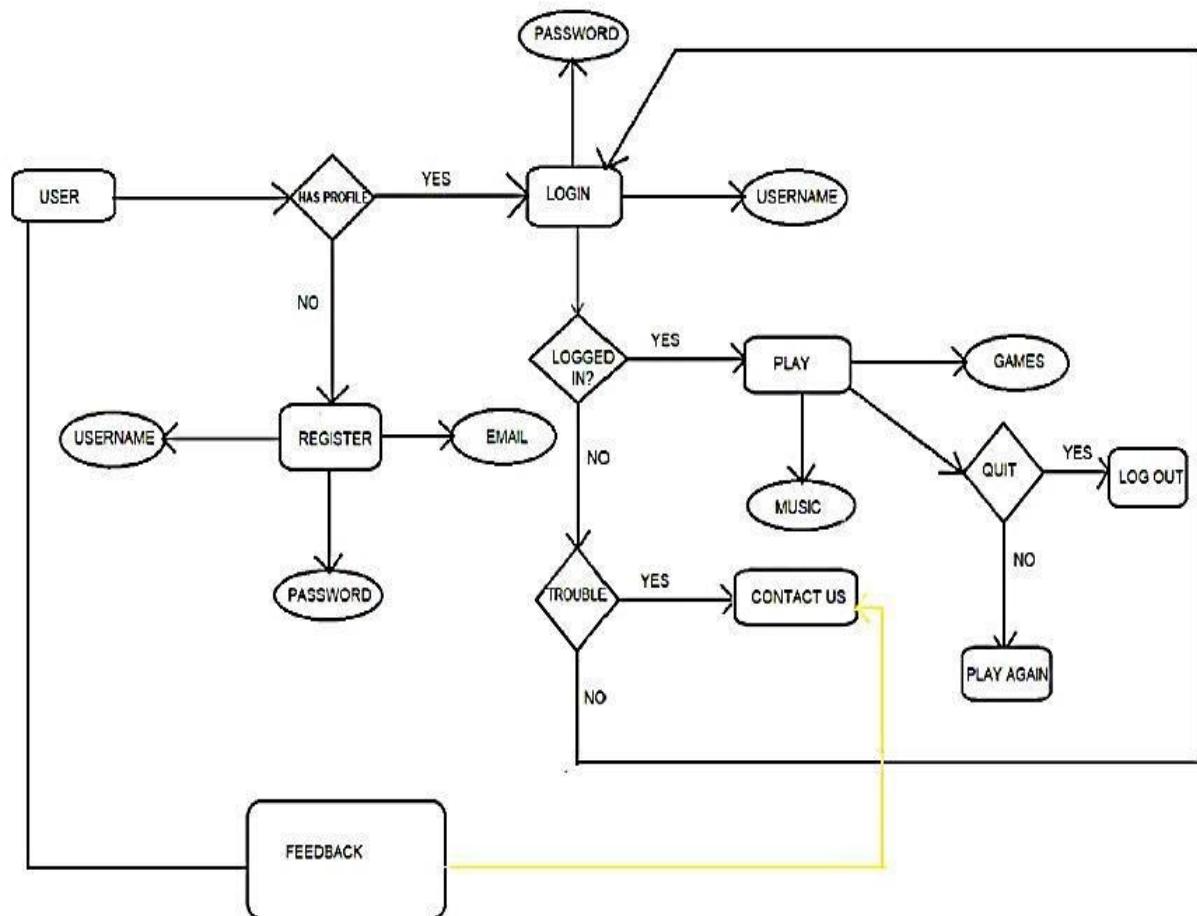


- **Diamond:**

Actions, which are represented by diamond shapes, show how two entities share information in the database.



6.3. ER diagram:



7. FEASIBILITY STUDY:

A feasibility study is an analysis of how successfully a project can be completed, accounting for factors that affect it such as economic, technological and operational. Project managers use feasibility studies to determine potential positive and negative outcomes of a project before investing a considerable amount of time and money into it.

During the stage of our feasibility study, we had to undergo the following steps as described under:

- Identify the origin of data at different levels of the system.
 - Identify the expectation of end user from the finished product/system.
 - Analyze the drawback(s) of the existing system.
-
- **Technical feasibility study:** It lays out details on how a good or service will be delivered, which includes transportation, business location, technology needed, materials and labor.
 - **Financial feasibility study:** It is a projection of the amount of funding or startup capital needed, what sources of capital can and will be used and what kind of return can be expected on the investment.
 - **Organizational feasibility study:** It is a definition of the corporate and legal structure of the business; this may include information about the founders, their professional background and the skills they possess necessary to get the company off the ground and keep it operational.
 - **Operational feasibility study:** It is mainly related to human, organizational and political aspects.
The points to be considered are-
 - a. What changes will be brought with the system?
 - b. What organizational structures are disturbed?
 - c. What new skill will be required, do the existing staff members have this skill?
 - d. Can they be trained due course of time?
- **Social feasibility study:** Social feasibility is determination of whether a proposed project will be acceptable to the people or not.

- **Legal feasibility study:** The system and legal procedures e.g. data disclosure and private act.
- **Time feasibility study:** Time feasibility is a determination of whether a proposed project can be implemented fully within a time frame. If a project takes too much time it is rightly to be rejected.

8. TECHNOLOGY USED:

8.1 Front-end Design: HTML, CSS

Hypertext Markup Language (HTML) is the standard markup language for creating web pages and web applications. With Cascading Style Sheets (CSS) and JavaScript, it forms a triad of cornerstone technologies for the World Wide Web. Web browsers receive HTML documents from a web server or from local storage and render the documents into multimedia web pages. Cascading Style Sheets (CSS) is a style sheet language used for describing the presentation of a document written in a markup language like HTML. CSS is a cornerstone technology of the World Wide Web, alongside HTML and JavaScript. CSS is designed to enable the separation of presentation and content, including layout, colors, and fonts. This separation can improve content accessibility, provide more flexibility and control in the specification of presentation characteristics, enable multiple web pages to share formatting by specifying the relevant CSS in a separate. Css file, and reduce complexity and repetition in the structural content.

8.2 Client side validation: JavaScript

JavaScript often abbreviated as JS, is a high-level, interpreted programming language. It is a language which is also characterized as dynamic, weakly typed, prototype-based and multi-paradigm. Alongside HTML and CSS, JavaScript is one of the three core technologies of the World Wide Web. JavaScript enables interactive web pages and thus is an essential part of web applications. The vast majority of websites use it, and all major web browsers have a dedicated JavaScript engine to execute it.

8.3 Business logic: PHP

PHP: Hypertext Preprocessor (or simply PHP) is a server-side scripting language designed for web development but also used as a general-purpose programming language. It was originally created by RasmusLerdorf in 1994, the PHP reference implementation is now produced by The PHP Group. PHP originally stood for Personal Home Page, but it now stands for the recursive

acronym PHP: Hypertext Preprocessor. PHP code is usually processed by a PHP interpreter implemented as a module in the web server or as a Common Gateway Interface (CGI) executable. The web server combines the results of the interpreted and executed PHP code, which may be any type of data, including images, with the generated web page. PHP code may also be executed with a command-line interface (CLI) and can be used to implement standalone graphical applications.

8.4 Database: MySQL

MySQL is an open source relational database management system. For proprietary use, several paid editions are available, and offer additional functionality. In this project MySQL has been used to store, update, retrieve and delete related to user's data and other additional data about projects.

8.5 Web Server: Apache

The Apache HTTP Server, colloquially called Apache, is free and open-source cross-platform web server, released under the terms of Apache License 2.0. Apache is developed and maintained by an open community of developers under the auspices of the Apache Software Foundation. The Apache HTTP Server is cross-platform; as of 1 June 2017 92% of Apache HTTPS Server copies run on Linux distributions. Version 2.0 improved support for non-Unix operating systems such as Windows and OS/2. Old versions of Apache were ported to run on OpenVMS and NetWare.

9. SOFTWARE REQUIREMENT SPECIFICATION (SRS):

The system is designed with HTML and CSS and uses PHP to communicate with the server and the database. XAMPP server with MySQL is being used here.

MINIMUM HARDWARE AND SOFTWARE REQUIREMENTS

Minimum hardware requirements

1. 800 MHz Processor
2. 2 GB RAM ü 250 MB Hard Disk Drive

Minimum Software requirements

1. Windows Operating System
2. PHP version 5.x
3. XAMPP server

10. DATABASE DESIGNS:-

Database: fitness_table

The screenshot shows the phpMyAdmin interface for the 'fitness_table' in the 'itm_28800525_fitness' database. The table has columns: id, name, email, mobile, password, and conf_pass. The data shows four entries:

	id	name	email	mobile	password	conf_pass
1	1	bekrom roy	200bekromroy@gmail.com	2147483647	\$2y\$10\$MI4EDEU.XccW3k9/9AX35eFYIGA4udzrBdoitKvrmjh...	\$2y\$10\$z8j0/TsTOsq58vjfcwdeD.7d/AJUWmh9GwDID/cZr...
2	2	Malik Kumar	malik98kumar@gmail.com	2147483647	\$2y\$10\$BPFhtjRmKrxR8zqRIGkS2.0kkMm8DIYF1hO1ErsqlFB...	\$2y\$10\$RBraAmfushogi7u9/4e/H8jGEBKR0/q4GyuuGv8S...
3	3	Bekrom Roy	bekromroy6@gmail.com	2147483647	\$2y\$10\$ScYKXAht1R3c6jBqF0YunYxV9RgjURdy9nCEZPyC...	\$2y\$10\$qpcVdDCmwB9H5vbk2s15TOubXjkkNjkPu0DQhOPO9Gn...
4	4	Admin	adminhu@gmail.com	0	\$2y\$10\$ekUobN3OR4WWrvCOORqx8.a2NXKXBKWFn3c1ghxt...	\$2y\$10\$Q1Ws2l3qqR7.8.ylR3gxdOheQuCq.8/KF5vnqM8d0YD...

Database: feedback

The screenshot shows the phpMyAdmin interface for the 'feedback' table in the 'itm_28800525_fitness' database. The table has columns: id, name, email, mobile, and message. The data shows two entries:

	id	name	email	mobile	message
1	1	bekrom roy	200bekromroy@gmail.com	2147483647	hi bekrom
2	2	Admin	adminhu@gmail.com	0	Have you any problems. Tell us now

Database: career

The screenshot shows the phpMyAdmin interface for a MySQL database named 'itm_28800525_fitness'. The current table is 'career'. The query results show three rows of data:

	id	name	email	mobile	careeroption
1	1	bekrom roy	200bekromroy@gmail.com	2147483647	Certified Physical Trainer
2	2	bekrom roy	200bekromroy@gmail.com	2147483647	Certified Physical Trainer
3	3	bekrom roy	200bekromroy@gmail.com	2147483647	Certified Physical Trainer

Below the table, there are buttons for 'Edit', 'Copy', 'Delete', and 'Export'. The 'Query results operations' section includes links for 'Print', 'Copy to clipboard', 'Export', 'Display chart', and 'Create view'.

11. SOURCE CODES: Home Page

Html :

```
<!DOCTYPE html>
<html>
<head>
    <meta charset="utf-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" type="text/css" href="index/index.css">
    <link rel="stylesheet" type="text/css" href="home/home.css">
    <link type="text/css" href="bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="icon" type="image/png" href="logo/logo.png">
    <title>Fitness Care</title>
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&nbsp;</span>
```

```

>C</span>
>A</span>
>R</span>
>E</span>

```

</div>

</section>

<script src="https://code.jquery.com/jquery-3.2.1.js"></script>

<script src="preloader/preloader.js"></script>

<!-- end of preloader section-->

<!-- mouse circle -->

<div id="bek-mouse-circle" class="bek-mouse-circle"></div>

<!-- end of mouse circle -->

<!-- nav bar -->

<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">

<div class="container-xl">

Fitness Care

<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">

</button>

<div class="collapse navbar-collapse" id="navbarSupportedContent">

<ul class="navbar-nav me-auto mb-2 mb-lg-0">

<li class="nav-item">

Home

<li class="nav-item">

<div class="bek-dropdown1">

<button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button>

<div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">

&nbsp&nbspAbout Us

&nbsp&nbspCareers

&nbsp&nbspTutorials

</div>

</div>

<li class="nav-item">

<div class="bek-dropdown1">

<button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button>

<div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">

&nbsp&nbspMeal Plans

&nbsp&nbspNutrition

</div>

</div>

<li class="nav-item">

<div class="bek-dropdown1">

<button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button>

<div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">

&nbsp&nbspexercise

&nbsp&nbspyoga

&nbsp&nbspworkout programs

```

        </div>
    </div>
</li>
<li class="nav-item">
    <div class="bek-dropdown1">
        <span><a class="nav-link bek-link" href="faq/faq.html" id="faq"><button class="bek-dropbtn">faq


```

```

<div class="bek-icon2">
    <div class="bek-icon-img-in"></div>
    <div class="bek-icon-img-in"></div>
    <div class="bek-icon-img-in"></div>
    <div class="bek-icon-img-in"></div>
    <div class="bek-icon-img-in"></div>
</div>

</div>
</div>
</div>
</section>
<!-- end of section 1-->
<!-- section 2-->
<div style="width: 100%;height: 100px;background: -webkit-linear-gradient(to left, #99f2c8, #1f4037);background: linear-gradient(to left, #99f2c8, #1f4037);overflow: hidden;"></div>
<section class="section2">
    <div class="container container-bek">
        <div class="row">
            <div class="col-md bek-center">
                <p style="font-size: 20px;color: #fff;margin-bottom: 10px;">Meal Plans</p>
                <p>Plans ith dietitians and nutritionists.</p>
                <a href="meal-plans/meal-plans.html">Let's Go &nbsp;<i class="fas fa-arrow-right bek-arrow"></i></a>
            </div>
            <div class="col-md bek-center">
                <p style="font-size: 20px;color: #fff;margin-bottom: 10px;">Workout</p>
                <p>Access to some workout videos.</p>
                <a href="exercise/exercise.php">Let's Go &nbsp;<i class="fas fa-arrow-right bek-arrow"></i></a>
            </div>
            <div class="col-md bek-center">
                <p style="font-size: 20px;color: #fff;margin-bottom: 10px;">Workout Programs</p>
                <p>Make your own workout program.</p>
                <a href="workout-programs/workout-programs.html">Let's Go &nbsp;<i class="fas fa-arrow-right bek-arrow"></i></a>
            </div>
            <div class="col-md bek-center">
                <p style="font-size: 20px;color: #fff;margin-bottom: 10px;">Fitness Care Plus&nbsp;<span style="color: #ff2b2b; font-size: 26px;"></span></p>
                <p>Full access to our website.</p>
                <a href="join/join.html">Let's Go &nbsp;<i class="fas fa-arrow-right bek-arrow"></i></a>
            </div>
        </div>
    </div>
</section>
<!-- end of section 2 -->
<!-- section 3 -->
<section class="section3">
    <p class="bek-text2" style="font-size: 30px;">What makes us <br><i><span style="font-size: 40px;color: #ff2b2b;text-transform: uppercase;">Different?</span></i></p>
    <div class="container">
        <div class="row">
            <div class="col-md">
                <ul>
                    <ul>
                        <li class="bek-li bek-li1">Progress Result</li>
                        <p>Our approaches are Scientific that why We offer a Money Back Guarantee.</p>
                        <li class="bek-li bek-li2">Human Touch</li>
                        <p>Our Coaches will reached at Your Door for You.</p>
                        <li class="bek-li bek-li3">Community</li>
                        <p>Stay Connected with Us and with other Peoples on the Same Journey.</p>
                        <li class="bek-li bek-li4">Service</li>
                        <p>For this Corona Condition we are working from home through online.</p>
                    </ul>
                </div>
            <div class="col-md">

```

```

<div id="carouselExampleFade" class="carousel slide carousel-fade" data-bs-ride="carousel">
  <div class="carousel-inner">
    <div class="carousel-item active" data-bs-interval="8000">
      
    </div>
    <div class="carousel-item" data-bs-interval="8000">
      
    </div>
    <div class="carousel-item" data-bs-interval="8000">
      
    </div>
    <div class="carousel-item" data-bs-interval="8000">
      
    </div>
  </div>
  </div>
</div>
<div class="bek-circle1"></div>
<div class="bek-circle2"></div>
</section>
<!-- end of section 3 --&gt;
<!-- section 4 --&gt;
&lt;section class="section4"&gt;
  &lt;div class="container"&gt;
    &lt;p class="bek-text2" style="font-size: 40px; margin-bottom: 80px;"&gt;We are &lt;i&gt;&lt;span style="text-transform: uppercase; color: #ff2b2b;"&gt;Redefining Fitness&lt;/span&gt;&lt;/i&gt; for You.&lt;/p&gt;
    &lt;div class="row"&gt;
      &lt;div class="col-md bek-middle"&gt;
        &lt;img src="home/body.png"&gt;
        &lt;span&gt;13,000+&lt;/span&gt;
        &lt;p&gt;Body Transformation&lt;/p&gt;
      &lt;/div&gt;
      &lt;div class="col-md bek-middle"&gt;
        &lt;img src="home/weight.png"&gt;
        &lt;span&gt;11,300+&lt;/span&gt;
        &lt;p&gt;People Lose Their Weight&lt;/p&gt;
      &lt;/div&gt;
      &lt;div class="col-md bek-middle"&gt;
        &lt;img src="home/certificate.png" style="width: 170px; margin-top: 30px;"&gt;
        &lt;span style="margin-top: 25px;"&gt;50+&lt;/span&gt;
        &lt;p&gt;Certified Coaches&lt;/p&gt;
      &lt;/div&gt;
    &lt;/div&gt;
  &lt;/div&gt;
&lt;/section&gt;
<!-- end of section 4 --&gt;
<!-- section 5 --&gt;
&lt;section class="section5"&gt;
  &lt;div class="container"&gt;
    &lt;div class="row"&gt;
      &lt;div class="col-md"&gt;
        &lt;p class="bek-text2" style="text-align: left;"&gt;What we do &lt;br&gt;&lt;span style="font-size: 45px; color: #333; text-transform: uppercase;"&gt;about &lt;span style="color: #ff2b2b;"&gt;&lt;i&gt;fitness care&lt;/i&gt;&lt;/span&gt;&lt;/span&gt;&lt;/p&gt;
        &lt;p class="bek-text3"&gt;This is a fitness website. We made this website FITNESS CARE for the major project of our college. We all belongs to George College Sealdah. It is basically a part of our graduation course. We are seven students working as a team. To see more about us click the following button.&lt;/p&gt;
        &lt;a href="about/about.html" style="text-decoration: none;"&gt;&lt;button&gt;Read More&lt;/button&gt;&lt;/a&gt;
      &lt;/div&gt;
      &lt;div class="col-md" style="align-items: center; justify-content: center; display: flex;"&gt;
        &lt;img src="home/image2.png"&gt;
      &lt;/div&gt;
    &lt;/div&gt;
  &lt;/div&gt;
&lt;/section&gt;
<!-- end of section 5 --&gt;
</pre>

```

```

<!-- section 6 -->
<section class="section6">
    <div class="container-fluid">
        <div class="row">
            <div class="col-md bek-middle2">
                <p>Ready to try <i><span style="color: #ff2b2b;font-size: 33px;">FITNESS CARE</span></i> ?</p>
            </div>
            <div class="col-md bek-middle2">
                <a href="workout-programs/workout-programs.html"><button>Get Start Now</button></a>
            </div>
        </div>
    </div>
</section>
<!-- end of section 6 -->
<!-- section 7 -->
<section class="section7">
    <div class="container-fluid" style="padding: 0;">
        <div class="row">
            <div class="col-md-6 bek-video">
                <video width="685" loop muted autoplay>
                    <source src="home/video/video2.mp4" type="video/mp4">
                </video>
            </div>
            <div class="col-md-6 bek-video">
                <video width="685" loop muted autoplay>
                    <source src="home/video/video1.mp4" type="video/mp4">
                </video>
            </div>
        </div>
    </div>
</section>
<!-- end of section 7 -->
<!-- end of iframe part-->
<!-- back to top button-->
<a href="#gotop"><button id="myBtn" title="Go to top"></button></a>
<!-- end of back to top button-->
<!-- footer bar -->
<div class="bek-footer-out1">
    <div class="container bek-footer-out2">
        <div class="row">
            <div class="col-md-4">
                
                <p>Your daily workout partner.</p>
            </div>
            <div class="col-md-8">
                <div class="row">
                    <div class="col-md-6">
                        <div class="row">
                            <div class="col-sm-6">
                                <p><a href="about/about.html" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
                                <p><a href="career/career.html" id="career2">careers</a></p>
                                <p><a href="tutorial/tutorial.html" id="tutorial2">tutorials</a></p>
                            </div>
                            <div class="col-sm-6">
                                <p><a href="food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
                                <p><a href="meal-plans/meal-plans.html" id="meal-plans2">meal plans</a></p>
                                <p><a href="food/food.php">nutrition</a></p>
                            </div>
                        </div>
                    </div>
                    <div class="col-md-6">
                        <div class="row">
                            <div class="col-sm-6">
                                <p><a href="exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
                                <p><a href="exercise/exercise.php">exercise</a></p>
                                <p><a href="yoga/yoga.php">yoga</a></p>
                            </div>
                        </div>
                    </div>
                </div>
            </div>
        </div>
    </div>
</div>

```

```

        <p><a href="workout-programs/workout-programs.html" id="workout-programs2">workout
programs</a></p>
        </div>
        <div class="col-sm-6">
            <p><a href="faq/faq.html" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
            <p><a href="contact/contact.php">contact us</a></p>
        </div>
        </div>
        </div>
    </div>
    <div class="container bek-footer-out3">
        <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .&nbsp;<span class="change-
nm"></span>&nbsp;</p>
    </div>
</div>
<!-- end of footer bar -->

<!-- -----js tags----- -->
<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script src="bootstrap/js/bootstrap.js"></script>
<script src="https://unpkg.com/swiper/swiper-bundle.min.js"></script>
<script type='text/javascript'
src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="index/anime.min.js"></script>
<script src="home/home.js"></script>
<script src="index/index.js"></script>
<script src="denie/denie.js"></script>
</body>
</html>

```

Css :

```

* {
    margin: 0;
    padding: 0;
    box-sizing: border-box;
}
html {
    scroll-behavior: smooth;
}
body {
    overflow-x: hidden;
    font-family: "Roboto", "Arial", "sans-serif";
}
/* scroll bar */
::-webkit-scrollbar {
    width: 5px;
    background-color: #ddd;
}
::-webkit-scrollbar-track {
    border-radius: 0px;
}
::-webkit-scrollbar-thumb {
    background: red;
    border-radius: 10px;
}
/* mouse circle */
.bek-mouse-circle {
    display: none;
    position: absolute;
    border: solid 2px #00c7ff;
    width: 40px;
    height: 40px;
}

```

```

border-radius: 50%;
pointer-events: none;
will-change: transform;
-webkit-backface-visibility: hidden;
backface-visibility: hidden;
z-index: 9999999999999999;
}
/* preloader section */
.preloader {
    position: fixed;
    overflow: hidden;
    top: 0;
    left: 0;
    width: 100%;
    height: 100vh;
    display: block;
    background-color: #ff2b2b;
    z-index: 9999;
    align-items: center;
    text-align: center;
    justify-content: center;
    display: flex;
}
.preloaderin {
    width: 100%;
    height: 100%;
    position: absolute;
    display: flex;
    justify-content: center;
    align-items: center;
}
.preloaderin1 {
    width: 300px;
    height: 70%;
    box-shadow: 0 18px 16px -16px black;
    z-index: 999;
    position: absolute;
    top: 0;
    display: flex;
    justify-content: center;
    align-items: center;
}
.preloaderin2 {
    width: 80px;
    height: 80px;
    background-color: green;
    position: absolute;
    animation: box 4s linear infinite;
}
/* navbar section */
.bek-nav1 {
    height: 80px;
}
.bek-dropbtn {
    background-color: #fff;
    border: none;
    outline: none;
    margin: 0 15px;
    text-transform: uppercase;
    font-size: 14px;
}
.bek-dropdown1 {
    position: relative;
    display: inline-block;
}
.bek-dropdown2 {
    text-align: center;

```

```

align-items: center;
justify-content: center;
display: flex;
display: none;
position: fixed;
background-color: #222638;
min-width: 160px;
box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
z-index: 1;
transition: .4s;
width: 100%;
right: 0;
}
.bek-dropdown8 {
width: 100vw;
right: 0;
display: none;
position: fixed;
background-color: #222638;
min-width: 160px;
box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
z-index: 1;
}
.bek-dropdown7 {
display: none;
position: fixed;
background-color: #222638;
min-width: 160px;
padding: 5px;
box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
z-index: 1;
}
.bek-dropdown2 a {
color: #fff;
padding: 12px 16px;
text-decoration: none;
margin: 0 30px;
text-transform: uppercase;
}
.bek-dropdown7 a {
color: #fff;
padding: 12px 16px;
text-decoration: none;
display: block;
text-align: center;
}
.bek-dropdown1:hover .bek-dropdown2 {
display: block;
}
.bek-dropdown1:hover .bek-dropdown7 {
display: block;
}
.bek-dropbtn .bek-rotate {
color: #ff2b2b;
transition: .2s;
}
.bek-dropdown1:hover .bek-rotate {
transform: rotate(180deg);
}
.bek-link {
color: #000;
text-transform: uppercase;
}
.bek-dropdown-in {
padding: 30px 10%;
}
.bek-search {

```

```

width: 100%;
outline: none;
border: none;
border-bottom: 1px solid #fff;
}
ul a {
color: #fff;
}
.bek-join {
border: 1px solid #ff2b2b;
color: #ff2b2b;
transition: .2s;
}
.bek-join:hover {
background-color: #ff2b2b;
color: #fff;
}
.bek-dropdown2 a:hover {
color: #ff2b2b;
}
.bek-dropdown7 a:hover {
background-color: #2e3247;
color: #fff;
}
.bek-dropdown7 .bek-join {
color: #ff2b2b;
}
.bek-dropdown7 .bek-join:hover {
background-color: #ff2b2b;
color: #fff;
}
input:focus {
outline: none;
}
.active {
border-bottom: 1px solid gray;
}
/* footer section*/
.bek-footer-out1 {
width: 100%;
background-color: #2b1616;
padding: 50px 50px 0 50px;
}
.bek-footer-out2 {
padding: 50px 50px 80px 50px;
border-bottom: 1px solid #888;
}
.bek-footer-out2 p {
color: #aaa;
font-weight: 200;
font-size: 13px;
margin-top: 5px;
text-transform: uppercase;
}
.bek-footer-out2 a {
text-decoration: none;
color: #888;
text-transform: uppercase;
font-size: 12px;
}
.bek-footer-out2 a:hover {
color: #555;
}
.bek-footer-out3 {
width: 100%;
padding: 10px 0 0 0;
text-align: center;
}

```

```

    align-items: center;
    justify-content: center;
    display: flex;
    padding: 20px 0 0 0;
}
.bek-footer-out3 p {
    color: #888;
    font-weight: 200;
    font-size: 12px;
    text-transform: uppercase;
}
.frame-section {
    width: 100%;
}
.frame-section #iframe {
    width: 100%;
}
.iframe-height {
    height: 3550px;
}
.change-nm {
    position: relative;
    color: #aaa;
}
.change-nm:before {
    content: '';
    animation: change-nm 12s linear infinite;
}
@keyframes change-nm {
    0% {
        content: 'Amritanshu';
    }
    14.29% {
        content: 'Anurag';
    }
    28.58% {
        content: 'Bekrom';
    }
    42.87% {
        content: 'Harikesh';
    }
    57.16% {
        content: 'Mallik';
    }
    71.45% {
        content: 'Sahil';
    }
    85.74% {
        content: 'Saurabh';
    }
    100% {
        content: 'Amritanshu';
    }
}
#myBtn {
    display: none;
    position: fixed;
    bottom: 10px;
    right: 10px;
    z-index: 99;
    font-size: 18px;
    border: none;
    outline: none;
    background-color: #fff;
    color: white;
    cursor: pointer;
    padding: 5px;
}

```

```

border-radius: 4px;
border: 2px solid red;
}
.remove {
  display: none;
}
/* modal part */
#sectionmodal {
  width: 100%;
  height: 100vh;
  background: #ffff1;
  backdrop-filter: blur(4px);
  position: fixed;
  top: 0;
  left: 0;
  z-index: 999999999999;
  display: block;
  overflow: hidden;
}
#img1 {
  width: 200px;
  position: absolute;
  top: 0;
  right: 0;
}
#bek-out-modal {
  position: absolute;
  bottom: 20px;
  left: 20px;
  background-color: #fff;
  align-items: center;
  justify-content: center;
  text-align: center;
  display: flex;
  padding: 20px;
  width: 60%;
  border-radius: 8px;
  box-shadow: 0 10px 8px -6px black;
}
#img2 {
  width: 240px;
  margin-right: 20px;
}
#bek-in-modal h1 {
  font-size: 30px;
  font-weight: 900;
  color: #ff2b2b;
}
#bek-in-modal p {
  font-size: 15px;
  font-weight: 400;
}
#bek-in-modal #bek-modal-button {
  padding: 8px 90px;
  border-radius: 30px;
  border: none;
  outline: none;
  background: linear-gradient(to right, #ee0979, #ff6a00);
  color: #fff;
  font-weight: 600;
  box-shadow: 0 10px 8px -6px black;
  transition: .2s;
}
#bek-in-modal #bek-modal-button:hover {
  transform: translateY(3px);
  box-shadow: none;
}

```

```

/* frame height */
.home {
  height: 3550px;
}
.account {
  height: 1010px;
}
.career {
  height: 1560px;
}
.faq {
  height: 2200px;
}
.tutorial {
  height: 655px;
}
.notifications {
  height: 220px;
}
.workout-programs {
  height: 1730px;
}
.meal-plans {
  height: 3439px;
}
.about {
  height: 1920px;
}
.signin {
  height: 625px;
}
.signup {
  height: 625px;
}
.forgot {
  height: 625px;
}
/* end of frame height */
/* media query */
@media only screen and (max-width: 770px) {
  .iframe-height {
    height: 6620px;
  }
  .home {
    height: 6620px;
  }
  .account {
    height: 1400px;
  }
  .career {
    height: 2260px;
  }
  .faq {
    height: 2400px;
  }
  .tutorial {
    height: 1020px;
  }
  .notifications {
    height: 220px;
  }
  .workout-programs {
    height: 3140px;
  }
  .meal-plans {
    height: 5196px;
  }
}

```

```

.about {
  height: 1970px;
}
#bek-out-modal {
  flex-direction: column;
  width: 80%;
}
#img1 {
  display: none;
}
}
@media only screen and (max-width: 470px) {
  .workout-programs {
    height: 5938px;
  }
  .meal-plans {
    height: 5557px;
  }
  .about {
    height: 2255px;
  }
}
* {
  margin: 0;
  padding: 0;
  box-sizing: border-box;
}
html {
  scroll-behavior: smooth;
}
body {
  font-family: "Roboto", "Arial", "sans-serif";
  overflow-x: hidden;
}
/* section1 */
.section1 {
  width: 100%;
  height: 670px;
  background: -webkit-linear-gradient(to left, #99f2c8, #1f4037);
  background: linear-gradient(to left, #99f2c8, #1f4037);
  overflow: hidden;
}
.col-md-6 {
  justify-content: center;
  display: flex;
  flex-direction: column;
}
.bek-text p {
  font-size: 28px;
  line-height: 46px;
  color: #fff;
}
.bek-icon1 {
  position: relative;
  width: 550px;
  height: 550px;
  background: radial-gradient(520px, #f08f538c, transparent 50%);
  margin-top: 50px;
}
.bek-icon-img-in {
  width: 90px;
  height: 90px;
  border: 2px solid #ff2b2b;
  border-radius: 50%;
  padding: 15px;
  position: absolute;
  background: radial-gradient(circle, rgba(255,255,255,0) 35%, rgba(121,52,9,1) 95%);
```

```

        overflow: hidden;
    }
.bek-icon-img-out {
    width: 130px;
    position: absolute;
    top: 50%;
    left: 50%;
    transform: translate(-50%, -50%);
}
.bek-icon2 {
    height: 100%;
    width: 100%;
    animation: rotation 60s linear infinite;
}
@keyframes rotation {
    100% {
        transform: rotate(360deg);
    }
}
.bek-icon-img {
    width: 60px;
    height: 60px;
    animation: rotationimg 60s linear infinite;
}
@keyframes rotationimg {
    100% {
        transform: rotate(-360deg);
    }
}
.bek-icon-img-in:nth-child(1) {
    top: 0;
    left: 42%;
}
.bek-icon-img-in:nth-child(2) {
    top: 25%;
    right: 0;
}
.bek-icon-img-in:nth-child(3) {
    top: 70%;
    left: 70%;
}
.bek-icon-img-in:nth-child(4) {
    top: 25%;
    left: 0;
}
.bek-icon-img-in:nth-child(5) {
    top: 72%;
    left: 12%;
}
.bek-text a {
    width: 160px;
    height: 55px;
    text-align: center;
    justify-content: center;
    align-items: center;
    display: flex;
    text-decoration: none;
    font-size: 18px;
    color: #ff2b2b;
    background-color: #fff;
    transition: .3s;
    box-shadow: 0 0 1px #99f2c8;
    margin-top: 20px;
}
.bek-text a:hover {
    color: #fff;
    background-color: #ff2b2b;
}

```

```

}

.bek-center {
  justify-content: center;
  display: flex;
  flex-direction: column;
  background-color: #333;
  border-right: 1px solid #777;
  border-bottom: 1px solid #777;
  padding: 60px 30px 40px 30px;
  z-index: 99;
}
.bek-center p {
  color: #bbb;
  font-size: 15px;
  margin: 0 15px;
}
.bek-center a {
  color: #fff;
  background: #ff2b2b;
  padding: 8px 30px;
  width: 155px;
  margin: 10px 15px;
  text-decoration: none;
  transition: .3s;
}
.bek-center a:hover {
  color: #ff2b2b;
  background: #fff;
}
/* section1 part 2 */
.section11 {
  width: 100%;
  overflow: hidden;
}
.bek-banner {
  position: relative;
  width: 100%;
  height: 680px;
  padding: 0 100px;
  background: #111;
  display: flex;
  justify-content: flex-start;
  align-items: center;
}
.bek-banner:before {
  content: '';
  position: absolute;
  right: 0;
  top: 0;
  width: 400px;
  height: 100%;
  background-color: #37d72f;
  transform: skewX(-25deg);
  z-index: 1;
}
.bek-banner video {
  position: absolute;
  top: 0;
  left: 0;
  width: 100%;
  height: 100%;
  object-fit: cover;
  opacity: 0.15;
  pointer-events: none;
}
.bek-banner .bek-textBox {
  position: relative;

```

```

width: 600px;
z-index: 2;
}
.bek-banner .bek-textBox h2 {
color: #fff;
font-size: 3em;
margin-bottom: 40px;
}
.bek-banner .bek-textBox p {
color: #fff;
font-size: 1.2em;
margin: 10px 0 15px 0;
}
.bek-banner .bek-textBox a {
position: relative;
display: inline-block;
padding: 15px 45px;
text-decoration: none;
font-size: 1.1em;
text-transform: uppercase;
letter-spacing: 1px;
font-weight: 500;
color: #ff2b2b;
background-color: #fff;
transition: .3s;
border-radius: 4px;
margin-top: 30px;
}
.bek-banner .bek-textBox a:hover {
color: #fff;
background-color: #ff2b2b;
}
.bek-banner .bek-imgBox {
position: relative;
height: 680px;
display: flex;
justify-content: center;
align-items: center;
width: 50%;
z-index: 2;
}
.bek-banner .bek-imgBox img {
position: absolute;
bottom: 0;
height: 617px;
z-index: 9;
}
/* section2 */
.section2 {
width: 100%;
}
.bek-arrow {
animation: bekarrow 2s linear infinite;
}
@keyframes bekarrow {
0% {
margin-left: 0px;
}
50% {
margin-left: 10px;
}
100% {
margin-left: 0px;
}
}
.bek-arrow:nth-child(1) {
animation-delay: 0s;
}

```

```

}
.bek-arrow:nth-child(2) {
  animation-delay: .5s;
}
.bek-arrow:nth-child(3) {
  animation-delay: 1s;
}
.bek-arrow:nth-child(4) {
  animation-delay: 1.5s;
}
.container-bek {
  margin-top: -120px;
}
/* section3 */
.section3 {
  margin-top: 80px;
  width: 100%;
  overflow-y: visible;
  padding: 50px 0;
  position: relative;
}
.bek-circle1 {
  width: 900px;
  height: 900px;
  position: absolute;
  top: 50%;
  left: 0%;
  background-color: #d3eaff;
  z-index: -1;
  border-radius: 50%;
  transform: rotate(90deg);
  transform: translate(-50%,0%);
}
.bek-circle2 {
  width: 900px;
  height: 900px;
  position: absolute;
  bottom: 0%;
  right: 0%;
  background-color: #ffd3d3;
  z-index: -1;
  border-radius: 50%;
  transform: rotate(90deg);
  transform: translate(50%,150%);
}
.bek-text2 {
  text-align: center;
  font-size: 30px;
  font-weight: 600;
  color: #444;
}
.section3 ul {
  padding-top: 100px;
  padding-bottom: 100px;
}
.bek-li {
  font-size: 20px;
  font-weight: 600;
  margin-bottom: 10px;
  animation: changecolor 32s linear infinite;
}
.bek-li1 {
  animation-delay: 0s;
}
.bek-li2 {
  animation-delay: 8s;
}

```

```

.bek-li3 {
  animation-delay: 16s;
}
.bek-li4 {
  animation-delay: 24s;
}
@keyframes changecolor {
  0% {
    color: #111;
  }
  5% {
    color: #ff2b2b;
  }
  27% {
    color: #ff2b2b;
  }
  30% {
    color: #111;
  }
  100% {
    color: #111;
  }
}
.section3 p {
  font-size: 14px;
  color: #555;
}
/* section4 */
.section4 {
  width: 100%;
  padding: 100px;
}
.bek-middle {
  text-align: center;
  align-items: center;
  justify-content: center;
  display: flex;
  flex-direction: column;
}
.bek-middle img {
  width: 200px;
}
.bek-middle span {
  font-size: 35px;
  font-weight: 800;
  color: #ff2323;
}
.bek-middle p {
  font-size: 20px;
  font-weight: 600;
  color: #333;
}
/* section5 */
.section5 {
  width: 100%;
  padding: 100px 100px 50px 100px;
}
.bek-text3 {
  font-size: 14px;
  color: #666;
  font-weight: 400;
}
.section5 button {
  border: none;
  outline: none;
  padding: 18px 40px;
  background-color: #ff2b2b;
}

```

```

    color: #fff;
    font-size: 18px;
    border-radius: 50px;
    margin-top: 30px;
    font-weight: 600;
    border: 2px solid #ff2b2b;
    transition: .3s;
}
.section5 button:hover {
    background-color: #fff;
    color: #ff2b2b;
}
.section5 img {
    width: 500px;
    margin-top: -70px;
}
/* section6 */
.section6 {
    width: 100%;
    padding: 0;
    margin: 0;
}
.bek-middle2 {
    width: 100%;
    height: 150px;
    text-align: center;
    align-items: center;
    justify-content: center;
    display: flex;
    flex-direction: column;
    background-color: rgba(50, 194, 231, .3);
    border-top: 1px solid rgba(50, 194, 231, .5);
    border-bottom: 1px solid rgba(50, 194, 231, .5);
    padding: 30px 0 20px 0 ;
    backdrop-filter: blur(6px);
}
.bek-middle2 p {
    font-size: 30px;
    font-weight: 600;
    margin-top: 10px;
}
.bek-middle2 button {
    padding: 15px 60px;
    border: none;
    outline: none;
    background-color: #313443;
    color: #fff;
    font-size: 18px;
    border-radius: 10px;
    transition: .2s;
}
.bek-middle2 button:hover {
    background-color: #454856;
}
/* section7 */
.section7 {
    width: 100%;
}
.bek-video {
    width: 186.5px;
    padding: 50px 0;
}
/* media query */
@media only screen and (max-width: 770px) {
    .section1 {
        width: 100%;
        height: 1120px;
}

```

```

        }
    .bek-banner {
        padding: 100px 50px 0 50px;
        flex-direction: column;
        height: 1130px;
    }
    .bek-banner:before {
        width: 300px;
        transform: skewX(-25deg) translateX(50%);
    }
    .bek-banner .bek-textBox {
        width: 100%;
    }
}

```

JS :

```

//preloader
function myPreloader() {
    $(".preloader").css("display", "none");
}
/*
$("#forgot").click(function(){
    $("#iframe").attr("src","login/forgot.php");
    $("#iframe").removeClass();
    $("#title").text("forgot | Fitness Care");
    $("#iframe").addClass("forgot");
});*/
//mouse circle
jQuery(document).ready(function() {

    var mouseX = 0, mouseY = 0;
    var xp = 0, yp = 0;

    $(document).mousemove(function(e){
        mouseX = e.pageX - 20;
        mouseY = e.pageY - 20;
        $("#bek-mouse-circle").css("display", "block");
    });

    setInterval(function(){
        xp += ((mouseX - xp)/6);
        yp += ((mouseY - yp)/6);
        $("#bek-mouse-circle").css({left: xp +'px', top: yp +'px'});
    }, 20);
});

// go to top
var mybutton = document.getElementById("myBtn");

// When the user scrolls down 20px from the top of the document, show the button
window.onscroll = function() {scrollFunction()};

function scrollFunction() {
    if (document.body.scrollTop > 600 || document.documentElement.scrollTop > 600) {
        mybutton.style.display = "block";
    } else {
        mybutton.style.display = "none";
    }
}

//modal on load
$("#bek-modal-button").click(function(){
    $("#sectionmodal").css("display", "none");
});

```

About

Html :

```
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <title>About | Fitness Care</title>
    <link rel='stylesheet' href='https://code.ionicframework.com/ionicons/2.0.1/css/ionicons.min.css'>
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <link rel="icon" type="image/png" href="../logo/logo.png">
    <link rel="stylesheet" href="about.css">
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&nbsp;</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../index.html">
            
            <span style="color: #ff2b2b;">Fit</span>ness Care
        </a>
        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="../index.html" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
                </li>
                <li class="nav-item">
```

```

        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="about.html" id="about"><button class="bek-dropbtn">About
<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                <a href="about.html" id="about2">&nbsp;&nbsp;About
Us</a>
                <a href="../career/career.html" id="career">&nbsp;&nbsp;Careers</a>
                <a href="../tutorial/tutorial.html" id="tutorial">&nbsp;&nbsp;Tutorials</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..//food/food.php"><button class="bek-dropbtn">Food <i
class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                <a href="..//meal-plans/meal-plans.html" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                <a href="..//food/food.php">&nbsp;&nbsp;Nutrition</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..//exercise/exercise.php"><button class="bek-
dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                <a href="..//exercise/exercise.php">&nbsp;&nbsp;exercise</a>
                <a href="..//yoga/yoga.php">&nbsp;&nbsp;yoga</a>
                <a href="..//workout-programs/workout-programs.html" id="workout-programs">&nbsp;&nbsp;workout programs</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..//faq/faq.html" id="faq"><button class="bek-
dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                <a href="..//faq/faq.html" id="faq2">&nbsp;&nbsp;FAQ</a>
                <a href="..//contact/contact.php">&nbsp;&nbsp;Contact Us</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <span><a class="nav-link bek-link" aria-current="page" href="..//store/store.html" style="text-
transform: uppercase; color: #000; margin: 3px 0 0 20px; font-size: 14px;">Store</a></span>
    </li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..//login/login.php" id="signin"><button class="bek-
dropbtn" style="margin: 0 0;">Sign In <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="..//login/login.php" id="signin2"><i class="fas fa-sign-in-alt" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Sign In</a>
                <a href="..//login/signup.php" id="signup"><i class="fas fa-user-plus" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Sign Up</a>
                <a href="..//login/forgot.php" id="forgot" style="margin: 0 0 4px 0;"><i class="fas fa-user-
lock" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Forgot Password</a>
            </div>
        </div>
    </li>
</ul>

```

```

        <a href="../join/join.html" class="bek-join"> JOIN</a>
    </div>
</div>
</li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i
class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color:
#222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar -->
<!-- section1 -->
<section class="sectionfaq1">
    <div class="container2">
        <div class="bek-out">
            <div class="bek-col-md-6">
                <p style="font-size: 16px;color: #0a4bff;">ABOUT FITNESS CARE AND IT'S TEAM MEMBERS</p>
                <p>Our Target is to Make your health healthy and maintain your fitness and make it affordable.</p>
            </div>
        </div>
    </div>
</section>
<!-- end of section1 -->
<!-- section2 -->
<section class="sectionabout2">
    <div style="width: 80%;">
        
        <h2>we created this website for a major project for our college. but it can help you to live a better
life, healthy and happier life</h2>
        <p>We believe fitness should be accessible to everyone, everywhere, regardless of income level or access
to a gym. That's why we offer hundreds of free, full-length workout videos, the most affordable and effective
workout programs on the web, meal plans, and helpful health, nutrition and fitness information.</p>
    </div>
</section>
<!-- end of section2 -->
<!-- section3 -->
<section class="sectionabout3">
    <p class="bek-member-text">Group Members</p>
    <div id="carouselExampleInterval" class="carousel slide" data-bs-ride="carousel">
        <div class="carousel-indicators">
            <button type="button" data-bs-target="#carouselExampleInterval" data-bs-slide-to="0" class="active"
aria-current="true" aria-label="Slide 1"></button>
            <button type="button" data-bs-target="#carouselExampleInterval" data-bs-slide-to="1" aria-label="Slide
2"></button>
            <button type="button" data-bs-target="#carouselExampleInterval" data-bs-slide-to="2" aria-label="Slide
3"></button>
            <button type="button" data-bs-target="#carouselExampleInterval" data-bs-slide-to="3" aria-label="Slide
4"></button>
            <button type="button" data-bs-target="#carouselExampleInterval" data-bs-slide-to="4" aria-label="Slide
5"></button>
            <button type="button" data-bs-target="#carouselExampleInterval" data-bs-slide-to="5" aria-label="Slide
6"></button>
            <button type="button" data-bs-target="#carouselExampleInterval" data-bs-slide-to="6" aria-label="Slide
7"></button>
        </div>
        <div class="carousel-inner">
            <!-- bekrom -->

```

```

<div class="carousel-item active" data-bs-interval="8000">
  <div class="bek-center">
    <div class="bek-design">
      
      <div class="bek-rotate2"></div>
      <div class="bek-grid">
        <div class="bek-data"></div>
        <div></div>
        <div></div>
        <div class="bek-data"></div>
      </div>
      <div class="bek-blend">
        
        <div class="bek-grid">
          <div></div>
          <div class="bek-data"></div>
          <div class="bek-data"></div>
          <div></div>
        </div>
      </div>
    </div>
  </div>
<!--anurag-->
<div class="carousel-item" data-bs-interval="5000">
  <div class="bek-center">
    <div class="bek-design">
      
      <div class="bek-rotate2" style="border-color: #ecff1c;box-shadow: 0 0 10px #ecff1c, inset 0 0 20px #ecff1c;"></div>
      <div class="bek-grid">
        <div class="bek-data"></div>
        <div></div>
        <div></div>
        <div class="bek-data"></div>
      </div>
      <div class="bek-blend">
        
        <div class="bek-grid">
          <div></div>
          <div class="bek-data"></div>
          <div class="bek-data"></div>
          <div></div>
        </div>
      </div>
    </div>
  </div>
<!--amritanshu-->
<div class="carousel-item" data-bs-interval="5000">
  <div class="bek-center">
    <div class="bek-design">
      
      <div class="bek-rotate2" style="border-color: #1cff1f;box-shadow: 0 0 10px #1cff1f, inset 0 0 20px #1cff1f;"></div>
      <div class="bek-grid">
        <div class="bek-data"></div>
        <div></div>
        <div></div>
        <div class="bek-data"></div>
      </div>
      <div class="bek-blend">
        
        <div class="bek-grid">
          <div></div>
          <div class="bek-data"></div>
          <div class="bek-data"></div>
        </div>
      </div>
    </div>
  </div>

```

```

                <div></div>
            </div>
        </div>
    </div>
<!--mallik-->
<div class="carousel-item" data-bs-interval="5000">
    <div class="bek-center">
        <div class="bek-design">
            
            <div class="bek-rotate2" style="border-color: #00ffd0;box-shadow: 0 0 10px #00ffd0, inset 0 0
20px #00ffd0;"></div>
        <div class="bek-grid">
            <div class="bek-data"></div>
            <div></div>
            <div></div>
            <div class="bek-data"></div>
        </div>
        <div class="bek-blend">
            
            <div class="bek-grid">
                <div></div>
                <div class="bek-data"></div>
                <div class="bek-data"></div>
                <div></div>
            </div>
        </div>
    </div>
<!--harikesh-->
<div class="carousel-item" data-bs-interval="5000">
    <div class="bek-center">
        <div class="bek-design">
            
            <div class="bek-rotate2" style="border-color: #1141ff;box-shadow: 0 0 10px #1141ff, inset 0 0
20px #1141ff;"></div>
        <div class="bek-grid">
            <div class="bek-data"></div>
            <div></div>
            <div></div>
            <div class="bek-data"></div>
        </div>
        <div class="bek-blend">
            
            <div class="bek-grid">
                <div></div>
                <div class="bek-data"></div>
                <div class="bek-data"></div>
                <div></div>
            </div>
        </div>
    </div>
<!--saurabh-->
<div class="carousel-item" data-bs-interval="5000">
    <div class="bek-center">
        <div class="bek-design">
            
            <div class="bek-rotate2" style="border-color: #ab1cff;box-shadow: 0 0 10px #ab1cff, inset 0 0
20px #ab1cff;"></div>
        <div class="bek-grid">
            <div class="bek-data"></div>
            <div></div>
            <div></div>
        </div>
    </div>

```

```

        <div class="bek-data"></div>
    </div>
    <div class="bek-blend">
        
        <div class="bek-grid">
            <div></div>
            <div class="bek-data"></div>
            <div class="bek-data"></div>
            <div></div>
        </div>
        </div>
    </div>
<!--sahil-->
<div class="carousel-item" data-bs-interval="5000">
    <div class="bek-center">
        <div class="bek-design">
            
            <div class="bek-rotate2" style="border-color: #ff14b8;box-shadow: 0 0 10px #ff14b8, inset 0 0 20px #ff14b8;"></div>
            <div class="bek-grid">
                <div class="bek-data"></div>
                <div></div>
                <div></div>
                <div class="bek-data"></div>
            </div>
            <div class="bek-blend">
                
                <div class="bek-grid">
                    <div></div>
                    <div class="bek-data"></div>
                    <div class="bek-data"></div>
                    <div></div>
                </div>
                </div>
            </div>
        </div>
    </div>
</div>
<button class="carousel-control-prev" type="button" data-bs-target="#carouselExampleInterval" data-bs-slide="prev" style="color: #000;background: #ff8e8e;width: 100px;height: 100px;top: 50%;transform: translate(0,-50%);border-radius: 50%;">
    <span class="carousel-control-prev-icon" aria-hidden="true"></span>
    <span class="visually-hidden">Previous</span>
</button>
<button class="carousel-control-next" type="button" data-bs-target="#carouselExampleInterval" data-bs-slide="next" style="color: #000;background: #ff8e8e;width: 100px;height: 100px;top: 50%;transform: translate(0,-50%);border-radius: 50%;">
    <span class="carousel-control-next-icon" aria-hidden="true"></span>
    <span class="visually-hidden">Next</span>
</button>
</div>
</section>
<!-- end of section3 -->

<!-- back to top button-->
<a href="#gotop"><button id="myBtn" title="Go to top"></button></a>
<!-- end of back to top button-->
<!-- footer bar -->
<div class="bek-footer-out1">
    <div class="container bek-footer-out2">
        <div class="row">
            <div class="col-md-4">
                
                <p>Your daily workout partner.</p>
            </div>
        </div>
    </div>

```

```

<div class="col-md-8">
    <div class="row">
        <div class="col-md-6">
            <div class="row">
                <div class="col-sm-6">
                    <p><a href="about.html" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
                    <p><a href="../career/career.html" id="career2">careers</a></p>
                    <p><a href="../tutorial/tutorial.html" id="tutorial2">tutorials</a></p>
                </div>
                <div class="col-sm-6">
                    <p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
                    <p><a href="../meal-plans/meal-plans.html" id="meal-plans2">meal plans</a></p>
                    <p><a href="../food/food.php">nutrition</a></p>
                </div>
            </div>
        </div>
        <div class="col-md-6">
            <div class="row">
                <div class="col-sm-6">
                    <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
                    <p><a href="../exercise/exercise.php">exercise</a></p>
                    <p><a href="../yoga/yoga.php">yoga</a></p>
                    <p><a href="../workout-programs/workout-programs.html" id="workout-programs2">workout
programs</a></p>
                </div>
                <div class="col-sm-6">
                    <p><a href="../faq/faq.html" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
                    <p><a href="../contact/contact.php">contact us</a></p>
                </div>
            </div>
        </div>
    </div>
<div class="container bek-footer-out3">
    <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .(&nbsp;<span class="change-
nm"></span>&nbsp;)</p>
    </div>
</div>
<!-- end of footer bar --&gt;
&lt;script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"&gt;&lt;/script&gt;
&lt;script src="../bootstrap/js/bootstrap.js"&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/swiper/swiper-bundle.min.js"&gt;&lt;/script&gt;
&lt;script type='text/javascript'
src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"&gt;&lt;/script&gt;
&lt;script src='https://code.jquery.com/jquery-3.2.1.min.js'&gt;&lt;/script&gt;
&lt;script src="../index/index.js"&gt;&lt;/script&gt;
&lt;script src="about.js"&gt;&lt;/script&gt;
&lt;script src="../denie/denie.js"&gt;&lt;/script&gt;
&lt;/body&gt;
&lt;/html&gt;
</pre>

```

Php :

```

<?php

session_start();
include '../login/dbconn.php';
$name = $_SESSION['username'];
$nameqry = " select * from fitness_table where name='$name' ";
$query = mysqli_query($con,$nameqry);
$userdata = mysqli_fetch_assoc($query);
$useremail = $userdata['email'];
$mobile = $userdata['mobile'];
$id = $userdata['id'];
if(!isset($_SESSION['username'])) {

```

```

        header('location:../login/login.php');
    }
?>

<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <title>About | Fitness Care</title>
    <link rel='stylesheet' href='https://code.ionicframework.com/ionicons/2.0.1/css/ionicons.min.css'>
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <link rel="icon" type="image/png" href="../logo/logo.png">
    <link rel="stylesheet" href="about.css">
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&ampnbsp</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../dashboard/dashboard.php">
            
            Fitness Care
        </a>
        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="../dashboard/dashboard.php" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
                </li>
                <li class="nav-item">

```

```

        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="about.php" id="about"><button class="bek-dropbtn">About
<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                <a href="about.php" id="about2">&nbsp;&nbsp;About
Us</a>
                <a href="../career/career.php" id="career">&nbsp;&nbsp;Careers</a>
                <a href="../tutorial/tutorial.php" id="tutorial">&nbsp;&nbsp;Tutorials</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..//food/food.php"><button class="bek-dropbtn">Food <i
class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                <a href="..//meal-plans/meal-plans.php" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                <a href="..//food/food.php">&nbsp;&nbsp;Nutrition</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..//exercise/exercise.php"><button class="bek-
dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                <a href="..//exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
                <a href="..//yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
                <a href="..//workout-programs/workout-programs.php" id="workout-programs">&nbsp;&nbsp;workout programs</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..//faq/faq.php" id="faq"><button class="bek-dropbtn">faq
<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                <a href="..//faq/faq.php" id="faq2">&nbsp;&nbsp;faq</a>
                <a href="..//contact/contactus.php">&nbsp;&nbsp;contact us</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <span><a class="nav-link bek-link" aria-current="page" href="..//store/store.php" style="text-
transform: uppercase;color: #000; margin: 3px 0 0 20px;font-size: 14px;">Store</a></span>
    </li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..//account/account.php"><button class="bek-dropbtn"
style="margin: 0 0;align-items: center;text-align: center;justify-content: center;display: flex;flex-
direction: row;"><div style="width: 35px;height: 35px; border-radius: 50%; overflow: hidden;"></div>&nbsp;<span style="width: 100px;"><?php echo
$_SESSION['username']; ?></span>&nbsp;<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown7">
            <a href="..//account/account.php" id="account"><i class="fas fa-user-circle" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Account</a>

```

```

        <a href="../notifications/notifications.php" id="notifications"><i class="fas fa-bell"
style="color: #ff2b2b;"></i>&nbsp;&nbsp;Notifications</a>
        <a href="../calender/calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-
calendar-alt"></i></i>&nbsp;&nbsp;Calender</a>
        <a href="../join/join.php"><i class="fas fa-user-plus" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Fitness Care+</a>
        <a href="../login/logout.php"><i class="fas fa-sign-out-alt" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Sign Out</a>
    </div>
</div>
</li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i
class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color:
#222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;

<!-- section1 --&gt;
&lt;section class="sectionfaq1"&gt;
    &lt;div class="container2"&gt;
        &lt;div class="bek-out"&gt;
            &lt;div class="bek-col-md-6"&gt;
                &lt;p style="font-size: 16px;color: #0a4bff;"&gt;ABOUT FITNESS CARE AND IT'S TEAM MEMBERS&lt;/p&gt;
                &lt;p&gt;Our Target is to Make your health healthy and maintain your fitness and make it affordable.&lt;/p&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;
<!-- end of section1 --&gt;
<!-- section2 --&gt;
&lt;section class="sectionabout2"&gt;
    &lt;div style="width: 80%;"&gt;
        &lt;img src="img2.png"&gt;
        &lt;h2&gt;we created this website for a major project for our college. but it can help you to live a better
life, healthy and happier life&lt;/h2&gt;
        &lt;p&gt;We believe fitness should be accessible to everyone, everywhere, regardless of income level or access
to a gym. That's why we offer hundreds of free, full-length workout videos, the most affordable and effective
workout programs on the web, meal plans, and helpful health, nutrition and fitness information.&lt;/p&gt;
    &lt;/div&gt;
&lt;/section&gt;
<!-- end of section2 --&gt;
<!-- section3 --&gt;
&lt;section class="sectionabout3"&gt;
    &lt;p class="bek-member-text"&gt;Group Members&lt;/p&gt;
    &lt;div id="carouselExampleInterval" class="carousel slide" data-bs-ride="carousel"&gt;
        &lt;div class="carousel-indicators"&gt;
            &lt;button type="button" data-bs-target="#carouselExampleInterval" data-bs-slide-to="0" class="active"
aria-current="true" aria-label="Slide 1"&gt;&lt;/button&gt;
            &lt;button type="button" data-bs-target="#carouselExampleInterval" data-bs-slide-to="1" aria-label="Slide
2"&gt;&lt;/button&gt;
            &lt;button type="button" data-bs-target="#carouselExampleInterval" data-bs-slide-to="2" aria-label="Slide
3"&gt;&lt;/button&gt;
            &lt;button type="button" data-bs-target="#carouselExampleInterval" data-bs-slide-to="3" aria-label="Slide
4"&gt;&lt;/button&gt;
        &lt;/div&gt;
</pre>

```

```

        <button type="button" data-bs-target="#carouselExampleInterval" data-bs-slide-to="4" aria-label="Slide
5"></button>
        <button type="button" data-bs-target="#carouselExampleInterval" data-bs-slide-to="5" aria-label="Slide
6"></button>
        <button type="button" data-bs-target="#carouselExampleInterval" data-bs-slide-to="6" aria-label="Slide
7"></button>
    </div>
    <div class="carousel-inner">
        <!-- bekrom -->
        <div class="carousel-item active" data-bs-interval="8000">
            <div class="bek-center">
                <div class="bek-design">
                    
                    <div class="bek-rotate2"></div>
                    <div class="bek-grid">
                        <div class="bek-data"></div>
                        <div></div>
                        <div></div>
                        <div class="bek-data"></div>
                    </div>
                    <div class="bek-blend">
                        
                        <div class="bek-grid">
                            <div></div>
                            <div class="bek-data"></div>
                            <div class="bek-data"></div>
                            <div></div>
                        </div>
                    </div>
                </div>
            </div>
        <!--anurag-->
        <div class="carousel-item" data-bs-interval="5000">
            <div class="bek-center">
                <div class="bek-design">
                    
                    <div class="bek-rotate2" style="border-color: #ecff1c;box-shadow: 0 0 10px #ecff1c, inset 0 0
20px #ecff1c;"></div>
                    <div class="bek-grid">
                        <div class="bek-data"></div>
                        <div></div>
                        <div></div>
                        <div class="bek-data"></div>
                    </div>
                    <div class="bek-blend">
                        
                        <div class="bek-grid">
                            <div></div>
                            <div class="bek-data"></div>
                            <div class="bek-data"></div>
                            <div></div>
                        </div>
                    </div>
                </div>
            </div>
        <!--amritanshu-->
        <div class="carousel-item" data-bs-interval="5000">
            <div class="bek-center">
                <div class="bek-design">
                    
                    <div class="bek-rotate2" style="border-color: #1cff1f;box-shadow: 0 0 10px #1cff1f, inset 0 0
20px #1cff1f;"></div>
                    <div class="bek-grid">
                        <div class="bek-data"></div>
                        <div></div>

```

```

        <div></div>
        <div class="bek-data"></div>
    </div>
    <div class="bek-blend">
        
        <div class="bek-grid">
            <div></div>
            <div class="bek-data"></div>
            <div class="bek-data"></div>
            <div></div>
        </div>
        <div></div>
    </div>
</div>
<!--mallik-->
<div class="carousel-item" data-bs-interval="5000">
    <div class="bek-center">
        <div class="bek-design">
            
            <div class="bek-rotate2" style="border-color: #00ffd0;box-shadow: 0 0 10px #00ffd0, inset 0 0
20px #00ffd0;"></div>
            <div class="bek-grid">
                <div class="bek-data"></div>
                <div></div>
                <div></div>
                <div class="bek-data"></div>
            </div>
            <div class="bek-blend">
                
                <div class="bek-grid">
                    <div></div>
                    <div class="bek-data"></div>
                    <div class="bek-data"></div>
                    <div></div>
                </div>
                <div></div>
            </div>
        </div>
    </div>
</div>
<!--harikesh-->
<div class="carousel-item" data-bs-interval="5000">
    <div class="bek-center">
        <div class="bek-design">
            
            <div class="bek-rotate2" style="border-color: #1141ff;box-shadow: 0 0 10px #1141ff, inset 0 0
20px #1141ff;"></div>
            <div class="bek-grid">
                <div class="bek-data"></div>
                <div></div>
                <div></div>
                <div class="bek-data"></div>
            </div>
            <div class="bek-blend">
                
                <div class="bek-grid">
                    <div></div>
                    <div class="bek-data"></div>
                    <div class="bek-data"></div>
                    <div></div>
                </div>
                <div></div>
            </div>
        </div>
    </div>
</div>
<!--saurabh-->
<div class="carousel-item" data-bs-interval="5000">

```

```

<div class="bek-center">
    <div class="bek-design">
        
        <div class="bek-rotate2" style="border-color: #ab1cff;box-shadow: 0 0 10px #ab1cff, inset 0 0
20px #ab1cff;"></div>
        <div class="bek-grid">
            <div class="bek-data"></div>
            <div></div>
            <div></div>
            <div class="bek-data"></div>
        </div>
        <div class="bek-blend">
            
            <div class="bek-grid">
                <div></div>
                <div class="bek-data"></div>
                <div class="bek-data"></div>
                <div></div>
            </div>
            </div>
        </div>
    </div>
<!--sahil-->
<div class="carousel-item" data-bs-interval="5000">
    <div class="bek-center">
        <div class="bek-design">
            
            <div class="bek-rotate2" style="border-color: #ff14b8;box-shadow: 0 0 10px #ff14b8, inset 0 0
20px #ff14b8;"></div>
            <div class="bek-grid">
                <div class="bek-data"></div>
                <div></div>
                <div></div>
                <div class="bek-data"></div>
            </div>
            <div class="bek-blend">
                
                <div class="bek-grid">
                    <div></div>
                    <div class="bek-data"></div>
                    <div class="bek-data"></div>
                    <div></div>
                </div>
                </div>
            </div>
        </div>
    </div>
<button class="carousel-control-prev" type="button" data-bs-target="#carouselExampleInterval" data-bs-
slide="prev" style="color: #000;background: #ff8e8e;width: 100px;height: 100px;top: 50%;transform:
translate(0,-50%);border-radius: 50%;">
    <span class="carousel-control-prev-icon" aria-hidden="true"></span>
    <span class="visually-hidden">Previous</span>
</button>
<button class="carousel-control-next" type="button" data-bs-target="#carouselExampleInterval" data-bs-
slide="next" style="color: #000;background: #ff8e8e;width: 100px;height: 100px;top: 50%;transform:
translate(0,-50%);border-radius: 50%;">
    <span class="carousel-control-next-icon" aria-hidden="true"></span>
    <span class="visually-hidden">Next</span>
</button>
</div>
</section>
<!-- end of section3 -->

<!-- back to top button-->
<a href="#gotop"><button id="myBtn" title="Go to top"></button></a>

```

```
<!-- end of back to top button-->
<!-- footer bar -->
<div class="bek-footer-out1">
<div class="container bek-footer-out2">
<div class="row">
<div class="col-md-4">

<p>Your daily workout partner.</p>
</div>
<div class="col-md-8">
<div class="row">
<div class="col-md-6">
<div class="row">
<div class="col-sm-6">
<p><a href="about.php" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
<p><a href="../career/career.php" id="career2">careers</a></p>
<p><a href="../tutorial/tutorial.php" id="tutorial2">tutorials</a></p>
</div>
<div class="col-sm-6">
<p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
<p><a href="../meal-plans/meal-plans.php" id="meal-plans2">meal plans</a></p>
<p><a href="../food/food.php">nutrition</a></p>
</div>
</div>
</div>
<div class="col-md-6">
<div class="row">
<div class="col-sm-6">
<p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
<p><a href="../exercise/exercise.php">exercise</a></p>
<p><a href="../yoga/yoga.php">yoga</a></p>
<p><a href="../workout-programs/workout-programs.php" id="workout-programs2">workout
programs</a></p>
</div>
<div class="col-sm-6">
<p><a href="../faq/faq.php" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
<p><a href="../contact/contactus.php">contact us</a></p>
</div>
</div>
</div>
</div>
</div>
<div class="container bek-footer-out3">
<p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .(&nbsp;<span class="change-
nm"></span>&nbsp;</p>
</div>
</div>
<!-- end of footer bar -->
<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script src="../bootstrap/js/bootstrap.js"></script>
<script src="https://unpkg.com/swiper/swiper-bundle.min.js"></script>
<script type='text/javascript'>
src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="https://code.jquery.com/jquery-3.2.1.min.js"></script>
<script src="../index/index.js"></script>
<script src="about.js"></script>
<script src="denie/denie.js"></script>
</body>
</html>
```

CSS :

```
@import url('https://fonts.googleapis.com/css?family=Hind:300,400');  
*{
```

```

margin: 0;
padding: 0;
-webkit-box-sizing: border-box;
box-sizing: border-box;
}
html {
-webkit-box-sizing: border-box;
box-sizing: border-box;
}
body {
margin: 0;
padding: 0;
font-family: 'Hind', sans-serif;
background: #fff;
color: #df7020;
}
/* section1 */
.sectionfaq1 {
width: 100%;
height: 625px;
padding: 40px 80px;
background: url(2q.jpg);
background-position: center;
background-size: cover;
background-repeat: no-repeat;
justify-content: left;
align-items: center;
display: flex;
}
.bek-out {
align-items: center;
justify-content: left;
display: flex;
}
.bek-col-md-6 {
width: 50%;
}
.bek-col-md-6 p {
color: #ff2b2b;
text-shadow: 0px 0px 20px #000;
font-size: 38px;
font-weight: 800;
}
/* section2 */
.sectionabout2 {
width: 100%;
padding: 80px;
background: #fff;
text-align: center;
align-items: center;
justify-content: center;
display: flex;
flex-direction: column;
}
.sectionabout2 img {
width: 500px;
margin-bottom: 30px;
}
.sectionabout2 h2 {
font-size: 35px;
text-transform: uppercase;
color: #222;
}
.sectionabout2 p {
font-size: 16px;
color: #222;
font-weight: 500;
}

```

```

}

/* section3 */
.sectionabout3 {
  width: 100%;
  padding: 30px 60px 100px 60px;
  background: #fff;
}
.bek-center {
  width: 100%;
  text-align: center;
  align-items: center;
  justify-content: center;
  display: flex;
  margin: 100px 0;
}
.bek-design {
  position: relative;
  width: 300px;
  height: 300px;
}
.bek-design>*, .bek-blend>* {
  position: absolute;
  top: 0;
  left: 0;
  width: 300px;
  height: 300px;
}
.bek-rotate2 {
  border: 15px solid #eb311f;
  transform: rotate(45deg);
  box-shadow: 0 0 10px #eb311f, inset 0 0 20px #eb311f;
}
.bek-grid {
  display: grid;
  grid-template-rows: 1fr 1fr;
  grid-template-columns: 1fr 1fr;
}
.bek-data {
  background: #fff;
}
.bek-blend {
  mix-blend-mode: multiply;
}
.sectionabout3 img {
  object-fit: cover;
}
.bek-member-text {
  color: #111;
  font-size: 60px;
  text-shadow: 0 0 10px #aaa;
  font-style: italic;
  font-weight: 800;
  text-align: center;
}
/* media query */
@media only screen and (max-width: 770px) {
  .bek-out {
    flex-direction: column;
  }
  .bek-col-md-6 {
    width: 100%;
  }
  .sectionabout2 {
    width: 100%;
    padding: 80px 10px;
  }
  .sectionabout2 img {

```

```

        width: 300px;
    }
}

JS :

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault());


// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Account

php :

<?php

```

session_start();
include '../login/dbconn.php';
$name = $_SESSION['username'];
$nameqry = " select * from fitness_table where name='$name' ";
$query = mysqli_query($con,$nameqry);
$userdata = mysqli_fetch_assoc($query);
$useremail = $userdata['email'];
$mobile = $userdata['mobile'];
$id = $userdata['id'];
if(!isset($_SESSION['username'])) {
    header('location:../login/login.php');
}
?>

<!DOCTYPE html>
<html>
<head>
<meta charset="utf-8">
<meta http-equiv="X-UA-Compatible" content="IE=edge">
<link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
<meta name="viewport" content="width=device-width, initial-scale=1">
<link rel="stylesheet" type="text/css" href="../dashboard/dashboard.css">
<link rel="stylesheet" type="text/css" href="account.css">
<link rel="icon" type="image/png" href="../logo/logo.png">
<title>Account | Fitness Care</title>
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
<div class="bek-preloader-one-out3"></div>
<div class="bek-preloader-one-out4"></div>
<div class="bek-preloader-one-out1">
    
</div>
<div class="bek-preloader-one-out2">
    <span style="--i:1;">F</span>
    <span style="--i:2;">I</span>
    <span style="--i:3;">T</span>
    <span style="--i:4;">N</span>
    <span style="--i:5;">E</span>
    <span style="--i:6;">S</span>
    <span style="--i:7;">S</span>
    <span style="--i:8;">&nbsp;</span>
    <span style="--i:9;">C</span>
    <span style="--i:10;">A</span>
    <span style="--i:11;">R</span>
    <span style="--i:12;">E</span>
</div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../dashboard/dashboard.php">
            
            Fitness Care
        </a>

```

```

        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-
target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-
label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="..../dashboard/dashboard.php" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="..../about/about.php" id="about"><button class="bek-
dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                            <a href="..../about/about.php" id="about2">&nbsp;&nbsp;About Us</a>
                            <a href="..../career/career.php" id="career">&nbsp;&nbsp;Careers</a>
                            <a href="..../tutorial/tutorial.php" id="tutorial">&nbsp;&nbsp;Tutorials</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="..../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                            <a href="..../meal-plans/meal-plans.php" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                            <a href="..../food/food.php">&nbsp;&nbsp;Nutrition</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="..../exercise/exercise.php"><button class="bek-
dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                            <a href="..../exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
                            <a href="..../yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
                            <a href="..../workout-programs/workout-programs.php" id="workout-programs">&nbsp;&nbsp;workout programs</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="..../faq/faq.php" id="faq"><button class="bek-
dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                            <a href="..../faq/faq.php" id="faq2">&nbsp;&nbsp;FAQ</a>
                            <a href="..../contact/contactus.php">&nbsp;&nbsp;Contact us</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="..../store/store.php" style="text-
transform: uppercase; color: #000; margin: 3px 0 0 20px; font-size: 14px;">Store</a></span>
                </li>
            </ul>
        </div>
    
```

```

        </ul>
    <ul class="mb-2 mb-lg-0" style="list-style: none;">
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../account/account.php"><button class="bek-dropbtn"
style="margin: 0 0;align-items: center;text-align: center;justify-content: center;display: flex;flex-
direction: row;"><div style="width: 35px;height: 35px; border-radius: 50%;overflow: hidden;"></div>&nbsp;<span style="width: 100px;"><?php echo
$_SESSION['username']; ?></span>&nbsp;<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown7">
                    <a href="account.php" id="account"><i class="fas fa-user-circle" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Account</a>
                    <a href="..../notifications/notifications.php" id="notifications"><i class="fas fa-bell"
style="color: #ff2b2b;"></i>&nbsp;&nbsp;Notifications</a>
                    <a href="..../calender/calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-
calendar-alt"></i></i>&nbsp;&nbsp;Calender</a>
                    <a href="..../join/join.php"><i class="fas fa-user-plus" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Fitness Care</a>
                    <a href="..../login/logout.php"><i class="fas fa-sign-out-alt" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Sign Out</a>
                </div>
            </div>
        </li>
    </ul>
    <form class="d-flex">
        <div class="bek-dropdown1">
            <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i
class="fas fa-search"></i></span></button></a>
            <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
                <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%;outline: none; border: none; border-bottom: 1px solid #fff;background-color:
#222638; border-radius: 0; color: #fff;">
            </div>
        </div>
    </form>
</div>
</div>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;

&lt;section class="section1-account"&gt;
    &lt;p class="account1"&gt;Account Profile&lt;/p&gt;
    &lt;div class="container account2"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-6 bek-col-md-6"&gt;
                &lt;p class="user-name1"&gt;User Account Id&lt;/p&gt;
                &lt;div class="user-name2"&gt;&lt;p style="position: absolute;"&gt;&lt;?php echo $id; ?&gt;&lt;/p&gt;&lt;/div&gt;
                &lt;p class="user-name1"&gt;User Email&lt;/p&gt;
                &lt;div class="user-name2"&gt;&lt;p style="position: absolute;"&gt;&lt;?php echo $useremail; ?&gt;&lt;/p&gt;&lt;/div&gt;
            &lt;/div&gt;
            &lt;div class="col-md-6 bek-col-md-6"&gt;
                &lt;p class="user-name1"&gt;User Name&lt;/p&gt;
                &lt;div class="user-name2"&gt;&lt;p style="position: absolute;"&gt;&lt;?php echo $_SESSION['username'];
?&gt;&lt;/p&gt;&lt;/div&gt;
                &lt;p class="user-name1"&gt;User Mobile No.&lt;/p&gt;
                &lt;div class="user-name2"&gt;&lt;p style="position: absolute;"&gt;&lt;?php echo $mobile; ?&gt;&lt;/p&gt;&lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;

<!-- back to top button--&gt;
&lt;a href="#gotop"&gt;&lt;button id="gotopBtn" title="Go to top"&gt;&lt;img src="..../dashboard/arrow.png"
width="30"&gt;&lt;/button&gt;&lt;/a&gt;
<!-- end of back to top button--&gt;
<!-- footer bar --&gt;
</pre>

```

```

<div class="bek-footer-out1">
  <div class="container bek-footer-out2">
    <div class="row">
      <div class="col-md-4">
        
        <p>Your daily workout partner.</p>
      </div>
      <div class="col-md-8">
        <div class="row">
          <div class="col-md-6">
            <div class="row">
              <div class="col-sm-6">
                <p><a href="../about/about.php" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
                <p><a href="../career/career.php" id="career2">careers</a></p>
                <p><a href="../tutorial/tutorial.php" id="tutorial2">tutorials</a></p>
              </div>
              <div class="col-sm-6">
                <p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
                <p><a href="../meal-plans/meal-plans.php" id="meal-plans2">meal plans</a></p>
                <p><a href="../food/food.php">nutrition</a></p>
              </div>
            </div>
          </div>
          <div class="col-md-6">
            <div class="row">
              <div class="col-sm-6">
                <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
                <p><a href="../exercise/exercise.php">exercise</a></p>
                <p><a href="../yoga/yoga.php">yoga</a></p>
                <p><a href="../workout-programs/workout-programs.php" id="workout-programs2">workout programs</a></p>
              </div>
              <div class="col-sm-6">
                <p><a href="../faq/faq.php" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
                <p><a href="../contact/contactus.php">contact us</a></p>
              </div>
            </div>
          </div>
        </div>
      </div>
    </div>
  </div>
  <div class="container bek-footer-out3">
    <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .( &nbsp;<span class="change-nm">&nbsp;</span>&nbsp;</p>
  </div>
</div>
<!-- end of footer bar -->
<!-- -----js tags----- -->
<script src="../bootstrap/js/bootstrap.js"></script>
<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script type='text/javascript' src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../dashboard/dashboard.js"></script>
<script src="account.js"></script>
<script src="../denie/denie.js"></script>
</body>
</html>

```

Css :

```

* {
  margin: 0;
  padding: 0;
  box-sizing: border-box;
}

```

```

html {
  scroll-behavior: smooth;
}
body {
  overflow-x: hidden;
  font-family: "Roboto", "Arial", "sans-serif";
}
p {
  margin: 0;
}
/* section1 */
.section1-account {
  width: 100%;
  padding: 80px;
}
.account1 {
  font-size: 45px;
  color: #222;
  margin-bottom: 80px;
}
.account2 {
  background-color: #ffdbdb;
  border-radius: 5px;
  padding: 50px 0;
}
.bek-col-md-6 {
  text-align: center;
  align-items: center;
  justify-content: center;
  display: flex;
  flex-direction: column;
}
.user-name1 {
  font-size: 15px;
  line-height: 20px;
  color: #666;
}
.user-name2 {
  width: 350px;
  height: 50px;
  position: relative;
  font-size: 17px;
  line-height: 20px;
  color: #ff2b2b;
  text-align: center;
  align-items: center;
  justify-content: center;
  display: flex;
  margin: 20px 0 30px 0;
  background: #fff;
  font-size: 20px;
  font-weight: 500;
  border-radius: 5px;
  box-shadow: 0 0 10px #ffc6c6;
}
.user-name3 {
  font-size: 20px;
  line-height: 25px;
  color: #444;
}
.user-img1 {
  width: 300px;
  height: 300px;
  box-shadow: 0 0 10px #ffc6c6;
  margin: 20px 0;
  background-color: #fff;
}

```

```

.user-img1 img {
    max-height: 100%;
    max-width: 100%;
    display: block;
}

Js :

//user name
$(".user-name2").click(function(){
swal("Oop's Sorry!", "You Can't Edit Your Imformation Here.", "error");
});

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault());


// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Calender

php :

```
<?php

session_start();
include '../login/dbconn.php';
$name = $_SESSION['username'];
$namequery = " select * from fitness_table where name='$name' ";
$query = mysqli_query($con,$namequery);
$userdata = mysqli_fetch_assoc($query);
$useremail = $userdata['email'];
$mobile = $userdata['mobile'];
$id = $userdata['id'];
if(!isset($_SESSION['username'])) {

    header('location:../login/login.php');
}
?>
<!DOCTYPE html>
<html>
<head>
    <meta charset="utf-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" type="text/css" href="evo-calendar.css">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="stylesheet" type="text/css" href="evo-calendar.orange-coral.css">
    <link rel="stylesheet" type="text/css" href="calender.css">
    <link rel="icon" type="image/png" href="../logo/logo.png">
    <title>Calender | Fitness Care</title>
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&ampnbsp</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
```

```

<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
  <div class="container-xl">
    <a class="navbar-brand" href="../dashboard/dashboard.php">
      
      Fitness Care
    </a>
    <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
      <span class="navbar-toggler-icon"></span>
    </button>
    <div class="collapse navbar-collapse" id="navbarSupportedContent">
      <ul class="navbar-nav me-auto mb-2 mb-lg-0">
        <li class="nav-item">
          <span><a class="nav-link bek-link" aria-current="page" href="../dashboard/dashboard.php" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
        </li>
        <li class="nav-item">
          <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../about/about.php" id="about"><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
              <a href="../about/about.php" id="about2">&nbsp;&nbsp;About Us</a>
              <a href="../career/career.php" id="career">&nbsp;&nbsp;Careers</a>
              <a href="../tutorial/tutorial.php" id="tutorial">&nbsp;&nbsp;Tutorials</a>
            </div>
          </div>
        </li>
        <li class="nav-item">
          <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
              <a href="../meal-plans/meal-plans.php" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
              <a href="../food/food.php">&nbsp;&nbsp;Nutrition</a>
            </div>
          </div>
        </li>
        <li class="nav-item">
          <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../exercise/exercise.php"><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
              <a href="../exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
              <a href="../yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
              <a href="../workout-programs/workout-programs.php" id="workout-programs">&nbsp;&nbsp;workout programs</a>
            </div>
          </div>
        </li>
        <li class="nav-item">
          <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../faq/faq.php" id="faq"><button class="bek-dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
              <a href="../faq/faq.php" id="faq2">&nbsp;&nbsp;FAQ</a>
              <a href="../contact/contactus.php">&nbsp;&nbsp;Contact Us</a>
            </div>
          </div>
        </li>
      </ul>
    </div>
  </div>
</nav>

```

```

        </div>
    </div>
</li>
<li class="nav-item">
    <span><a class="nav-link bek-link" aria-current="page" href="..../store/store.php" style="text-transform: uppercase;color: #000; margin: 3px 0 0 20px;font-size: 14px;">Store</a></span>
</li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..../account/account.php"><button class="bek-dropbtn" style="margin: 0 0;align-items: center;text-align: center;justify-content: center;display: flex;flex-direction: row;"><div style="width: 35px;height: 35px;border-radius: 50%;overflow: hidden;"></div>&nbsp;<span style="width: 100px;"><?php echo $_SESSION['username']; ?></span>&nbsp;<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="..../account/account.php" id="account"><i class="fas fa-user-circle" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Account</a>
                <a href="..../notifications/notifications.php" id="notifications"><i class="fas fa-bell" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Notifications</a>
                <a href="calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-calendar-alt"></i></a>&nbsp;&nbsp;Calender</a>
                <a href="..../join/join.php"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Fitness Care</a>
                <a href="..../login/logout.php"><i class="fas fa-sign-out-alt" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign Out</a>
            </div>
        </div>
    </li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color: #222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;

&lt;section class="section1-calender"&gt;
    &lt;div id="calendar" style="width: 90%;"&gt;&lt;/div&gt;
&lt;/section&gt;

<!-- back to top button--&gt;
&lt;a href="#gotop"&gt;&lt;button id="myBtn" title="Go to top"&gt;&lt;img src="..../index/arrow.png" width="30"&gt;&lt;/button&gt;&lt;/a&gt;
<!-- end of back to top button--&gt;
<!-- footer bar --&gt;
&lt;div class="bek-footer-out1"&gt;
    &lt;div class="container bek-footer-out2"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="..../logo/logo.png" width="80"&gt;
                &lt;p&gt;Your daily workout partner.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-8"&gt;
                &lt;div class="row"&gt;
                    &lt;div class="col-md-6"&gt;
</pre>

```

```

        <div class="row">
            <div class="col-sm-6">
                <p><a href="../about/about.php" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
                <p><a href="../career/career.php" id="career2">careers</a></p>
                <p><a href="../tutorial/tutorial.php" id="tutorial2">tutorials</a></p>
            </div>
            <div class="col-sm-6">
                <p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
                <p><a href="../meal-plans/meal-plans.php" id="meal-plans2">meal plans</a></p>
                <p><a href="../food/food.php">nutrition</a></p>
            </div>
        </div>
        <div class="col-md-6">
            <div class="row">
                <div class="col-sm-6">
                    <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
                    <p><a href="../exercise/exercise.php">exercise</a></p>
                    <p><a href="../yoga/yoga.php">yoga</a></p>
                    <p><a href="../workout-programs/workout-programs.php" id="workout-programs2">workout
programs</a></p>
                </div>
                <div class="col-sm-6">
                    <p><a href="../faq/faq.php" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
                    <p><a href="../contact/contactus.php">contact us</a></p>
                </div>
            </div>
        </div>
    </div>
    <div class="container bek-footer-out3">
        <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .(&nbsp;<span class="change-
nm"></span>&nbsp;)</p>
    </div>
</div>

<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../index/index.js"></script>
<script src="evo-calendar.js"></script>
<script src="calender.js"></script>
<script src="../denie/denie.js"></script>
</body>
</html>

```

Css :

```

* {
    margin: 0;
    padding: 0;
    box-sizing: border-box;
}
html {
    scroll-behavior: smooth;
}
body {
    font-family: "Roboto", "Arial", "sans-serif";
}
/* section1 */
.section1-calender {
    width: 100%;
    height: 675px;
    position: relative;

```

```

display: flex;
justify-content: center;
align-items: center;
background: linear-gradient(#bae5ff, #fff);
overflow: hidden;
}
.section1-calender::before {
content: '';
position: absolute;
width: 600px;
height: 600px;
top: 0;
left: 0;
background: #3fff3f/* linear-gradient(#ffc107, #e91e63)*/;
border-radius: 50%;
transform: translate(-50%, -50%);
}
.section1-calender::after {
content: '';
position: absolute;
width: 400px;
height: 400px;
bottom: 0;
right: 0;
background: #ff5656/* linear-gradient(#2196f3, #31ff38)*/;
border-radius: 50%;
transform: translate(50%, 50%);
}

```

JS :

```

$(document).ready(function() {
    $('#calendar').evoCalendar({
        theme: 'Orange Coral',
    })
})

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault());

// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

```

```

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Career

Html :

```

<!DOCTYPE html>
<html>
<head>
    <meta charset="utf-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <link rel="stylesheet" type="text/css" href="career.css">
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="icon" type="image/png" href="../logo/logo.png">
    <title>Career | Fitness Care</title>
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&ampnbsp</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

```

```

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../index.html">
            
            <span style="color: #ff2b2b;">Fit</span>ness Care
        </a>
        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="../index.html" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../about/about.html" id="about"><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                            <a href="../about/about.html" id="about2">&nbsp;&nbsp;About Us</a>
                            <a href="career.html" id="career">&nbsp;&nbsp;Careers</a>
                            <a href="tutorial/tutorial.html" id="tutorial">&nbsp;&nbsp;Tutorials</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                            <a href="../meal-plans/meal-plans.html" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                            <a href="../food/food.php">&nbsp;&nbsp;Nutrition</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../exercise/exercise.php"><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                            <a href="../exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
                            <a href="../yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
                            <a href="../workout-programs/workout-programs.html" id="workout-programs">&nbsp;&nbsp;Workout Programs</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../faq/faq.html" id="faq"><button class="bek-dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">

```

```

        <a href="../faq/faq.html" id="faq2">&nbsp;&nbsp;faq</a>
        <a href="../contact/contact.php">&nbsp;&nbsp;contact us</a>
    </div>
</li>
<li class="nav-item">
    <span><a class="nav-link bek-link" aria-current="page" href="../store/store.html" style="text-transform: uppercase;color: #000; margin: 3px 0 0 20px;font-size: 14px;">Store</a></span>
</li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../login/login.php" id="signin"><button class="bek-dropbtn" style="margin: 0 0;">sign in <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="../login/login.php" id="signin2"><i class="fas fa-sign-in-alt" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign In</a>
                <a href="../login/signup.php" id="signup"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign Up</a>
                <a href="../login/forgot.php" id="forgot" style="margin: 0 0 4px 0;"><i class="fas fa-user-lock" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Forgot Password</a>
                <a href="../join/join.html" class="bek-join"> JOIN</a>
            </div>
        </div>
    </li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color: #222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;

<!-- section1 --&gt;
&lt;section class="section-career1"&gt;
    &lt;div class="container bek-out"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-6 bek-text4"&gt;
                &lt;p&gt;it's time to &lt;br&gt;join &lt;span&gt;fitness care&lt;/span&gt;&lt;br&gt; as a coach.&lt;/p&gt;
                &lt;p&gt;Health &amp; fitness has grown tremendously and is projected &lt;br&gt;to become one of the largest job creators.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-6"&gt;
                &lt;div id="carouselExampleFade" class="carousel slide carousel-fade" data-bs-ride="carousel"&gt;
                    &lt;div class="carousel-inner"&gt;
                        &lt;div class="carousel-item active"&gt;
                            &lt;img src="img1.png" class="d-block" width="500" height="350"&gt;
                        &lt;/div&gt;
                        &lt;div class="carousel-item"&gt;
                            &lt;img src="img2.png" class="d-block" width="500" height="350"&gt;
                        &lt;/div&gt;
                        &lt;div class="carousel-item"&gt;
                            &lt;img src="img3.png" class="d-block" width="500" height="350"&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;
</pre>

```

```
</div>
</div>
</div>
</div>
</div>
</div>
</div>
<!-- end of section1 -->
<!-- section2 -->
<section class="section-career2">
<p>careers@fitnesscare</p>
<div class="container">
<div class="row">
<div class="col-md-7">
<form class="form1" disabled>
<label>Select Coach Type</label>
<select required disabled>
<option value="">Select</option>
<option selected>Certified Physical Trainer</option>
<option>Physical Therapist</option>
<option>Mental Health Professional</option>
</select><br>
<label>Candidate Name</label>
<input type="text" disabled>
<label>Email id</label>
<input type="text" disabled>
<label>Mobile Number</label>
<input type="text" disabled>
<input type="submit" class="bek-submit" disabled>
</form>
</div>
<div class="col-md-5">

</div>
</div>
</div>
</div>
</div>
<!-- end of section2 -->
<!-- back to top button-->
<a href="#gotop"><button id="myBtn" title="Go to top"></button></a>
<!-- end of back to top button-->
<!-- footer bar -->
<div class="bek-footer-out1">
<div class="container bek-footer-out2">
<div class="row">
<div class="col-md-4">

<p>Your daily workout partner.</p>
</div>
<div class="col-md-8">
<div class="row">
<div class="col-md-6">
<div class="row">
<div class="col-sm-6">
<p><a href="../about/about.html" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
<p><a href="career.html" id="career2">careers</a></p>
<p><a href="../tutorial/tutorial.html" id="tutorial2">tutorials</a></p>
</div>
<div class="col-sm-6">
<p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
<p><a href="../meal-plans/meal-plans.html" id="meal-plans2">meal plans</a></p>
<p><a href="../food/food.php">nutrition</a></p>
</div>
</div>
</div>
<div class="col-md-6">
<div class="row">
```

```

        <div class="col-sm-6">
            <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
            <p><a href="../exercise/exercise.php">exercise</a></p>
            <p><a href="../yoga/yoga.php">yoga</a></p>
            <p><a href="../workout-programs/workout-programs.html" id="workout-programs2">workout
programs</a></p>
        </div>
        <div class="col-sm-6">
            <p><a href="../faq/faq.html" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
            <p><a href="../contact/contact.php">contact us</a></p>
        </div>
        </div>
        </div>
        </div>
        </div>
    </div>
    <div class="container bek-footer-out3">
        <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .(&nbsp;<span class="change-nm"></span>&nbsp;</p>
        </div>
    </div>
    <!-- end of footer bar -->
    <!-- -----js tags----- -->
<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script src="../bootstrap/js/bootstrap.js"></script>
<script src="https://unpkg.com/swiper/swiper-bundle.min.js"></script>
<script type='text/javascript'
src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../index/index.js"></script>
<script src="career.js"></script>
<script src="../denie/denie.js"></script>
</body>
</html>

```

Php :

```

<?php

session_start();
include '../login/dbconn.php';
$name = $_SESSION['username'];
$nameqry = " select * from fitness_table where name='$name' ";
$query = mysqli_query($con,$nameqry);
$userdata = mysqli_fetch_assoc($query);
$useremail = $userdata['email'];
$mobile = $userdata['mobile'];
$id = $userdata['id'];
if(!isset($_SESSION['username'])) {

    header('location:../login/login.php');
}

?>

<?php
session_start();
// DATABASE CONNECTION
include '../login/dbconn.php';
if(isset($_POST['career_submit'])){

    // TAKING INPUT FROM USER USING FORM
$name2 = $_POST['career_name'];
$email2 = $_POST['career_email'];
$mobile2 = $_POST['career_mobile'];
$option = $_POST['career_option'];

    // QUERY FOR INSERT DATA

```

```

$insert_query = "insert into career(name, email, mobile, careeroption)
values('$name2','$email2','$mobile2','$option')";
$query = mysqli_query($con,$insert_query);
if ($query) {
    ?> <script> alert("Thanks for applying at Fitness Care. We will connect you shortly. Click OK to continue."); </script> <?php
    header('location:career.php');
} else {
    ?> <script> alert("Oop's! something went wrong. Try again. Click OK to continue."); </script> <?php
    header('location:career.php');
}
?>

<!DOCTYPE html>
<html>
<head>
<meta charset="utf-8">
<meta http-equiv="X-UA-Compatible" content="IE=edge">
<meta name="viewport" content="width=device-width, initial-scale=1">
<link rel="stylesheet" type="text/css" href="../index/index.css">
<link rel="stylesheet" type="text/css" href="career.css">
<link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
<link rel="icon" type="image/png" href="../logo/logo.png">
<title>Career | Fitness Care</title>
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&nbsp;</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../dashboard/dashboard.php">
            
            Fitness Care
        </a>

```

```

        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-
target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-
label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="..../dashboard/dashboard.php" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="..../about/about.php" id="about"><button class="bek-
dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                            <a href="..../about/about.php" id="about2">&nbsp;&nbsp;About Us</a>
                            <a href="career.php" id="career">&nbsp;&nbsp;Careers</a>
                            <a href="..../tutorial/tutorial.php" id="tutorial">&nbsp;&nbsp;Tutorials</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="..../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                            <a href="..../meal-plans/meal-plans.php" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                            <a href="..../food/food.php">&nbsp;&nbsp;Nutrition</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="..../exercise/exercise.php"><button class="bek-
dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                            <a href="..../exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
                            <a href="..../yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
                            <a href="..../workout-programs/workout-programs.php" id="workout-programs">&nbsp;&nbsp;workout programs</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="..../faq/faq.php" id="faq"><button class="bek-
dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                            <a href="..../faq/faq.php" id="faq2">&nbsp;&nbsp;FAQ</a>
                            <a href="..../contact/contactus.php">&nbsp;&nbsp;Contact us</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="..../store/store.php" style="text-
transform: uppercase; color: #000; margin: 3px 0 0 20px; font-size: 14px;">Store</a></span>
                </li>
            </ul>
        </div>
    
```

```

        </ul>
    <ul class="mb-2 mb-lg-0" style="list-style: none;">
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../account/account.php"><button class="bek-dropbtn"
style="margin: 0 0;align-items: center;text-align: center;justify-content: center;display: flex;flex-
direction: row;"><div style="width: 35px;height: 35px; border-radius: 50%;overflow: hidden;"></div>&nbsp;<span style="width: 100px;"><?php echo
$_SESSION['username']; ?></span>&nbsp;<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown7">
                    <a href="../account/account.php" id="account"><i class="fas fa-user-circle" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Account</a>
                    <a href="../notifications/notifications.php" id="notifications"><i class="fas fa-bell"
style="color: #ff2b2b;"></i>&nbsp;&nbsp;Notifications</a>
                    <a href="../calender/calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-
calendar-alt"></i></i>&nbsp;&nbsp;Calender</a>
                    <a href="../join/join.php"><i class="fas fa-user-plus" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Fitness Care</a>
                    <a href="../login/logout.php"><i class="fas fa-sign-out-alt" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Sign Out</a>
                </div>
            </div>
        </li>
    </ul>
    <form class="d-flex">
        <div class="bek-dropdown1">
            <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i
class="fas fa-search"></i></span></button></a>
            <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
                <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%;outline: none; border: none; border-bottom: 1px solid #fff;background-color:
#222638; border-radius: 0; color: #fff;">
            </div>
        </div>
    </form>
</div>
</div>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;

<!-- section1 --&gt;
&lt;section class="section-career1"&gt;
    &lt;div class="container bek-out"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-6 bek-text4"&gt;
                &lt;p&gt;it's time to &lt;br&gt;join &lt;span&gt;fitness care&lt;/span&gt;&lt;br&gt; as a coach.&lt;/p&gt;
                &lt;p&gt;Health &amp; fitness has grown tremendously and is projected &lt;br&gt;to become one of the largest job
creators.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-6"&gt;
                &lt;div id="carouselExampleFade" class="carousel slide carousel-fade" data-bs-ride="carousel"&gt;
                    &lt;div class="carousel-inner"&gt;
                        &lt;div class="carousel-item active"&gt;
                            &lt;img src="img1.png" class="d-block" width="500" height="350"&gt;
                        &lt;/div&gt;
                        &lt;div class="carousel-item"&gt;
                            &lt;img src="img2.png" class="d-block" width="500" height="350"&gt;
                        &lt;/div&gt;
                        &lt;div class="carousel-item"&gt;
                            &lt;img src="img3.png" class="d-block" width="500" height="350"&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/div&gt;
</pre>

```

```

</section>
<!-- end of section1 -->
<!-- section2 -->
<section class="section-career2">
    <p>careers@fitnesscare</p>
    <div class="container">
        <div class="row">
            <div class="col-md-7">
                <form class="form1" action=<?php echo htmlentities($_SERVER['PHP_SELF']); ?>" method="post"
autocomplete="on">
                    <label>Select Coach Type</label>
                    <select required name="career_option">
                        <option value="">Select</option>
                        <option selected value="Certified Physical Trainer">Certified Physical Trainer</option>
                        <option value="Physical Therapist">Physical Therapist</option>
                        <option value="Mental Health Professional">Mental Health Professional</option>
                    </select><br>
                    <label>Candidate Name</label>
                    <input type="text" required="required" name="career_name" value=<?php echo $_SESSION['username']; ?>">
                    <label>Email id</label>
                    <input type="text" required="required" name="career_email" value=<?php echo $useremail; ?>">
                    <label>Mobile Number</label>
                    <input type="tel" required="required" name="career_mobile" value=<?php echo $mobile; ?>">
                    <input type="submit" class="bek-submit" name="career_submit">
                </form>
            </div>
            <div class="col-md-5">
                
            </div>
        </div>
    </div>
</section>
<!-- end of section2 -->
<!-- back to top button-->
<a href="#gotop"><button id="myBtn" title="Go to top"></button></a>
<!-- end of back to top button-->
<!-- footer bar -->
<div class="bek-footer-out1">
    <div class="container bek-footer-out2">
        <div class="row">
            <div class="col-md-4">
                
                <p>Your daily workout partner.</p>
            </div>
            <div class="col-md-8">
                <div class="row">
                    <div class="col-md-6">
                        <div class="row">
                            <div class="col-sm-6">
                                <p><a href="../about/about.php" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
                                    <p><a href="../career/career.php" id="career2">careers</a></p>
                                    <p><a href="tutorial.php" id="tutorial2">tutorials</a></p>
                            </div>
                            <div class="col-sm-6">
                                <p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
                                <p><a href="../meal-plans/meal-plans.php" id="meal-plans2">meal plans</a></p>
                                <p><a href="../food/food.php">nutrition</a></p>
                            </div>
                        </div>
                    </div>
                    <div class="col-md-6">
                        <div class="row">
                            <div class="col-sm-6">
                                <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
                                <p><a href="../exercise/exercise.php">exercise</a></p>
                            </div>
                        </div>
                    </div>
                </div>
            </div>
        </div>
    </div>
</div>

```

Css :

```
* {
  margin: 0;
  padding: 0;
  box-sizing: border-box;
}
html {
  scroll-behavior: smooth;
}
body {
  overflow-x: hidden;
  font-family: "Roboto", "Arial", "sans-serif";
}
/* section1 */
.section-career1 {
  width: 100%;
  padding: 120px;
  background-color: #fff;
}
.bek-out {
  position: relative;
}
.bek-text4 {
  justify-content: center;
  display: flex;
  flex-direction: column;
}
.bek-text4 p:nth-child(1) {
  font-size: 35px;
  text-transform: uppercase;
  font-weight: 700;
}
.bek-text4 p:nth-child(2) {
  font-size: 15px;
}
```

```

    color: #555;
}
.bek-text4 span {
  font-size: 45px;
  text-transform: uppercase;
  color: #ff2b2b;
  font-style: italic;
}
.bek-out button {
  position: absolute;
  z-index: 9;
  right: 50%;
  transform: translate(-50%,0%);
  border: none;
  outline: none;
  font-size: 40px;
  color: #ff2b2b;
  background-color: #fff0;
  animation: button 1s linear infinite;
  opacity: 0;
}
.bek-out button:nth-child(1) {
  bottom: -20%;
  animation-delay: 0s;
}
.bek-out button:nth-child(2) {
  bottom: -25%;
  animation-delay: 0s;
}
.bek-out button:nth-child(3) {
  bottom: -30%;
  animation-delay: .3s;
}
@keyframes button {
  0% {
    opacity: 0;
  }
  50% {
    opacity: 1;
  }
  100% {
    opacity: 0;
  }
}
/* section2 */
.section-career2 {
  width: 100%;
  padding: 80px;
  background-color: #fff;
}
.section-career2 p {
  font-size: 4vw;
  text-transform: uppercase;
  margin-bottom: 30px;
}
.form1 {
  display: flex;
  flex-direction: column;
  justify-content: center;
  width: 80%;
}
.form1 label {
  font-size: 18px;
  color: #333;
  margin: 10px 0 10px 10px;
}
.form1 select {

```

```

padding: 14px 20px;
border: 1px solid #ffb2b2;
outline: none;
background-color: #ffd4d4;
backdrop-filter: blur(10px);
font-size: 20px;
font-weight: 500;
color: #000;
border-radius: 8px;
}

.form1 input {
margin: 0 0 10px 0;
padding: 14px 30px;
border-radius: 30px;
border: 1px solid #ffb2b2;
background-color: #ffd4d4;
outline: none;
backdrop-filter: blur(10px);
font-size: 20px;
font-weight: 500;
color: #000;
}

.form1 .bek-submit {
margin: 40px 0 0 0;
padding: 14px 30px;
border-radius: 30px;
border: 1px solid #ffb2b2;
background-color: #ff2b2b;
outline: none;
backdrop-filter: blur(10px);
font-size: 20px;
font-weight: 500;
color: #fff;
width: 50%;
transition: .3s;
}

.form1 .bek-submit:hover {
background-color: #fff;
color: #ff2b2b;
border: 1px solid #ff2b2b;
width: 50%;
}

.col-md-5 {
justify-content: center;
display: flex;
}

.col-md-5 img {
width: 100%;
}

JS :

$(".bek-submit").click(function(){
  swal("Thank You", "Your Application has been Successfully Submited. We will Contact You Shortly",
"success");
});

$("form").click(function(){
  swal("Oop's Sorry", "You are not logged in.", "error");
});

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault());

// To disable F12 options

```

```

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Contact

Php :

```

<?php

session_start();
    // DATABASE CONNECTION
include '../login/dbconn.php';
if(isset($_POST['con_submit'])){

    // TAKING INPUT FROM USER USING FORM
$name = $_POST['con_name'];
$email = $_POST['con_email'];
$mobile = $_POST['con_mobile'];
$message = $_POST['con_msg'];

```

```

        // QUERY FOR INSERT DATA
        $insert_query = "insert into feedback(name, email, mobile, message)
values('$name','$email','$mobile','$message')";
        $query = mysqli_query($con,$insert_query);
        if ($query) {
            $subject = "Account Activation - FITNESS CARE";
            $body = "Hello $name, This is from FITNESS CARE we have received your response. If there is
any problem we will try to solve it for you. If you face any problem regarding exercise or fitness let us
know, we will help you. To contact : http://fitnesscare.ultimatefreehost.in/contact/contact.php. Stay
connected, Thank You.";
            $headers = "From: samar80fk@gmail.com";
            if (mail($email, $subject, $body, $headers)){
                $_SESSION['msg'] = "Thank you '$name' for your feedback.";
            }
        }

        header('location:contact.php');
    }else {
        $_SESSION['msg'] = "'Somthing went wrong.' Try again. ";
        header('location:contact.php');
    }
}

?>

<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, shrink-to-fit=no">
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
        <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-
awesome.min.css">
            <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.5.1/jquery.min.js"></script>
    <link rel="icon" type="image/png" href="../logo/logo.png">
        <title>Contact | Fitness Care</title>
        <style>
            body{
                display: flex;
                flex-direction: column;
                align-items: center;
                justify-content: center;
                overflow-x: hidden;
                font-family: "Roboto", "Arial", "sans-serif";
            }
            * {
                margin: 0;
                padding: 0;
                box-sizing: border-box;
            }
            html {
                scroll-behavior: smooth;
            }
            body {
            }
            /* scroll bar */
            ::-webkit-scrollbar {
                width: 5px;
                background-color: #ddd;
            }
            ::-webkit-scrollbar-track {
                border-radius: 0px;
            }
            ::-webkit-scrollbar-thumb {
                background: red;
            }
        </style>
    </head>
    <body>
        <div class="container">
            <div class="row justify-content-center">
                <div class="col-md-6">
                    <div class="card" style="border: none; border-radius: 15px; padding: 20px; background-color: #fff; box-shadow: 0 0 10px 0px #ccc; position: relative; z-index: 1; margin-bottom: 20px;">
                        <div style="background-color: #f0f0f0; border-radius: 15px; padding: 10px; border: 1px solid #ccc; position: absolute; left: -10px; top: -10px; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center; flex-direction: column; transform: rotate(-45deg); z-index: 0;">
                            <span>+</span>
                        </div>
                        <div style="text-align: center; margin-bottom: 20px;">
                            
                            <h2>Fitness Care</h2>
                            <p>Your Health, Our Priority</p>
                        </div>
                        <div style="text-align: center; margin-bottom: 20px;">
                            <h3>Contact Us</h3>
                            <form style="margin-top: 10px;">
                                <div>
                                    <label>Name:</label>
                                    <input type="text" name="name" style="width: 100%; height: 35px; border: 1px solid #ccc; border-radius: 5px; padding: 5px; margin-bottom: 10px;">
                                </div>
                                <div>
                                    <label>Email:</label>
                                    <input type="text" name="email" style="width: 100%; height: 35px; border: 1px solid #ccc; border-radius: 5px; padding: 5px; margin-bottom: 10px;">
                                </div>
                                <div>
                                    <label>Mobile:</label>
                                    <input type="text" name="mobile" style="width: 100%; height: 35px; border: 1px solid #ccc; border-radius: 5px; padding: 5px; margin-bottom: 10px;">
                                </div>
                                <div>
                                    <label>Message:</label>
                                    <input type="text" name="message" style="width: 100%; height: 100px; border: 1px solid #ccc; border-radius: 5px; padding: 5px; margin-bottom: 10px;">
                                </div>
                                <div style="text-align: right; margin-top: 10px; margin-bottom: 20px;">
                                    <button type="button" style="border: 1px solid #ccc; border-radius: 5px; padding: 5px 15px; background-color: #fff; color: #007bff; font-weight: bold; font-size: 14px; cursor: pointer;">Submit</button>
                                </div>
                            </form>
                        </div>
                    </div>
                </div>
            </div>
        </div>
    </body>
</html>

```

```

border-radius: 10px;
}
/* mouse circle */
.bek-mouse-circle {
  display: none;
  position: absolute;
  border: solid 2px #00c7ff;
  width: 40px;
  height: 40px;
  border-radius: 50%;
  pointer-events: none;
  will-change: transform;
  -webkit-backface-visibility: hidden;
  backface-visibility: hidden;
  z-index: 9999999999999999;
}
/* preloader section */
.preloader {
  position: fixed;
  overflow: hidden;
  top: 0;
  left: 0;
  width: 100%;
  height: 100vh;
  display: block;
  background-color: #fff2b2b;
  z-index: 9999;
  align-items: center;
  text-align: center;
  justify-content: center;
  display: flex;
}
.preloaderin {
  width: 100%;
  height: 100%;
  position: absolute;
  display: flex;
  justify-content: center;
  align-items: center;
}
.preloaderin1 {
  width: 300px;
  height: 70px;
  box-shadow: 0 18px 16px -16px black;
  z-index: 999;
  position: absolute;
  top: 0;
  display: flex;
  justify-content: center;
  align-items: center;
}
.preloaderin2 {
  width: 80px;
  height: 80px;
  background-color: green;
  position: absolute;
  animation: box 4s linear infinite;
}
/* navbar section */
.bek-nav1 {
  height: 80px;
}
.bek-dropbtn {
  background-color: #fff;
  border: none;
  outline: none;
  margin: 0 15px;
}

```

```

    text-transform: uppercase;
    font-size: 14px;
}
.bek-dropdown1 {
    position: relative;
    display: inline-block;
}
.bek-dropdown2 {
    text-align: center;
    align-items: center;
    justify-content: center;
    display: flex;
    display: none;
    position: fixed;
    background-color: #222638;
    min-width: 160px;
    box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
    z-index: 1;
    transition: .4s;
    width: 100%;
    right: 0;
}
.bek-dropdown8 {
    width: 100vw;
    right: 0;
    display: none;
    position: fixed;
    background-color: #222638;
    min-width: 160px;
    box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
    z-index: 1;
}
.bek-dropdown7 {
    display: none;
    position: fixed;
    background-color: #222638;
    min-width: 160px;
    padding: 5px;
    box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
    z-index: 1;
}
.bek-dropdown2 a {
    color: #fff;
    padding: 12px 16px;
    text-decoration: none;
    margin: 0 30px;
    text-transform: uppercase;
}
.bek-dropdown7 a {
    color: #fff;
    padding: 12px 16px;
    text-decoration: none;
    display: block;
    text-align: center;
}
.bek-dropdown1:hover .bek-dropdown2 {
    display: block;
}
.bek-dropdown1:hover .bek-dropdown7 {
    display: block;
}
.bek-dropbtn .bek-rotate {
    color: #ff2b2b;
    transition: .2s;
}
.bek-dropdown1:hover .bek-rotate {
    transform: rotate(180deg);
}

```

```

}

.bek-link {
  color: #000;
  text-transform: uppercase;
}
.bek-dropdown-in {
  padding: 30px 10%;
}
.bek-search {
  width: 100%;
  outline: none;
  border: none;
  border-bottom: 1px solid #fff;
}
ul a {
  color: #fff;
}
.bek-join {
  border: 1px solid #ff2b2b;
  color: #ff2b2b;
  transition: .2s;
}
.bek-join:hover {
  background-color: #ff2b2b;
  color: #fff;
}
.bek-dropdown2 a:hover {
  color: #ff2b2b;
}
.bek-dropdown7 a:hover {
  background-color: #2e3247;
  color: #fff;
}
.bek-dropdown7 .bek-join {
  color: #ff2b2b;
}
.bek-dropdown7 .bek-join:hover {
  background-color: #ff2b2b;
  color: #fff;
}
input:focus {
  outline: none;
}
.active {
  border-bottom: 1px solid gray;
}

.card{
  overflow: hidden;
  border: 0 !important;
  border-radius: 30px !important;
  box-shadow: 0 1rem 3rem 0 rgb(12, 12, 12);
  background-color: #fff5;
  padding: 30px 0;
  backdrop-filter: blur(8px);
}
.img-left{
  width: 45%;
}
.card-body{
  padding: 1rem;
}
.title{
  margin-bottom: 0.5rem;
}
.form-group{
  position: relative;
}

```

```

        }
        .form-group input{
            width: 100%; height: 45px;
            padding-left: 40px; margin-bottom: 10px;
            box-sizing: border-box;
            box-shadow: 0 0.2rem 0.4rem 0 rgb(12, 12, 12);
            border: 1px solid black; border-radius: 50px;
            outline: none; background: transparent;
        }
        .form-group textarea{
            width: 100%; height: 65px;
            padding-left: 40px; margin-bottom: 10px;
            box-sizing: border-box;
            box-shadow: 0 0.2rem 0.4rem 0 rgb(12, 12, 12);
            border: 1px solid black; border-radius: 10px;
            outline: none; background: transparent;
        }
        .form-input span{
            position: absolute; top: 15px;
            padding-left: 15px;
            color: blue;
        }
        .form-group input::placeholder{
            padding-left: 0px;
        }
        .form-group input:focus, .form-group input:valid{
            border: 2px solid #007bff;
        }
        .form-group input:focus::placeholder{
            color: #454b69;
        }
        .form.box button[type="submit"]){
            margin-top: 100px; border: none;
            cursor: pointer;
            border-radius: 50px;
            background-color: #007bff;
            color: #fff;
            font-size: 90%;
            font-weight: bold;
            letter-spacing: .1rem;
            transition: 0.5s;
            padding: 12px;
        }
        .btn1{
            border: none; outline: none; width: 100%;
            background-color: rgb(255, 106, 0);
            color: aliceblue;
            border-radius: 20px;
            font-weight: bold;
        }
        .btn1:hover{
            background-color: #bf4c00;
            color: rgb(255, 255, 255);
        }
        a{
            text-decoration: none;
        }
        #sesn{
            text-align:center;
            width: 100%; height:auto;
            /* background-color:lightgreen;
            border-radius:25px; */
            font-weight:bold;
            color :red;
        }
    
```

```

    padding: 15px 20px 10px 15px;
}

.circle1 {
    position: absolute;
    width: 600px;
    height: 600px;
    background: -webkit-linear-gradient(to right, #fdbb2d, #b21f1f, #1a2a6c);
    background: linear-gradient(to right, #fdbb2d, #b21f1f, #1a2a6c);
    z-index: -1;
    border-radius: 50%;
    top: 0%;
    left: 0%;
    transform: translate(-50%,-50%);
}
.circle2 {
    position: absolute;
    width: 300px;
    height: 300px;
    background: -webkit-linear-gradient(to top, #0052d4, #65c7f7, #9cecfb);
    background: linear-gradient(to top, #0052d4, #65c7f7, #9cecfb);
    z-index: -1;
    border-radius: 50%;
    bottom: 0%;
    right: 0%;
}
/* footer section*/
.bek-footer-out1 {
    width: 100%;
    background-color: #2b1616;
    padding: 50px 50px 0 50px;
}
.bek-footer-out2 {
    padding: 50px 50px 80px 50px;
    border-bottom: 1px solid #888;
}
.bek-footer-out2 p {
    color: #aaa;
    font-weight: 200;
    font-size: 13px;
    margin-top: 5px;
    text-transform: uppercase;
}
.bek-footer-out2 a {
    text-decoration: none;
    color: #888;
    text-transform: uppercase;
    font-size: 12px;
}
.bek-footer-out2 a:hover {
    color: #555;
}
.bek-footer-out3 {
    width: 100%;
    padding: 10px 0 0 0;
    text-align: center;
    align-items: center;
    justify-content: center;
    display: flex;
    padding: 20px 0 0 0;
}
.bek-footer-out3 p {
    color: #888;
    font-weight: 200;
    font-size: 12px;
    text-transform: uppercase;
}

```

```

.frame-section {
  width: 100%;
}
.frame-section #iframe {
  width: 100%;
}
iframe-height {
  height: 3550px;
}
.change-nm {
  position: relative;
  color: #aaa;
}
.change-nm::before {
  content: '';
  animation: change-nm 12s linear infinite;
}
@keyframes change-nm {
  0% {
    content: 'Amritanshu';
  }
  14.29% {
    content: 'Anurag';
  }
  28.58% {
    content: 'Bekrom';
  }
  42.87% {
    content: 'Harikesh';
  }
  57.16% {
    content: 'Mallik';
  }
  71.45% {
    content: 'Sahil';
  }
  85.74% {
    content: 'Saurabh';
  }
  100% {
    content: 'Amritanshu';
  }
}
#myBtn {
  display: none;
  position: fixed;
  bottom: 10px;
  right: 10px;
  z-index: 99;
  font-size: 18px;
  border: none;
  outline: none;
  background-color: #fff;
  color: white;
  cursor: pointer;
  padding: 5px;
  border-radius: 4px;
  border: 2px solid red;
}
</style>
</head>

<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one" style="margin-top: -623px;">
  <div class="bek-preloader-one-out3"></div>

```

```

<div class="bek-preloader-one-out4"></div>
<div class="bek-preloader-one-out1">
    
</div>
<div class="bek-preloader-one-out2">
    <span style="--i:1;">F</span>
    <span style="--i:2;">I</span>
    <span style="--i:3;">T</span>
    <span style="--i:4;">N</span>
    <span style="--i:5;">S</span>
    <span style="--i:6;">S</span>
    <span style="--i:7;">S</span>
    <span style="--i:8;">&nbsp;</span>
    <span style="--i:9;">C</span>
    <span style="--i:10;">A</span>
    <span style="--i:11;">R</span>
    <span style="--i:12;">E</span>
</div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preload/preloader.js"></script>
<!---end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../index.html">
            
            <span style="color: #ff2b2b;">Fitness Care
        </a>
        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="../index.html" id="home" style="text-transform: uppercase;color: #000; margin: 3px 0 0 10px;font-size: 14px;">Home</a></span>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../about/about.html" id="about"><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                            <a href="../about/about.html" id="about2">&nbsp;&nbsp;About Us</a>
                            <a href="../career/career.html" id="career">&nbsp;&nbsp;Careers</a>
                            <a href="../tutorial/tutorial.html" id="tutorial">&nbsp;&nbsp;Tutorials</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                            <a href="../meal-plans/meal-plans.html" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                        </div>
                    </div>
                </li>
            </ul>
        </div>
    </div>
</nav>

```

```

        <a href="../food/food.php">&nbsp;&nbsp;Nutrition</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <div class="bek-dropdown1">
        <span><a class="nav-link bek-link" href="../exercise/exercise.php"><button class="bek-
dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
            <a href="../exercise/exercise.php">&nbsp;&nbsp;exercise</a>
            <a href="../yoga/yoga.php">&nbsp;&nbsp;yoga</a>
            <a href="../workout-programs/workout-programs.html" id="workout-programs">&nbsp;&nbsp;workout programs</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <div class="bek-dropdown1">
        <span><a class="nav-link bek-link" href="../faq/faq.html" id="faq"><button class="bek-
dropbtn">faq <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
            <a href="../faq/faq.html" id="faq2">&nbsp;&nbsp;faq</a>
            <a href="contact.php">&nbsp;&nbsp;contact us</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <span><a class="nav-link bek-link" aria-current="page" href="../store/store.html" style="text-
transform: uppercase;color: #000; margin: 3px 0 0 20px;font-size: 14px;">Store</a></span>
</li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../login/login.php" id="signin"><button class="bek-
dropbtn" style="margin: 0 0;">sign in <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="../login/login.php" id="signin2"><i class="fas fa-sign-in-alt" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Sign In</a>
                <a href="../login/signup.php" id="signup"><i class="fas fa-user-plus" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Sign Up</a>
                <a href="../login/forgot.php" id="forgot" style="margin: 0 0 4px 0;"><i class="fas fa-user-
lock" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Forgot Password</a>
                <a href="../join/join.html" class="bek-join"> JOIN</a>
            </div>
        </div>
    </li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i
class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color:
#222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;</pre>

```

```



<div class="row px-3">
        <div class="col-md-12 col-lg-9 card flex-row mx-auto px-0">
            <div class="img-left d-none d-sm-flex">
                <video width="100%" loop muted autoplay style="width: 100%;">
                    <source src="contact.mp4" type="video/mp4">
                </video>
            </div>

            <div class="card-body">
                <h1 class="title text-center mt-4" style="color:#007bff;">Contact us</h1>
                <div>
                    <p id="sesn">
                        <?php
                            if(isset($_SESSION['msg'])) {
                                echo $_SESSION['msg'];
                            }
                        ?>
                    </p>
                </div>
                <!-- FORM TAG START -->
                <form class="form-box px-3" action="<?php echo htmlentities($_SERVER['PHP_SELF']); ?>" method="post"
                    autocomplete="on">
                    <!-- For name input -->
                    <div class="form-group">
                        <span><i class="fa fa-user-circle" style="font-size:20px; color:#55acee"></i> Full Name:</span>
                        <input type="text" name="con_name" id="" placeholder="Enter full name here" tabindex="10"
                            required>
                    </div>
                    <!-- For email input -->
                    <div class="form-group">
                        <span><i class="fa fa-envelope-o" style="font-size:20px; color:#55acee"></i> Email:</span>
                        <input type="email" name="con_email" id="" placeholder="example@gmail.com" required>
                    </div>
                    <!-- For mobile input -->
                    <div class="form-group">
                        <span><i class="fa fa-phone" style="font-size:20px; color:#55acee"></i> Mobile:</span>
                        <input type="text" name="con_mobile" id="" placeholder="10 digit mobile number" required>
                    </div>
                    <!-- For message input -->
                    <div class="form-group">
                        <label for="msg"><i class="fa fa-comments" style="font-size:20px; color:#55acee"></i>
                        Message:</label>
                        <textarea name="con_msg" class="form-control" cols="30" rows="2" required placeholder="Enter your
                        message here...."></textarea>
                    </div>
                    <!-- For submit button -->
                    <div class="mb-3">
                        <button type="submit" name="con_submit" class="btn btn-primary text-center btn1">Submit</button>
                    </div>
                </form>
            </div>
        </div>
    </div>
    <div class="circle1"></div>
    <div class="circle2"></div>
</div>

<!-- back to top button--&gt;
&lt;a href="#gotop"&gt;&lt;button id="myBtn" title="Go to top"&gt;&lt;img src="../index/arrow.png" width="30"&gt;&lt;/button&gt;&lt;/a&gt;
<!-- end of back to top button--&gt;
</pre>



84


```

```

<!-- footer bar -->




Your daily workout partner.



about



careers



tutorials



food



meal plans



nutrition



workout



exercise



yoga



workout programs



faq



contact us



Copyright  2021 . Designed By Group - H .( &nbsp;&nbsp;)</p>
</div>
</div>
<!-- end of footer bar -->

<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script src="../bootstrap/js/bootstrap.js"></script>
<script src="https://unpkg.com/swiper/swiper-bundle.min.js"></script>
<script type='text/javascript' src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../denie/denie.js"></script>
<!-- jQuery program -->
<script>
    $(document).ready(function(){
        $("input").focus(function(){
            $(this).css("background-color", "#ffff42");
        });
        $("input").blur(function(){
            $(this).css("background-color", "lightgreen");
        });
    });
</script>


```

```

    });

//mouse circle
jQuery(document).ready(function() {

    var mouseX = 0, mouseY = 0;
    var xp = 0, yp = 0;

    $(document).mousemove(function(e){
        mouseX = e.pageX - 20;
        mouseY = e.pageY - 20;
        $("#bek-mouse-circle").css("display", "block");
    });

    setInterval(function(){
        xp += ((mouseX - xp)/6);
        yp += ((mouseY - yp)/6);
        $("#bek-mouse-circle").css({left: xp +'px', top: yp +'px'});
    }, 20);

});

// go to top
var mybutton = document.getElementById("myBtn");
    </script>
</body>

</html>

```

JS :

```

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault();

// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();

```

```

        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});
}

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Dashboard

Php :

```

<?php

session_start();
include '../login/dbconn.php';

if(!isset($_SESSION[ 'username' ])) {

    header('location:../login/login.php');
}
?>
<!-- html part -->
<!DOCTYPE html>
<html>
<head>
    <meta charset="utf-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" type="text/css" href="../home/home.css">
    <link rel="stylesheet" type="text/css" href="dashboard.css">
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="icon" type="image/png" href="../logo/logo.png">
    <title>Dashboard | Fitness Care</title>
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&nbsp;</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
    
```

```

>R</span>
>E</span>

```

```

</div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!-- end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="dashboard.php">
            
            Fitness Care
        </a>
        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="dashboard.php" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../about/about.php" id="about"><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                            <a href="../about/about.php" id="about2">&nbsp;&nbsp;About Us</a>
                            <a href="../career/career.php" id="career">&nbsp;&nbsp;Careers</a>
                            <a href="../tutorial/tutorial.php" id="tutorial">&nbsp;&nbsp;Tutorials</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                            <a href="../meal-plans/meal-plans.php" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                            <a href="../food/food.php">&nbsp;&nbsp;Nutrition</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../exercise/exercise.php"><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                            <a href="../exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
                            <a href="../yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
                            <a href="../workout-programs/workout-programs.php" id="workout-programs">&nbsp;&nbsp;workout programs</a>
                        </div>
                    </div>
                </li>
            </ul>
        </div>
    </div>
</nav>

```

```

        </li>
        <li class="nav-item">
            <div class="bek-dropdown">
                <span><a class="nav-link bek-link" href="../faq/faq.php" id="faq"><button class="bek-dropbtn">faq</a><i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                    <a href="../faq/faq.php" id="faq2">&nbsp;&nbsp;faq</a>
                    <a href="../contact/contactus.php">&nbsp;&nbsp;contact us</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <span><a class="nav-link bek-link" aria-current="page" href="../store/store.php" style="text-transform: uppercase;color: #000; margin: 3px 0 0 20px;font-size: 14px;">Store</a></span>
        </li>
    </ul>
    <ul class="mb-2 mb-lg-0" style="list-style: none;">
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../account/account.php"><button class="bek-dropbtn" style="margin: 0 ;align-items: center;text-align: center;justify-content: center;display: flex;flex-direction: row;"><div style="width: 35px;height: 35px;border-radius: 50%;overflow: hidden;"></div>&nbsp;<span style="width: 100px;"><?php echo $_SESSION['username']; ?></span>&nbsp;<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown7">
                    <a href="../account/account.php" id="account"><i class="fas fa-user-circle" style="color: #ff2b2b;"></i>&nbsp;Account</a>
                    <a href="../notifications/notifications.php" id="notifications"><i class="fas fa-bell" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Notifications</a>
                    <a href="../calender/calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-calendar-alt"></i></i>&nbsp;&nbsp;Calender</a>
                    <a href="../join/join.php"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&nbsp;Fitness Care+</a>
                    <a href="../login/logout.php"><i class="fas fa-sign-out-alt" style="color: #ff2b2b;"></i>&nbsp;Sign Out</a>
                </div>
            </div>
        </li>
    </ul>
    <form class="d-flex">
        <div class="bek-dropdown1">
            <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0 ;"><span><i class="fas fa-search"></i></span></button></a>
            <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
                <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color: #222638;border-radius: 0;color: #fff;">
            </div>
        </div>
    </form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>

<!-- iframe part--&gt;

<!-- section 1 --&gt;
&lt;section class="section11"&gt;
    &lt;div class="bek-banner"&gt;
        &lt;video loop muted autoplay&gt;
            &lt;source src="../home/video/fitness.mp4" type="video/mp4"&gt;
        &lt;/video&gt;
        &lt;div class="bek-textBox"&gt;
</pre>

```

```

<h2>We Believe <br><i><span style="font-size: 45px;color: #ff3838;font-weight: 800;">WE'RE  

&nbsp;A&nbsp; FAMILY</span></i>.</h2>  

<p>We Believe we are a family. In This Website You Will Get Workout Videos, Exercises, Meal Plan  

Absolutely Free.</p>  

<p>Get your Workout Program™.</p>  

<a href="../join/join.php">Join Us</a>  

</div>  

<div class="bek-imgBox">  

</div>  

</div>  

</section>  

<!-- end of section 1-->  

<!-- section 2-->  

<section class="section2">  

<div class="container container-bek">  

<div class="row">  

<div class="col-md bek-center">  

<p style="font-size: 20px;color: #fff;margin-bottom: 10px;">Meal Plans</p>  

<p>Plans ith dietitians and nutritionists.</p>  

<a href="../meal-plans/meal-plans.php">Let's Go&nbsp;&nbsp;<i class="fas fa-arrow-right bek-arrow"></i></a>  

</div>  

<div class="col-md bek-center">  

<p style="font-size: 20px;color: #fff;margin-bottom: 10px;">Workout</p>  

<p>Access to some workout videos.</p>  

<a href="../exercise/exercise.php">Let's Go&nbsp;&nbsp;<i class="fas fa-arrow-right bek-arrow"></i></a>  

</div>  

<div class="col-md bek-center">  

<p style="font-size: 20px;color: #fff;margin-bottom: 10px;">Workout Programs</p>  

<p>Make your own workout program.</p>  

<a href="../workout-programs/workout-programs.php">Let's Go&nbsp;&nbsp;<i class="fas fa-arrow-right bek-arrow"></i></a>  

</div>  

<div class="col-md bek-center" style="border-right: 0;">  

<p style="font-size: 20px;color: #fff;margin-bottom: 10px;">Fitness Care Plus&nbsp;<span  

style="color: #ff2b2b; font-size: 26px;">+</span></p>  

<p>Full access to our website.</p>  

<a href="../join/join.php">Let's Go&nbsp;&nbsp;<i class="fas fa-arrow-right bek-arrow"></i></a>  

</div>  

</div>  

</div>  

</section>  

<!-- end of section 2 -->  

<!-- section 3 -->  

<section class="section3">  

<p class="bek-text2" style="font-size: 30px;">What makes us <br><i><span style="font-size: 40px;color:  

#ff2b2b;text-transform: uppercase;">Different?</span></i></p>  

<div class="container">  

<div class="row">  

<div class="col-md">  

<ul>  

<li class="bek-li bek-li1">Progress Result</li>  

<p>Our approaches are Scientific that why We offer a Money Back Guarantee.</p>  

<li class="bek-li bek-li2">Human Touch</li>  

<p>Our Coaches will reached at Your Door for You.</p>  

<li class="bek-li bek-li3">Community</li>  

<p>Stay Connected with Us and with other Peoples on the Same Journey.</p>  

<li class="bek-li bek-li4">Service</li>  

<p>For this Corona Condition we are working from home through online.</p>  

</ul>  

</div>  

<div class="col-md">  

<div id="carouselExampleFade" class="carousel slide carousel-fade" data-bs-ride="carousel">  

<div class="carousel-inner">  

<div class="carousel-item active" data-bs-interval="8000">

```

```

        
    </div>
    <div class="carousel-item" data-bs-interval="8000">
        
    </div>
    <div class="carousel-item" data-bs-interval="8000">
        
    </div>
    <div class="carousel-item" data-bs-interval="8000">
        
    </div>
    </div>
</div>
<div class="bek-circle1"></div>
<div class="bek-circle2"></div>
</section>
<!-- end of section 3 --&gt;
<!-- section 4 --&gt;
&lt;section class="section4"&gt;
    &lt;div class="container"&gt;
        &lt;p class="bek-text2" style="font-size: 40px; margin-bottom: 80px;"&gt;We are &lt;i&gt;&lt;span style="text-transform: uppercase; color: #ff2b2b;"&gt;Redefining Fitness&lt;/span&gt;&lt;/i&gt; for You.&lt;/p&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md bek-middle"&gt;
                &lt;img src="../home/body.png"&gt;
                &lt;span&gt;13,000+&lt;/span&gt;
                &lt;p&gt;Body Transformation&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md bek-middle"&gt;
                &lt;img src="../home/weight.png"&gt;
                &lt;span&gt;11,300+&lt;/span&gt;
                &lt;p&gt;People Lose Their Weight&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md bek-middle"&gt;
                &lt;img src="../home/certificate.png" style="width: 170px; margin-top: 30px;"&gt;
                &lt;span style="margin-top: 25px;"&gt;50+&lt;/span&gt;
                &lt;p&gt;Certified Coaches&lt;/p&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;
<!-- end of section 4 --&gt;
<!-- section 5 --&gt;
&lt;section class="section5"&gt;
    &lt;div class="container"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md"&gt;
                &lt;p class="bek-text2" style="text-align: left;"&gt;What we do &lt;br&gt;&lt;span style="font-size: 45px; color: #333; text-transform: uppercase;"&gt;about &lt;span style="color: #ff2b2b;"&gt;&lt;i&gt;fitness care&lt;/i&gt;&lt;/span&gt;&lt;/span&gt;&lt;/p&gt;
                &lt;p class="bek-text3"&gt;This is a fitness website. We made this website FITNESS CARE for the major project of our college. We all belongs to George College Sealdah. It is basically a part of our graduation course. We are seven students working as a team. To see more about us click the following button.&lt;/p&gt;
                &lt;a href="../about/about.php" style="text-decoration: none;"&gt;&lt;button&gt;Read More&lt;/button&gt;&lt;/a&gt;
            &lt;/div&gt;
            &lt;div class="col-md" style="align-items: center; justify-content: center; display: flex;"&gt;
                &lt;img src="../home/image2.png"&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;
<!-- end of section 5 --&gt;
<!-- section 6 --&gt;
&lt;section class="section6"&gt;
    &lt;div class="container-fluid"&gt;
</pre>

```

```

<div class="row">
    <div class="col-md bek-middle2">
        <p>Ready to try <i><span style="color: #ff2b2b;font-size: 33px;">FITNESS CARE</span></i> ?</p>
    </div>
    <div class="col-md bek-middle2">
        <a href="../workout-programs/workout-programs.php"><button>Get Start Now</button></a>
    </div>
</div>
</div>
</section>
<!-- end of section 6 --&gt;
<!-- section 7 --&gt;
&lt;section class="section7"&gt;
    &lt;div class="container-fluid" style="padding: 0;"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-6 bek-video"&gt;
                &lt;video width="685" loop muted autoplay&gt;
                    &lt;source src="../home/video/video2.mp4" type="video/mp4"&gt;
                &lt;/video&gt;
            &lt;/div&gt;
            &lt;div class="col-md-6 bek-video"&gt;
                &lt;video width="685" loop muted autoplay&gt;
                    &lt;source src="../home/video/video1.mp4" type="video/mp4"&gt;
                &lt;/video&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;
<!-- end of section 7 --&gt;
<!-- end of iframe part--&gt;
<!-- back to top button--&gt;
&lt;a href="#gotop"&gt;&lt;button id="gotopBtn" title="Go to top"&gt;&lt;img src="arrow.png" width="30"&gt;&lt;/button&gt;&lt;/a&gt;
<!-- end of back to top button--&gt;
<!-- footer bar --&gt;
&lt;div class="bek-footer-out1"&gt;
    &lt;div class="container bek-footer-out2"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="../logo/logo.png" width="80"&gt;
                &lt;p&gt;Your daily workout partner.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-8"&gt;
                &lt;div class="row"&gt;
                    &lt;div class="col-md-6"&gt;
                        &lt;div class="row"&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../about/about.php" id="about3" style="color: #fff;font-size: 13px;"&gt;about&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../career/career.php" id="career2"&gt;careers&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../tutorial/tutorial.php" id="tutorial2"&gt;tutorials&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../food/food.php" style="color: #fff;font-size: 13px;"&gt;food&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../meal-plans/meal-plans.php" id="meal-plans2"&gt;meal plans&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../food/food.php"&gt;nutrition&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                    &lt;div class="col-md-6"&gt;
                        &lt;div class="row"&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;"&gt;workout&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../exercise/exercise.php"&gt;exercise&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../yoga/yoga.php"&gt;yoga&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../workout-programs/workout-programs.php" id="workout-programs2"&gt;workout
                                programs&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/div&gt;
</pre>

```

```

        <div class="col-sm-6">
            <p><a href="../faq/faq.php" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
            <p><a href="../contact/contactus.php">contact us</a></p>
        </div>
    <!-- end of footer bar -->
    <!-- -----js tags----- -->
<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script src="../bootstrap/js/bootstrap.js"></script>
<script src="https://unpkg.com/swiper/swiper-bundle.min.js"></script>
<script type='text/javascript'
src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../home/home.js"></script>
<script src="dashboard.js"></script>
<script src="../denie/denie.js"></script>
</body>
</html>

```

Css :

```

* {
    margin: 0;
    padding: 0;
    box-sizing: border-box;
}
html {
    scroll-behavior: smooth;
}
body {
    font-family: "Roboto", "Arial", "sans-serif";
    overflow-x: hidden;
}
/* scroll bar */
::-webkit-scrollbar {
    width: 5px;
}
::-webkit-scrollbar-track {
    border-radius: 0px;
}
::-webkit-scrollbar-thumb {
    background: red;
    border-radius: 10px;
}
/* mouse circle */
.bek-mouse-circle {
    display: none;
    position: absolute;
    border: solid 2px #00c7ff;
    width: 40px;
    height: 40px;
    border-radius: 50%;
    pointer-events: none;
    will-change: transform;
    -webkit-backface-visibility: hidden;
    backface-visibility: hidden;
    z-index: 99999999999999;
}

```

```

/* navbar section */
.bek-nav1 {
    height: 80px;
}
.bek-dropbtn {
    background-color: #fff;
    border: none;
    outline: none;
    margin: 0 15px;
    text-transform: uppercase;
    font-size: 14px;
}
.bek-dropdown1 {
    position: relative;
    display: inline-block;
}
.bek-dropdown2 {
    text-align: center;
    align-items: center;
    justify-content: center;
    display: flex;
    display: none;
    position: fixed;
    background-color: #222638;
    min-width: 160px;
    box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
    z-index: 1;
    transition: .4s;
    width: 100%;
    right: 0;
}
.bek-dropdown8 {
    width: 100vw;
    right: 0;
    display: none;
    position: fixed;
    background-color: #222638;
    min-width: 160px;
    box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
    z-index: 1;
}
.bek-dropdown7 {
    display: none;
    position: fixed;
    background-color: #222638;
    min-width: 160px;
    padding: 5px;
    box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
    z-index: 1;
}
.bek-dropdown2 a {
    color: #fff;
    padding: 12px 16px;
    text-decoration: none;
    margin: 0 30px;
    text-transform: uppercase;
}
.bek-dropdown7 a {
    color: #fff;
    padding: 12px 16px;
    text-decoration: none;
    display: block;
    text-align: center;
}
.bek-dropdown1:hover .bek-dropdown2 {
    display: block;
}

```

```

.bek-dropdown1:hover .bek-dropdown7 {
  display: block;
}
.bek-dropbtn .bek-rotate {
  color: #ff2b2b;
  transition: .2s;
}
.bek-dropdown1:hover .bek-rotate {
  transform: rotate(180deg);
}
.bek-link {
  color: #000;
  text-transform: uppercase;
}
.bek-dropdown-in {
  padding: 30px 10%;
}
.bek-search {
  width: 100%;
  outline: none;
  border: none;
  border-bottom: 1px solid #fff;
}
ul a {
  color: #fff;
}
.bek-join {
  border: 1px solid #ff2b2b;
  color: #ff2b2b;
  transition: .2s;
}
.bek-join:hover {
  background-color: #ff2b2b;
  color: #fff;
}
.bek-dropdown2 a:hover {
  color: #ff2b2b;
}
.bek-dropdown7 a:hover {
  background-color: #2e3247;
  color: #fff;
}
.bek-dropdown7 .bek-join {
  color: #ff2b2b;
}
.bek-dropdown7 .bek-join:hover {
  background-color: #ff2b2b;
  color: #fff;
}
input:focus {
  outline: none;
}
.active {
  border-bottom: 1px solid gray;
}
/* footer section*/
.bek-footer-out1 {
  width: 100%;
  background-color: #2b1616;
  padding: 50px 50px 0 50px;
}
.bek-footer-out2 {
  padding: 50px 50px 80px 50px;
  border-bottom: 1px solid #888;
}
.bek-footer-out2 p {
  color: #aaa;
}

```

```

font-weight: 200;
font-size: 13px;
margin-top: 5px;
text-transform: uppercase;
}
.bek-footer-out2 a {
text-decoration: none;
color: #888;
text-transform: uppercase;
font-size: 12px;
}
.bek-footer-out2 a:hover {
color: #555;
}
.bek-footer-out3 {
width: 100%;
padding: 10px 0 0 0;
text-align: center;
align-items: center;
justify-content: center;
display: flex;
padding: 20px 0 0 0;
}
.bek-footer-out3 p {
color: #888;
font-weight: 200;
font-size: 12px;
text-transform: uppercase;
}
.frame-section {
width: 100%;
}
.frame-section #iframe {
width: 100%;
}
.iframe-height {
height: 3300px;
}
.change-nm {
position: relative;
color: #aaa;
}
.change-nm:before {
content: '';
animation: change-nm 12s linear infinite;
}
@keyframes change-nm {
0% {
content: 'Amritanshu';
}
14.29% {
content: 'Anurag';
}
28.58% {
content: 'Bekrom';
}
42.87% {
content: 'Harikesh';
}
57.16% {
content: 'Mallik';
}
71.45% {
content: 'Sahil';
}
85.74% {
content: 'Saurabh';
}
}

```

```

        }
    100% {
        content: 'Amritanshu';
    }
}
#gotopBtn {
    display: none;
    position: fixed;
    bottom: 10px;
    right: 10px;
    z-index: 99;
    font-size: 18px;
    border: none;
    outline: none;
    background-color: #fff;
    color: white;
    cursor: pointer;
    padding: 5px;
    border-radius: 4px;
    border: 2px solid red;
}
/* page height */
.home {
    height: 3300px;
}
.account {
    height: 1010px;
}
.career {
    height: 1560px;
}
.faq {
    height: 2200px;
}
.tutorial {
    height: 655px;
}
.notifications {
    height: 220px;
}
.workout-programs {
    height: 1730px;
}
.meal-plans {
    height: 3439px;
}
.calender {
    height: 675px;
}
.about {
    height: 1920px;
}
/* end of page height section */
/* media query */
@media only screen and (max-width: 770px) {
    .iframe-height {
        height: 6320px;
    }
    .home {
        height: 6320px;
    }
    .account {
        height: 1400px;
    }
    .career {
        height: 2260px;
    }
}

```

```

    .faq {
      height: 2400px;
    }
    .tutorial {
      height: 1020px;
    }
    .notifications {
      height: 220px;
    }
    .workout-programs {
      height: 3140px;
    }
    .meal-plans {
      height: 5196px;
    }
    .calender {
      height: 675px;
    }
    .about {
      height: 1970px;
    }
  }
  @media only screen and (max-width: 470px) {
    .workout-programs {
      height: 5938px;
    }
    .meal-plans {
      height: 5557px;
    }
    .about {
      height: 2255px;
    }
  }
}

```

Js :

```

//mouse circle
jQuery(document).ready(function() {

  var mouseX = 0, mouseY = 0;
  var xp = 0, yp = 0;

  $(document).mousemove(function(e){
    mouseX = e.pageX - 20;
    mouseY = e.pageY - 20;
    $("#bek-mouse-circle").css("display", "block");
  });

  setInterval(function(){
    xp += ((mouseX - xp)/6);
    yp += ((mouseY - yp)/6);
    $("#bek-mouse-circle").css({left: xp +'px', top: yp +'px'});
  }, 20);

});
// go to top
var mybutton = document.getElementById("gotopBtn");

// When the user scrolls down 20px from the top of the document, show the button
window.onscroll = function() {scrollFunction()};

function scrollFunction() {
  if (document.body.scrollTop > 600 || document.documentElement.scrollTop > 600) {
    mybutton.style.display = "block";
  } else {
    mybutton.style.display = "none";
  }
}

```

```

}

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault());


// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});;

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Exercise

Php :

```

<?php

session_start();
include '../login/dbconn.php';
$name = $_SESSION['username'];
$namequery = " select * from fitness_table where name='$name' ";

```

```

$query = mysqli_query($con,$namequery);
$userdata = mysqli_fetch_assoc($query);
$useremail = $userdata['email'];
$mobile = $userdata['mobile'];
$id = $userdata['id'];
if(!isset($_SESSION['username'])) {

    header('location:../login/login.php');
}
?>

<!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">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <title>Exercise | Fitness Care</title>
    <link rel='stylesheet' href='https://code.ionicframework.com/ionicons/2.0.1/css/ionicons.min.css'>
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="icon" type="image/png" href="../logo/logo.png">
    <link rel="stylesheet" href="exercise.css">
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&ampnbsp</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../dashboard/dashboard.php">
            
            Fitness Care
        </a>
        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>

```

```

        </button>
    <div class="collapse navbar-collapse" id="navbarSupportedContent">
        <ul class="navbar-nav me-auto mb-2 mb-lg-0">
            <li class="nav-item">
                <span><a class="nav-link bek-link" aria-current="page" href="..../dashboard/dashboard.php" id="home" style="text-transform: uppercase;color: #000; margin: 3px 0 0 10px;font-size: 14px;">Home</a></span>
            </li>
            <li class="nav-item">
                <div class="bek-dropdown1">
                    <span><a class="nav-link bek-link" href="..../about/about.php" id="about"><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                    <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                        <a href="..../about/about.php" id="about2">&nbsp;&nbsp;About Us</a>
                        <a href="..../career/career.php" id="career">&nbsp;&nbsp;Careers</a>
                        <a href="..../tutorial/tutorial.php" id="tutorial">&nbsp;&nbsp;Tutorials</a>
                    </div>
                </div>
            </li>
            <li class="nav-item">
                <div class="bek-dropdown1">
                    <span><a class="nav-link bek-link" href="..../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                    <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                        <a href="..../meal-plans/meal-plans.php" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                        <a href="..../food/food.php">&nbsp;&nbsp;Nutrition</a>
                    </div>
                </div>
            </li>
            <li class="nav-item">
                <div class="bek-dropdown1">
                    <span><a class="nav-link bek-link" href="exercise.php"><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                    <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                        <a href="exercise.php">&nbsp;&nbsp;Exercise</a>
                        <a href="..../yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
                        <a href="..../workout-programs/workout-programs.php" id="workout-programs">&nbsp;&nbsp;workout programs</a>
                    </div>
                </div>
            </li>
            <li class="nav-item">
                <div class="bek-dropdown1">
                    <span><a class="nav-link bek-link" href="..../faq/faq.php" id="faq"><button class="bek-dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                    <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                        <a href="..../faq/faq.php" id="faq2">&nbsp;&nbsp;FAQ</a>
                        <a href="..../contact/contactus.php">&nbsp;&nbsp;Contact Us</a>
                    </div>
                </div>
            </li>
            <li class="nav-item">
                <span><a class="nav-link bek-link" aria-current="page" href="..../store/store.php" style="text-transform: uppercase;color: #000; margin: 3px 0 0 20px;font-size: 14px;">Store</a></span>
            </li>
        </ul>
        <ul class="mb-2 mb-lg-0" style="list-style: none;">
            <li class="nav-item">
                <div class="bek-dropdown1">

```

```

        <span><a class="nav-link bek-link" href="..//account/account.php"><button class="bek-dropbtn"
style="margin: 0 0;align-items: center;text-align: center;justify-content: center;display: flex;flex-
direction: row;"><div style="width: 35px;height: 35px; border-radius: 50%;overflow: hidden;"></div>&nbsp;<i style="width: 100px;"><?php echo
$_SESSION['username'];>?></span>&nbsp;<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown7">
            <a href="..//account/account.php" id="account"><i class="fas fa-user-circle" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Account</a>
            <a href="..//notifications/notifications.php" id="notifications"><i class="fas fa-bell"
style="color: #ff2b2b;"></i>&nbsp;&nbsp;Notifications</a>
            <a href="..//calender/calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-
calendar-alt"></i></i>&nbsp;&nbsp;Calender</a>
            <a href="..//join/join.php"><i class="fas fa-user-plus" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Fitness Care</a>
            <a href="..//login/logout.php"><i class="fas fa-sign-out-alt" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Sign Out</a>
        </div>
    </div>
</li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i
class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%;outline: none; border: none; border-bottom: 1px solid #fff;background-color:
#222638; border-radius: 0; color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;
<!-- section1 --&gt;
&lt;section class="sectionfaq1"&gt;
    &lt;div id="carouselExampleCaptions" class="carousel slide carousel-fade" data-bs-ride="carousel"&gt;
        &lt;div class="carousel-indicators"&gt;
            &lt;button type="button" data-bs-target="#carouselExampleCaptions" data-bs-slide-to="0" class="active"
aria-current="true" aria-label="Slide 1" style="width: 5px; height: 6px; border-radius: 50%; border: 2px solid
#009dff;"&gt;&lt;/button&gt;
            &lt;button type="button" data-bs-target="#carouselExampleCaptions" data-bs-slide-to="1" aria-label="Slide
2" style="width: 5px; height: 6px; border-radius: 50%; border: 2px solid #009dff;"&gt;&lt;/button&gt;
            &lt;button type="button" data-bs-target="#carouselExampleCaptions" data-bs-slide-to="2" aria-label="Slide
3" style="width: 5px; height: 6px; border-radius: 50%; border: 2px solid #009dff;"&gt;&lt;/button&gt;
            &lt;button type="button" data-bs-target="#carouselExampleCaptions" data-bs-slide-to="3" aria-label="Slide
4" style="width: 5px; height: 6px; border-radius: 50%; border: 2px solid #009dff;"&gt;&lt;/button&gt;
        &lt;/div&gt;
        &lt;div class="carousel-inner"&gt;
            &lt;div class="carousel-item active bek-back bek-back1"&gt;
                &lt;div class="carousel-caption bek-yoga-center"&gt;
                    &lt;p&gt;Shape it up !&lt;/p&gt;
                    &lt;h1&gt;Health is a Boon&lt;/h1&gt;
                    &lt;a href="#abs"&gt;&lt;button&gt;ABS exercise&lt;/button&gt;&lt;/a&gt;
                &lt;/div&gt;
            &lt;/div&gt;
            &lt;div class="carousel-item bek-back bek-back2"&gt;
                &lt;div class="carousel-caption bek-yoga-center"&gt;
                    &lt;p&gt;we help you to live a&lt;/p&gt;
                    &lt;h1&gt;Healthy Lifestyle&lt;/h1&gt;
                    &lt;a href="#chest"&gt;&lt;button&gt;CHEst exercise&lt;/button&gt;&lt;/a&gt;
                &lt;/div&gt;
            &lt;/div&gt;
            &lt;div class="carousel-item bek-back bek-back3"&gt;
                &lt;div class="carousel-caption bek-yoga-center"&gt;
</pre>

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        <p>health is precious</p>
        <h1>Protect It</h1>
        <a href="#arm"><button>arm exercise</button></a>
    </div>
</div>
<div class="carousel-item bek-back bek-back4">
    <div class="carousel-caption bek-yoga-center">
        <p>we help you to live a</p>
        <h1>Healthy Lifestyle</h1>
        <a href="#leg"><button>leg exercise</button></a>
    </div>
</div>
</div>
</div>
</section>
<!-- end of section1 --&gt;

<!-- abs exercise section --&gt;
&lt;section id="abs"&gt;
    &lt;h1&gt;ABS Exercise&lt;/h1&gt;
    &lt;div class="container"&gt;
        &lt;!-- 1st row --&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="images/jumping-jack.gif"&gt;
                &lt;h3&gt;JUMPING JACKS&lt;/h3&gt;
                &lt;p class="bek-muted"&gt;00:30 seconds&lt;/p&gt;
                &lt;hr class="dropdown-divider"&gt;
                &lt;p class="bek-muted"&gt;Start with your feet together and your arms by your sides, then jump up with
your feet apart and your hands overhead.&lt;/p&gt;
                &lt;hr class="dropdown-divider"&gt;
                &lt;p class="bek-muted"&gt;Return to the start position then do the next rep. This excercise provides a
full-body workout and works all your large muscle groups.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="images/abdominal_crunches.gif"&gt;
                &lt;h3&gt;Abdominal Crunches&lt;/h3&gt;
                &lt;p class="bek-muted"&gt;x16&lt;/p&gt;
                &lt;hr class="dropdown-divider"&gt;
                &lt;p class="bek-muted"&gt;Lie on your back with knees bent and your arms stretched forward. Then lift your
upper body off the floor. Hold for a few seconds and slowly return.&lt;/p&gt;
                &lt;hr class="dropdown-divider"&gt;
                &lt;p class="bek-muted"&gt;It primarily works the rectus abdominis muscle and obliques.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="images/russian_twist.gif"&gt;
                &lt;h3&gt;RUSSIAN TWIST&lt;/h3&gt;
                &lt;p class="bek-muted"&gt;x20&lt;/p&gt;
                &lt;hr class="dropdown-divider"&gt;
                &lt;p class="bek-muted"&gt;Sit on the floor with your knees bent, feet lifted a little bit and back tilted
backwards.&lt;/p&gt;
                &lt;hr class="dropdown-divider"&gt;
                &lt;p class="bek-muted"&gt;Then hold your hands together and twist from side to side.&lt;/p&gt;
            &lt;/div&gt;
        &lt;/div&gt;
        &lt;!-- 2nd row --&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="images/leg_raise.gif"&gt;
                &lt;h3&gt;LEG RAISE&lt;/h3&gt;
                &lt;p class="bek-muted"&gt;x16&lt;/p&gt;
                &lt;hr class="dropdown-divider"&gt;
                &lt;p class="bek-muted"&gt;Lie down on your back, and put your hands beneath your hips for support. Then
lift your legs up until they form a right angle with the floor.&lt;/p&gt;
                &lt;hr class="dropdown-divider"&gt;
                &lt;p class="bek-muted"&gt;Slowly bring your legs back down and repeat the exercise.&lt;/p&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;
</pre>

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</div>
<div class="col-md-4">
  
  <h3>MOUNTAIN CLIMBER</h3>
  <p class="bek-muted">x16</p>
  <hr class="dropdown-divider">
  <p class="bek-muted">Start in the push-up position. Bend your right knee towards your chest and keep your left leg straight, then quickly switch from one leg to the other.</p>
  <hr class="dropdown-divider">
  <p class="bek-muted">This exercise strengthens multiple muscle groups.</p>
</div>
<div class="col-md-4">
  
  <h3>RUSSIAN TWIST</h3>
  <p class="bek-muted">00:30 seconds</p>
  <hr class="dropdown-divider">
  <p class="bek-muted">Lie on the floor with your toes and forearms on the ground. Keep your body straight and hold this position as long as you can.</p>
  <hr class="dropdown-divider">
  <p class="bek-muted">This exercise strengthens the abdomen, back and shoulders.</p>
</div>
</div>
<div style="width: 100%;align-items: center;justify-content: center;display: flex;margin: 30px 0;"><button class="more"><i class="fas fa-arrow-down"></i>&ampnbsp&ampnbspload more</button></div>
</div>
</section>
<!-- end of abs exercise section --&gt;

<!-- chest section --&gt;
&lt;section id="chest"&gt;
  &lt;h1&gt;Chest Exercise&lt;/h1&gt;
  &lt;div class="container"&gt;
    &lt;!-- 1st row --&gt;
    &lt;div class="row"&gt;
      &lt;div class="col-md-4"&gt;
        &lt;img src="images/jumping-jack.gif"&gt;
        &lt;h3&gt;JUMPING JACKS&lt;/h3&gt;
        &lt;p class="bek-muted"&gt;00:30 seconds&lt;/p&gt;
        &lt;hr class="dropdown-divider"&gt;
        &lt;p class="bek-muted"&gt;Start with your feet together and your arms by your sides, then jump up with your feet apart and your hands overhead.&lt;/p&gt;
        &lt;hr class="dropdown-divider"&gt;
        &lt;p class="bek-muted"&gt;Return to the start position then do the next rep. This excercise provides a full-body workout and works all your large muscle groups.&lt;/p&gt;
      &lt;/div&gt;
      &lt;div class="col-md-4"&gt;
        &lt;img src="images/incline push-ups.gif"&gt;
        &lt;h3&gt;INCLINE PUSH-UPS&lt;/h3&gt;
        &lt;p class="bek-muted"&gt;x10&lt;/p&gt;
        &lt;hr class="dropdown-divider"&gt;
        &lt;p class="bek-muted"&gt;Start in the regular position but with your hands elevated on a chair or bench. Then push your body up down using your arm strength.&lt;/p&gt;
        &lt;hr class="dropdown-divider"&gt;
        &lt;p class="bek-muted"&gt;Remember to keep your body straight.&lt;/p&gt;
      &lt;/div&gt;
      &lt;div class="col-md-4"&gt;
        &lt;img src="images/push-ups.gif"&gt;
        &lt;h3&gt;PUSH-UPS&lt;/h3&gt;
        &lt;p class="bek-muted"&gt;x10&lt;/p&gt;
        &lt;hr class="dropdown-divider"&gt;
        &lt;p class="bek-muted"&gt;Lay prone on the ground with arms supporting your body. Keep your body straight while raising your body with your arms.&lt;/p&gt;
        &lt;hr class="dropdown-divider"&gt;
        &lt;p class="bek-muted"&gt;This exercise works the chest, shoulders, triceps, backs and legs.&lt;/p&gt;
      &lt;/div&gt;
    &lt;/div&gt;
    &lt;!-- 2nd row --&gt;
  </pre>

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<div class="row">
  <div class="col-md-4">
    
    <h3>WIDE ARM PUSH-UPS</h3>
    <p class="bek-muted">x10</p>
    <hr class="dropdown-divider">
    <p class="bek-muted">Start in the regular push-up position but with your hands spread wider than your shoulders.</p>
    <hr class="dropdown-divider">
    <p class="bek-muted">Then push your body up and down. Remember to keep your body straight.</p>
  </div>
  <div class="col-md-4">
    
    <h3>TRICEPS DIPS</h3>
    <p class="bek-muted">x10</p>
    <hr class="dropdown-divider">
    <p class="bek-muted">For the start position, sit on the chair. Then move your hip off the chair with your hands holding the edge of the chair.</p>
    <hr class="dropdown-divider">
    <p class="bek-muted">Slowly bend and stretch your arms to make your body go up and down. This is a great exercise for the triceps.</p>
  </div>
  <div class="col-md-4">
    
    <h3>COBRA STRETCH</h3>
    <p class="bek-muted">00:30 seconds</p>
    <hr class="dropdown-divider">
    <p class="bek-muted">Lie down on your stomach and bend your elbows with your hands beneath your shoulders.</p>
    <hr class="dropdown-divider">
    <p class="bek-muted">Then push your chest up off the ground as far as possible. Hold this position for seconds.</p>
  </div>
</div>
<div style="width: 100%; align-items: center; justify-content: center; display: flex; margin: 30px 0;"><button class="more"><i class="fas fa-arrow-down"></i>&ampnbsp&ampnbspload more</button></div>
</div>
</section>
<!-- end of chest section -->

<!-- arm section -->
<section id="arm">
  <h1>ARM Exercise</h1>
  <div class="container">
    <!-- 1st row -->
    <div class="row">
      <div class="col-md-4">
        
        <h3>ARM RAISES</h3>
        <p class="bek-muted">00:30 seconds</p>
        <hr class="dropdown-divider">
        <p class="bek-muted">Stand with your feet shoulder width apart. Raise your arms to the sides at shoulder height, then put them down.</p>
        <hr class="dropdown-divider">
        <p class="bek-muted">Repeat the exercise. Keep your arms straight during the exercise.</p>
      </div>
      <div class="col-md-4">
        
        <h3>ARM CIRCLES</h3>
        <p class="bek-muted">00:30 seconds</p>
        <hr class="dropdown-divider">
        <p class="bek-muted">Stand on the floor with your arms extended straight out to the sides at shoulder height.<br>Move your arms clockwise in circles first and then do the same in counter-clockwise.</p>
        <hr class="dropdown-divider">
        <p class="bek-muted">It's a great exercise for the deltoid muscle.</p>
      </div>
    </div>
  </div>
</section>

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<div class="col-md-4">
    
    <h3>DIAMOND PUSH-UPS</h3>
    <p class="bek-muted">x10</p>
    <hr class="dropdown-divider">
    <p class="bek-muted">Start in the push-up position. Make a diamond shape with your forefingers and thumbs together under your chest.</p>
    <hr class="dropdown-divider">
    <p class="bek-muted">Then push your body up and down. Remember to keep your body straight.</p>
</div>
</div>
<!-- 2nd row -->
<div class="row">
    <div class="col-md-4">
        
        <h3>WALL PUSH-UPS</h3>
        <p class="bek-muted">x10</p>
        <hr class="dropdown-divider">
        <p class="bek-muted">Start in the straight arm plank position. Lift your right arm and left leg until they are parallel with the ground.</p>
        <hr class="dropdown-divider">
        <p class="bek-muted">Return to the start position and repeat with the other side.</p>
    </div>
    <div class="col-md-4">
        
        <h3>INCHWORMS</h3>
        <p class="bek-muted">x10</p>
        <hr class="dropdown-divider">
        <p class="bek-muted">Start with your feet shoulder apart.</p>
        <hr class="dropdown-divider">
        <p class="bek-muted">Bend your body and walk your hands in front of you as far as you can, then walk your hands back. <br>Repeat the exercise.</p>
    </div>
    <div class="col-md-4">
        
        <h3>PUNCHES</h3>
        <p class="bek-muted">00:30 seconds</p>
        <hr class="dropdown-divider">
        <p class="bek-muted">Stand with your one leg forward and your knees bent slightly. Bend your elbows and clench your fists in front of your face.</p>
        <hr class="dropdown-divider">
        <p class="bek-muted">Extend one arm forward with the palm facing the floor. Take the arm back and repeat with the other arm.</p>
    </div>
</div>
<div style="width: 100%; align-items: center; justify-content: center; display: flex; margin: 30px 0;"><button class="more"><i class="fas fa-arrow-down"></i>&ampnbsp&ampnbspload more</button></div>
</div>
</section>
<!-- end of arm section -->

<!-- leg section -->
<section id="leg">
    <h1>LEG Exercise</h1>
    <div class="container">
        <!-- 1st row -->
        <div class="row">
            <div class="col-md-4">
                
                <h3>SIDE HOP</h3>
                <p class="bek-muted">00:30 seconds</p>
                <hr class="dropdown-divider">
                <p class="bek-muted">Stand on the floor, putn your hands in front of you and hop from side to side.</p>
                <hr class="dropdown-divider">
                <p class="bek-muted">This exercise improves your agility and power your legs.</p>
            </div>
        </div>
    </div>
</section>

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</div>
<div class="col-md-4">
  
  <h3>SQUATS</h3>
  <p class="bek-muted">x12</p>
  <hr class="dropdown-divider">
  <p class="bek-muted">Stand with your feet shoulder width apart and your arms stretchedn forward, then
lower your body until your thighs are parallel with the floor. Your knees shpuld be extended in the same
direction as your toes. Return to the start position and do the next rep.</p>
  <hr class="dropdown-divider">
  <p class="bek-muted">This works the thighs, hips buttocks, quads, hamstrings and lower body.</p>
</div>
<div class="col-md-4">
  
  <h3>SIDE-LYING LEG LIFT</h3>
  <p class="bek-muted">x12</p>
  <hr class="dropdown-divider">
  <p class="bek-muted">lie down your side with your head rested on your right arm. Lift your upper leg
up and return to the starting position. <br>Make sure your left leg goes straight up and down during the
exercise. Then do the reps for the other side.</p>
  <hr class="dropdown-divider">
  <p class="bek-muted">It's a great exercise for the gluteus.</p>
</div>
</div>
<!-- 2nd row -->
<div class="row">
  <div class="col-md-4">
    
    <h3>BACKWARD LUNGE</h3>
    <p class="bek-muted">x12</p>
    <hr class="dropdown-divider">
    <p class="bek-muted">Stand with your feet shoulder width apart and your hands on your hips.</p>
    <hr class="dropdown-divider">
    <p class="bek-muted">Step a big step backward with your right leg and lower your body until your left
thigh is parallel to the floor. Return and repeat with the other side.</p>
  </div>
  <div class="col-md-4">
    
    <h3>Donkey Kicks</h3>
    <p class="bek-muted">x12</p>
    <hr class="dropdown-divider">
    <p class="bek-muted">Start on all fours with yourn knees under your butt and your hands under your
shoulders.</p>
    <hr class="dropdown-divider">
    <p class="bek-muted">Then lift your left leg and squeeze your butt as much as you can. Go back to the
start position and repeat the exercise. Do the same with your right leg.</p>
  </div>
  <div class="col-md-4">
    
    <h3>Leg Stretch</h3>
    <p class="bek-muted">00:30 seconds</p>
    <hr class="dropdown-divider">
    <p class="bek-muted">Stand with your one leg and bend your knee and hold thye ankle with your
hand.</p>
    <hr class="dropdown-divider">
    <p class="bek-muted">This improves the muscle flexibility.</p>
  </div>
</div>
<div style="width: 100%;align-items: center;justify-content: center;display: flex;margin: 30px
0;"><button class="more"><i class="fas fa-arrow-down"></i>&ampnbsp&ampnbspload more</button></div>
</div>
</section>
<!-- end of leg section -->

<!-- back to top button-->
<a href="#gotop"><button id="myBtn" title="Go to top"></button></a>
<!-- end of back to top button-->

```

```

<!-- footer bar -->


<div class="container bek-footer-out2">
        <div class="row">
            <div class="col-md-4">
                
                <p>Your daily workout partner.</p>
            </div>
            <div class="col-md-8">
                <div class="row">
                    <div class="col-md-6">
                        <div class="row">
                            <div class="col-sm-6">
                                <p><a href="../about/about.php" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
                                    <p><a href="../career/career.php" id="career2">careers</a></p>
                                    <p><a href="../tutorial/tutorial.php" id="tutorial2">tutorials</a></p>
                                </div>
                            <div class="col-sm-6">
                                <p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
                                <p><a href="../meal-plans/meal-plans.php" id="meal-plans2">meal plans</a></p>
                                <p><a href="../food/food.php">nutrition</a></p>
                            </div>
                        </div>
                    </div>
                <div class="col-md-6">
                    <div class="row">
                        <div class="col-sm-6">
                            <p><a href="exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
                            <p><a href="exercise.php">exercise</a></p>
                            <p><a href="../yoga/yoga.php">yoga</a></p>
                            <p><a href="../workout-programs/workout-programs.php" id="workout-programs2">workout programs</a></p>
                        </div>
                    </div>
                <div class="col-sm-6">
                    <p><a href="../faq/faq.php" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
                    <p><a href="../contact/contactus.php">contact us</a></p>
                </div>
            </div>
        </div>
    </div>
    <div class="container bek-footer-out3">
        <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .( &nbsp;<span class="change-nm">&nbsp;</span>&nbsp;)</p>
    </div>
</div>
<!-- end of footer bar -->
<!-- end of faq section -->
<script src='https://code.jquery.com/jquery-3.2.1.min.js'></script>
<script src="exercise.js"></script>
<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script src="../bootstrap/js/bootstrap.js"></script>
<script src="https://unpkg.com/swiper/swiper-bundle.min.js"></script>
<script type='text/javascript' src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../index/index.js"></script>
<script src="../denie/denie.js"></script>

</body>
</html>


```

Css :

```

@import url('https://fonts.googleapis.com/css?family=Hind:300,400');

```

```

*, *:before, *:after {
  -webkit-box-sizing: inherit;
  box-sizing: inherit;
  margin: 0;
  padding: 0;
}
html {
  -webkit-box-sizing: border-box;
  box-sizing: border-box;
}
body {
  margin: 0;
  padding: 0;
  font-family: 'Hind', sans-serif;
}
/* section1 */
.sectionfaq1 {
  width: 100%;
  min-height: 100vh;
}
.bek-back1 {
  width: 100%;
  min-height: 100vh;
  background: url(r.jpg);
  background-position: center;
  background-size: cover;
  position: relative;
}
.bek-back2 {
  width: 100%;
  min-height: 100vh;
  background: url(r1.jpg);
  background-position: center;
  background-size: cover;
  position: relative;
}
.bek-back3 {
  width: 100%;
  min-height: 100vh;
  background: url(r2.jpg);
  background-position: top center;
  background-size: cover;
  position: relative;
}
.bek-back4 {
  width: 100%;
  min-height: 100vh;
  background: url(r3.jpg);
  background-position: top center;
  background-size: cover;
  position: relative;
}
.bek-yoga-center {
  width: 100%;
  position: absolute;
  top: 50%;
  left: 50%;
  transform: translate(-50%, -50%);
  text-shadow: 0 0 5px #222;
}
.bek-yoga-center p {
  text-transform: uppercase;
}
.bek-yoga-center h1 {
  font-size: 60px;
  font-weight: 800;
}

```

```

.bek-yoga-center button {
    border: none;
    outline: none;
    padding: 10px 25px;
    background: #ff6060;
    color: #fff;
    text-transform: uppercase;
    margin-top: 30px;
    transition: .3s;
}
.bek-yoga-center button:hover {
    background: #fff;
    color: #000;
    margin-top: 25px;
}

/* abs section */
#abs {
    width: 100%;
    padding: 40px;
}
#abs h1 {
    font-weight: 800;
    margin-bottom: 40px;
}
#abs .col-md-4 img {
    width: 100%;
    margin-top: 30px;
}
#abs .col-md-4 h2 {
    margin-bottom: 30px;
}
#abs .col-md-4 .bek-muted {
    color: #999;
    font-weight: 400;
}
#abs .col-md-4 .bek-muted-half {
    color: #666;
    font-weight: 400;
}
#abs .col-md-4 .bek-active {
    color: #000;
    font-weight: 400;
}
#abs button {
    border: none;
    outline: none;
    padding: 10px 35px;
    background: #ffaaaa;
    transition: .3s;
    color: #fff;
    text-transform: uppercase;
}
#abs button:hover {
    background: #ff8787;
}

/* chest section */
#chest {
    width: 100%;
    padding: 40px;
}
#chest h1 {
    font-weight: 800;
    margin-bottom: 40px;
}

```

```

#chest .col-md-4 img {
  width: 100%;
  margin-top: 30px;
}
#chest .col-md-4 h2 {
  margin-bottom: 30px;
}
#chest .col-md-4 .bek-muted {
  color: #999;
  font-weight: 400;
}
#chest .col-md-4 .bek-muted-half {
  color: #666;
  font-weight: 400;
}
#chest .col-md-4 .bek-active {
  color: #000;
  font-weight: 400;
}
#chest button {
  border: none;
  outline: none;
  padding: 10px 35px;
  background: #ffaaaa;
  transition: .3s;
  color: #fff;
  text-transform: uppercase;
}
#chest button:hover {
  background: #ff8787;
}

/* arm section */
#arm {
  width: 100%;
  padding: 40px;
}
#arm h1 {
  font-weight: 800;
  margin-bottom: 40px;
}
#arm .col-md-4 img {
  width: 100%;
  margin-top: 30px;
}
#arm .col-md-4 h2 {
  margin-bottom: 30px;
}
#arm .col-md-4 .bek-muted {
  color: #999;
  font-weight: 400;
}
#arm .col-md-4 .bek-muted-half {
  color: #666;
  font-weight: 400;
}
#arm .col-md-4 .bek-active {
  color: #000;
  font-weight: 400;
}
#arm button {
  border: none;
  outline: none;
  padding: 10px 35px;
  background: #ffaaaa;
  transition: .3s;
}

```

```

        color: #fff;
        text-transform: uppercase;
    }
    #arm button:hover {
        background: #ff8787;
    }

/* leg section */
#leg {
    width: 100%;
    padding: 40px;
}
#leg h1 {
    font-weight: 800;
    margin-bottom: 40px;
}
#leg .col-md-4 img {
    width: 100%;
    margin-top: 30px;
}
#leg .col-md-4 h2 {
    margin-bottom: 30px;
}
#leg .col-md-4 .bek-muted {
    color: #999;
    font-weight: 400;
}
#leg .col-md-4 .bek-muted-half {
    color: #666;
    font-weight: 400;
}
#leg .col-md-4 .bek-active {
    color: #000;
    font-weight: 400;
}
#leg button {
    border: none;
    outline: none;
    padding: 10px 35px;
    background: #ffaaaa;
    transition: .3s;
    color: #fff;
    text-transform: uppercase;
}
#leg button:hover {
    background: #ff8787;
}

/* media query */
@media only screen and (max-width: 770px) {
    .bek-out {
        flex-direction: column;
    }
    .bek-col-md-6 {
        width: 100%;
    }
}
JS :
$(".more").click(function(){
    swal("Oop's Sorry !", "You are not a FITNESS CARE+ member, Thank You.", "error");
});

// To disable right click

```

```

document.addEventListener('contextmenu', event => event.preventDefault());

// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Faq

Html :

```

<!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">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <title>FAQ | Fitness Care</title>
    <link rel='stylesheet' href='https://code.ionicframework.com/ionicons/2.0.1/css/ionicons.min.css'>

```

```

<link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
<link rel="icon" type="image/png" href="../logo/logo.png">
<link rel="stylesheet" href="faq.css">
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
  <div class="bek-preloader-one-out3"></div>
  <div class="bek-preloader-one-out4"></div>
  <div class="bek-preloader-one-out1">
    
  </div>
  <div class="bek-preloader-one-out2">
    <span style="--i:1;">F</span>
    <span style="--i:2;">I</span>
    <span style="--i:3;">T</span>
    <span style="--i:4;">N</span>
    <span style="--i:5;">E</span>
    <span style="--i:6;">S</span>
    <span style="--i:7;">S</span>
    <span style="--i:8;">&ampnbsp</span>
    <span style="--i:9;">C</span>
    <span style="--i:10;">A</span>
    <span style="--i:11;">R</span>
    <span style="--i:12;">E</span>
  </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
  <div class="container-xl">
    <a class="navbar-brand" href="../index.html">
      
      <span style="color: #ff2b2b;">Fit</span>ness Care
    </a>
    <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
      <span class="navbar-toggler-icon"></span>
    </button>
    <div class="collapse navbar-collapse" id="navbarSupportedContent">
      <ul class="navbar-nav me-auto mb-2 mb-lg-0">
        <li class="nav-item">
          <span><a class="nav-link bek-link" aria-current="page" href="../index.html" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
        </li>
        <li class="nav-item">
          <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../about/about.html" id="about-about"><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
              <a href="../about/about.html" id="about2">&ampnbsp&ampnbspAbout Us</a>
              <a href="../career/career.html" id="career">&ampnbsp&ampnbspCareers</a>
              <a href="../tutorial/tutorial.html" id="tutorial">&ampnbsp&ampnbspTutorials</a>
            </div>
          </div>
        </li>
      </ul>
    </div>
  </div>
</nav>

```

```

        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                    <a href="../meal-plans/meal-plans.html" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                    <a href="../food/food.php">&nbsp;&nbsp;Nutrition</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../exercise/exercise.php"><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                    <a href="../exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
                    <a href="../yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
                    <a href="../workout-programs/workout-programs.html" id="workout-programs">&nbsp;&nbsp;Workout Programs</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="faq.html" id="faq"><button class="bek-dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                    <a href="faq.html" id="faq2">&nbsp;&nbsp;FAQ</a>
                    <a href="../contact/contact.php">&nbsp;&nbsp;Contact Us</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <span><a class="nav-link bek-link" aria-current="page" href="../store/store.html" style="text-transform: uppercase; color: #000; margin: 3px 0 0 20px; font-size: 14px;">Store</a></span>
        </li>
    </ul>
    <ul class="mb-2 mb-lg-0" style="list-style: none;">
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../login/login.php" id="signin"><button class="bek-dropbtn" style="margin: 0 0;">Sign In <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown7">
                    <a href="../login/login.php" id="signin2"><i class="fas fa-sign-in-alt" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign In</a>
                    <a href="../login/signup.php" id="signup"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign Up</a>
                    <a href="../login/forgot.php" id="forgot" style="margin: 0 0 4px 0;"><i class="fas fa-user-lock" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Forgot Password</a>
                    <a href="../join/join.html" class="bek-join"> JOIN</a>
                </div>
            </div>
        </li>
    </ul>
    <form class="d-flex">
        <div class="bek-dropdown1">
            <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i class="fas fa-search" style="color: #ff2b2b;"></i></span></button></a>
            <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">

```

```

        <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%;outline: none; border: none; border-bottom: 1px solid #fff; background-color:
#222638; border-radius: 0; color: #fff;">
    </div>
</div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar -->
<!-- section1 -->
<section class="sectionfaq1">
    <div class="container2">
        <div class="row bek-out">
            <div class="bek-col-md-6">
                <p><span style="font-weight: 800;">help and support</span><br> For Your Every Question.</p>
            </div>
            <div class="bek-col-md-6">
                
            </div>
        </div>
    </div>
</section>
<!-- end of section1 -->
<!-- faq section -->
<section>
    <div class="mota-container">

        <h1>Frequently Asked Questions (FAQs) </h1>

        <div class="accordion">
            <div class="accordion-item">
                <a>How often should I train? How hard? How long?</a>
                <div class="content">
                    <p>Most experts agree that 3-5 times per week is sufficient. Exercise for a duration of 20-60 minutes at 60-90% of age-specific maximal heartrate or 50-85% of VO2max (heart rate reserve).</p>
                </div>
            </div>

            <div class="accordion-item">
                <a>What factors affect aerobic training?</a>
                <div class="content">
                    <p>Frequency, duration and intensity. Frequency refers to how often you perform aerobic activity, duration refers to the time consumed during each session, and intensity refers to the percentage of your maximum heartrate or heartrate reserve at which the activity is performed.</p>
                </div>
            </div>

            <div class="accordion-item">
                <a>How much should I weigh?</a>
                <div class="content">
                    <p>Since muscle weighs more per volume than fat, and you want to have firm muscles throughout your body, you may weigh more than you thought was average for your height and build. There is no ideal bodyweight. While some body fat is essential to sustain life, it is generally thought that a healthy bodyfat percentage for males is 8-20% and for females is 13-25%.</p>
                </div>
            </div>

            <div class="accordion-item">
                <a>What is aerobic exercise?</a>
                <div class="content">
                    <p>The word aerobic literally means "with oxygen" or "in the presence of oxygen." Aerobic exercise is any activity that rhythmically uses large muscle groups. Aerobic activity increases the heart, lungs and cardiovascular system's ability to deliver oxygen more quickly and efficiently to the body. As the heart muscle becomes stronger and more efficient, a larger amount of blood can be pumped with each stroke thereby
                </div>
            </div>
        </div>
    </div>

```

decreasing the number of strokes required for oxygen transport. An aerobically fit individual can produce more work for a longer period of time and recover faster.</p>

```

</div>
</div>

<div class="accordion-item">
  <a>What's the best way to determine Body Fat Percentage?</a>
  <div class="content">
    <p>The Hydrostatic method (weighing in water) is the most accurate. This is not always convenient. The skin-fold calipers is the next best for in-home and gym measurements.</p>
  </div>
</div>

<div class="accordion-item">
  <a>Is it better to break up my exercise sessions?</a>
  <div class="content">
    <p>For aerobic exercise, it would be better to do a single workout and give your body the rest it needs to repair. For weight training, two sessions might be better providing different muscle groups are worked during each session. In either case, the question is whether too many workout sessions are being scheduled. The body doesn't build until after the exercise is over, during the rest periods. No rest periods, no rebuilding.</p>
  </div>
</div>

<div class="accordion-item">
  <a>What should I eat as my meal before an aerobic workout?</a>
  <div class="content">
    <p>A light carbohydrate snack about an hour before. A banana, fruit or a bagel with low fat cream cheese. A glass of water should not be forgotten. You'll probably lose that and more in perspiration.</p>
  </div>
</div>

<div class="accordion-item">
  <a>How soon and how much should I eat after an aerobic workout?</a>
  <div class="content">
    <p>Eat light after a workout. Remember, the blood supply is concentrated in the muscles at this point and may not be fully available for the digestive system for about an hour.</p>
  </div>
</div>

<div class="accordion-item">
  <a>How do I know when I am burning fat?</a>
  <div class="content">
    <p>The most fat is burned when your body is exercising in its aerobic range. A good rule of thumb is that after 20 minutes in your aerobic zone, you will be burning more fat than carbs. Your muscles will continue to burn fat after both aerobic and anaerobic (muscle training) exercise.  

      Based on recent studies, in terms of absolute fat burning, a moderate intensity workout burns the most fat. At a heart rate equal to about 75% of max, fat burning will be between 0.5 grams - 1.0 grams of fat per minute for a 100 to 200 pound person respectively. Fat burning increases by roughly another 10% after one hour of continuous exercise. This is true for aerobic fit people. Less fit people will burn more sugar and less fat.
    </p>
  </div>
</div>

<div class="accordion-item">
  <a>What other methods are used for judging workout intensity?</a>
  <div class="content">
    <p>The talk test is another measure of intensity. You should be able to talk without gasping for air while working at optimal intensity. If you cannot, you should reduce your intensity.</p>
  </div>
</div>

<div class="accordion-item">
  <a>What is proper stepping technique?</a>
  <div class="content">

```

<p>Proper alignment includes head up, shoulders down and back, chest up, abdominals and buttocks tight. When stepping up, lean from the ankles and not the waist to avoid placing excessive stress on the lumbar spine. Contact the platform with the entire foot flat. When stepping down, step close to the platform and roll the foot toe to heel.

When doing lunges or repeater steps, however, the heel should not come in contact with the floor, and the weight should be on the opposite leg. Step Aerobics may aggravate existing knee problems even if done correctly.</p>

</div>

</div>

<div class="accordion-item">

<a>How can I increase intensity?

<div class="content">

<p>There are several ways to increase intensity. Increase your step height, use longer lever arms or add power moves (where both feet are in the air at the same time). If you are going to add power, don't exceed one minute at a time. All power moves should be done up onto the platform never down off the step. Power moves are considered advanced, and should not be attempted by beginners.</p>

</div>

</div>

<div class="accordion-item">

<a>What is the best time of day to exercise?

<div class="content">

<p>The best time to work out is when you want to, so pick a time of day that feels comfortable. The morning (before you eat breakfast) is the best time for cardio work because your glycogen stores within the muscles and liver are at their lowest. This causes the body to look for other sources of energy, i.e., fat stores.</p>

</div>

</div>

<div class="accordion-item">

<a>Why is warm-up an important part of aerobic activity?

<div class="content">

<p>A warm-up helps your body prepare itself for exercise and reduces the chance of injury. The warm-up should be a combination of rhythmic exercise to raise the heartrate, core body and muscle temperature, and static stretching through a full range of motion. The stretches in the warm-up should be non-ballistic and include all of the major muscle groups. A lower back stretch should be performed before doing any lateral movement of the upper torso such as side bends.</p>

</div>

</div>

<div class="accordion-item">

<a>Do Crunches and Bun work slim those areas down?

<div class="content">

<p>There is no such thing as "spot reducing". Fat generally is used up in pretty much the reverse order it was first put on, (LIFO - Last In First Out). Aerobic exercise reduces body fat deposits as they are used for energy. Weight training increases the overall resting metabolism by 50 calories for each 1 pound of muscle added.</p>

</div>

</div>

<div class="accordion-item">

<a>Are abdominal exercises effective if I want to lose extra fat around my stomach?

<div class="content">

<p>No. Abdominal exercises are great for strengthening your core and back but there is no such thing as spot-reducing fat. Comprehensive cardiovascular workouts throughout the week are the most effective and will reduce the amount of fat that has accumulated on the body.</p>

</div>

</div>

<div class="accordion-item">

<a>How many calories are burned while walking or jogging one mile?

<div class="content">

<p>On average, the caloric expenditure per 100 pounds of body weight per mile is 62 calories. So if a person weighs 200 pounds, they would burn approximately 124 calories while walking or jogging.</p>

</div>

```

        </div>

        <div class="accordion-item">
            <a>I have been working out for a while now and stopped losing weight. What is happening?</a>
            <div class="content">
                <p>More than likely, you have hit a plateau. This means that your body has become used to the activity you have been doing to lose weight. Our bodies are smart machines and become very efficient over time when the same activity is performed.

                To challenge your body, do a variety of exercises. If you like to run or walk, increase your speed every 2 minutes to increase your heart rate even more. For example, walk 2 minutes, run 2 minute, and repeat for 20-30 minutes. For runners, run 2 minutes at your normal speed then sprint for 1 minute and repeat for 20-30 minutes.</p>
            </div>
        </div>

        <div class="accordion-item">
            <a>How many calories does it take to burn one pound of fat?</a>
            <div class="content">
                <p>It takes 3,500 calories to gain or lose one pound. To lose one pound per week, you need to decrease your calories by 500 every day. This is usually done by cutting 250 calories out of your diet and burning the other 250 through activity.</p>
            </div>
        </div>

        <div class="accordion-item">
            <a>I have no time to exercise, what can I do?</a>
            <div class="content">
                <p>This is - by far - the most common complaint I hear. If this is a challenge for you, concentrate on getting small workouts in throughout the day. If your job takes the majority of your time, consider taking 3-10 minute breaks and walk at moderate intensity, where you break a little sweat and are slightly out of breath. Taking these breaks are not only good for physical health, but also for mental health. You will go back to work feeling refreshed and satisfied. If home life consumes most of your time, consider doing squats or other muscle toning exercises while doing housework.</p>
            </div>
        </div>

        </div>
    </section>
    <!-- back to top button-->
    <a href="#gotop"><button id="myBtn" title="Go to top"></button></a>
    <!-- end of back to top button-->
    <!-- footer bar -->
    <div class="bek-footer-out1">
        <div class="container bek-footer-out2">
            <div class="row">
                <div class="col-md-4">
                    
                    <p>Your daily workout partner.</p>
                </div>
                <div class="col-md-8">
                    <div class="row">
                        <div class="col-md-6">
                            <div class="row">
                                <div class="col-sm-6">
                                    <p><a href="../about/about.html" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
                                    <p><a href="../career/career.html" id="career2">careers</a></p>
                                    <p><a href="../tutorial/tutorial.html" id="tutorial2">tutorials</a></p>
                                </div>
                                <div class="col-sm-6">
                                    <p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
                                    <p><a href="../meal-plans/meal-plans.html" id="meal-plans2">meal plans</a></p>
                                    <p><a href="../food/food.php">nutrition</a></p>
                                </div>
                            </div>
                        </div>
                    </div>
                </div>
            </div>
        </div>
    </div>

```

```

        <div class="col-md-6">
            <div class="row">
                <div class="col-sm-6">
                    <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
                    <p><a href="../exercise/exercise.php">exercise</a></p>
                    <p><a href="../yoga/yoga.php">yoga</a></p>
                    <p><a href="../workout-programs/workout-programs.html" id="workout-programs2">workout
programs</a></p>
                </div>
                <div class="col-sm-6">
                    <p><a href="faq.html" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
                    <p><a href="../contact/contact.php">contact us</a></p>
                </div>
            </div>
        </div>
    <div class="container bek-footer-out3">
        <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .( &nbsp;<span class="change-mm"></span>&nbsp;)</p>
    </div>
</div>
<!-- end of footer bar --&gt;
<!-- end of faq section --&gt;
&lt;script src='https://code.jquery.com/jquery-3.2.1.min.js'&gt;&lt;/script&gt;
&lt;script src="faq.js"&gt;&lt;/script&gt;
&lt;script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"&gt;&lt;/script&gt;
&lt;script src="../bootstrap/js/bootstrap.js"&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/swiper/swiper-bundle.min.js"&gt;&lt;/script&gt;
&lt;script type='text/javascript'
src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"&gt;&lt;/script&gt;
&lt;script src="../index/index.js"&gt;&lt;/script&gt;
&lt;script src="../denie/denie.js"&gt;&lt;/script&gt;

&lt;/body&gt;
&lt;/html&gt;
</pre>

```

Php :

```

<?php

session_start();
include '../login/dbconn.php';
$name = $_SESSION['username'];
$nameqry = " select * from fitness_table where name='$name' ";
$query = mysqli_query($con,$nameqry);
$userdata = mysqli_fetch_assoc($query);
$useremail = $userdata['email'];
$mobile = $userdata['mobile'];
$id = $userdata['id'];
if(!isset($_SESSION['username'])) {

    header('location:../login/login.php');
}
?>

<!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">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <title>FAQ | Fitness Care</title>
    <link rel='stylesheet' href='https://code.ionicframework.com/ionicons/2.0.1/css/ionicons.min.css'>

```

```

<link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
<link rel="icon" type="image/png" href="../logo/logo.png">
<link rel="stylesheet" href="faq.css">
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
  <div class="bek-preloader-one-out3"></div>
  <div class="bek-preloader-one-out4"></div>
  <div class="bek-preloader-one-out1">
    
  </div>
  <div class="bek-preloader-one-out2">
    <span style="--i:1;">F</span>
    <span style="--i:2;">I</span>
    <span style="--i:3;">T</span>
    <span style="--i:4;">N</span>
    <span style="--i:5;">E</span>
    <span style="--i:6;">S</span>
    <span style="--i:7;">S</span>
    <span style="--i:8;">&ampnbsp</span>
    <span style="--i:9;">C</span>
    <span style="--i:10;">A</span>
    <span style="--i:11;">R</span>
    <span style="--i:12;">E</span>
  </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
  <div class="container-xl">
    <a class="navbar-brand" href="../dashboard/dashboard.php">
      
      Fitness Care
    </a>
    <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
      <span class="navbar-toggler-icon"></span>
    </button>
    <div class="collapse navbar-collapse" id="navbarSupportedContent">
      <ul class="navbar-nav me-auto mb-2 mb-lg-0">
        <li class="nav-item">
          <span><a class="nav-link bek-link" aria-current="page" href="../dashboard/dashboard.php" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
        </li>
        <li class="nav-item">
          <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../about/about.php" id="about"><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
              <a href="../about/about.php" id="about2">&ampnbsp&ampnbspAbout Us</a>
              <a href="../career/career.php" id="career">&ampnbsp&ampnbspCareers</a>
              <a href="../tutorial/tutorial.php" id="tutorial">&ampnbsp&ampnbspTutorials</a>
            </div>
          </div>
        </li>
      </ul>
    </div>
  </div>
</nav>

```

```

        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                    <a href="../meal-plans/meal-plans.php" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                    <a href="../food/food.php">&nbsp;&nbsp;Nutrition</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../exercise/exercise.php"><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                    <a href="../exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
                    <a href="../yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
                    <a href="../workout-programs/workout-programs.php" id="workout-programs">&nbsp;&nbsp;workout programs</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="faq.php" id="faq"><button class="bek-dropbtn">faq <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                    <a href="faq.php" id="faq2">&nbsp;&nbsp;faq</a>
                    <a href="../contact/contactus.php">&nbsp;&nbsp;contact us</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <span><a class="nav-link bek-link" aria-current="page" href="../store/store.php" style="text-transform: uppercase;color: #000; margin: 3px 0 0 20px;font-size: 14px;">Store</a></span>
        </li>
    </ul>
    <ul class="mb-2 mb-lg-0" style="list-style: none;">
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../account/account.php"><button class="bek-dropbtn" style="margin: 0 0;align-items: center;text-align: center;justify-content: center;display: flex;flex-direction: row;"><div style="width: 35px;height: 35px; border-radius: 50%; overflow: hidden;"></div>&nbsp;<span style="width: 100px;"><?php echo $_SESSION['username']; ?></span>&nbsp;<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown7">
                    <a href="../account/account.php" id="account"><i class="fas fa-user-circle" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Account</a>
                    <a href="../notifications/notifications.php" id="notifications"><i class="fas fa-bell" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Notifications</a>
                    <a href="../calender/calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-calendar-alt"></i></i>&nbsp;&nbsp;Calender</a>
                    <a href="../join/join.php"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Fitness Care+</a>
                    <a href="../login/logout.php"><i class="fas fa-sign-out-alt" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign Out</a>
                </div>
            </div>
        </li>
    </ul>

```

```

<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i
class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color:
#222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</div>
</div>
</div>
</div>
<!-- end of nav bar -->

<!-- section1 -->
<section class="sectionfaq1">
    <div class="container2">
        <div class="row bek-out">
            <div class="bek-col-md-6">
                <p><span style="font-weight: 800;">help and support</span><br> For Your Every Question.</p>
            </div>
            <div class="bek-col-md-6">
                
            </div>
        </div>
    </div>
</section>
<!-- end of section1 -->
<!-- faq section -->
<section>
    <div class="mota-container">
        <h1>Frequently Asked Questions (FAQs) </h1>
        <div class="accordion">
            <div class="accordion-item">
                <a>How often should I train? How hard? How long?</a>
                <div class="content">
                    <p>Most experts agree that 3-5 times per week is sufficient. Exercise for a duration of 20-60 minutes at 60-90% of age-specific maximal heartrate or 50-85% of VO2max (heart rate reserve).</p>
                </div>
            </div>
            <div class="accordion-item">
                <a>What factors affect aerobic training?</a>
                <div class="content">
                    <p>Frequency, duration and intensity. Frequency refers to how often you perform aerobic activity, duration refers to the time consumed during each session, and intensity refers to the percentage of your maximum heartrate or heartrate reserve at which the activity is performed.</p>
                </div>
            </div>
            <div class="accordion-item">
                <a>How much should I weigh?</a>
                <div class="content">
                    <p>Since muscle weighs more per volume than fat, and you want to have firm muscles throughout your body, you may weigh more than you thought was average for your height and build. There is no ideal bodyweight. While some body fat is essential to sustain life, it is generally thought that a healthy bodyfat percentage for males is 8-20% and for females is 13-25%.</p>
                </div>
            </div>
            <div class="accordion-item">
                <a>What is aerobic exercise?</a>
            </div>
        </div>
    </div>
</section>

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<div class="content">
  <p>The word aerobic literally means "with oxygen" or "in the presence of oxygen." Aerobic exercise is any activity that rhythmically uses large muscle groups. Aerobic activity increases the heart, lungs and cardiovascular system's ability to deliver oxygen more quickly and efficiently to the body. As the heart muscle becomes stronger and more efficient, a larger amount of blood can be pumped with each stroke thereby decreasing the number of strokes required for oxygen transport. An aerobically fit individual can produce more work for a longer period of time and recover faster.</p>
</div>
</div>

<div class="accordion-item">
  <a>What's the best way to determine Body Fat Percentage?</a>
  <div class="content">
    <p>The Hydrostatic method (weighing in water) is the most accurate. This is not always convenient. The skin-fold calipers is the next best for in-home and gym measurements.</p>
  </div>
</div>

<div class="accordion-item">
  <a>Is it better to break up my exercise sessions?</a>
  <div class="content">
    <p>For aerobic exercise, it would be better to do a single workout and give your body the rest it needs to repair. For weight training, two sessions might be better providing different muscle groups are worked during each session. In either case, the question is whether too many workout sessions are being scheduled. The body doesn't build until after the exercise is over, during the rest periods. No rest periods, no rebuilding.</p>
  </div>
</div>

<div class="accordion-item">
  <a>What should I eat as my meal before an aerobic workout?</a>
  <div class="content">
    <p>A light carbohydrate snack about an hour before. A banana, fruit or a bagel with low fat cream cheese. A glass of water should not be forgotten. You'll probably lose that and more in perspiration.</p>
  </div>
</div>

<div class="accordion-item">
  <a>How soon and how much should I eat after an aerobic workout?</a>
  <div class="content">
    <p>Eat light after a workout. Remember, the blood supply is concentrated in the muscles at this point and may not be fully available for the digestive system for about an hour.</p>
  </div>
</div>

<div class="accordion-item">
  <a>How do I know when I am burning fat?</a>
  <div class="content">
    <p>The most fat is burned when your body is exercising in its aerobic range. A good rule of thumb is that after 20 minutes in your aerobic zone, you will be burning more fat than carbs. Your muscles will continue to burn fat after both aerobic and anaerobic (muscle training) exercise.  

      Based on recent studies, in terms of absolute fat burning, a moderate intensity workout burns the most fat. At a heart rate equal to about 75% of max, fat burning will be between 0.5 grams - 1.0 grams of fat per minute for a 100 to 200 pound person respectively. Fat burning increases by roughly another 10% after one hour of continuous exercise. This is true for aerobic fit people. Less fit people will burn more sugar and less fat.
    </p>
  </div>
</div>

<div class="accordion-item">
  <a>What other methods are used for judging workout intensity?</a>
  <div class="content">
    <p>The talk test is another measure of intensity. You should be able to talk without gasping for air while working at optimal intensity. If you cannot, you should reduce your intensity.</p>
  </div>
</div>

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```

<div class="accordion-item">
  <a>What is proper stepping technique?</a>
  <div class="content">
    <p>Proper alignment includes head up, shoulders down and back, chest up, abdominals and buttocks tight. When stepping up, lean from the ankles and not the waist to avoid placing excessive stress on the lumbar spine. Contact the platform with the entire foot flat. When stepping down, step close to the platform and roll the foot toe to heel.

    When doing lunges or repeater steps, however, the heel should not come in contact with the floor, and the weight should be on the opposite leg. Step Aerobics may aggravate existing knee problems even if done correctly.</p>
  </div>
</div>

<div class="accordion-item">
  <a>How can I increase intensity?</a>
  <div class="content">
    <p>There are several ways to increase intensity. Increase your step height, use longer lever arms or add power moves (where both feet are in the air at the same time). If you are going to add power, don't exceed one minute at a time. All power moves should be done up onto the platform never down off the step. Power moves are considered advanced, and should not be attempted by beginners.</p>
  </div>
</div>

<div class="accordion-item">
  <a>What is the best time of day to exercise?</a>
  <div class="content">
    <p>The best time to work out is when you want to, so pick a time of day that feels comfortable. The morning (before you eat breakfast) is the best time for cardio work because your glycogen stores within the muscles and liver are at their lowest. This causes the body to look for other sources of energy, i.e., fat stores.</p>
  </div>
</div>

<div class="accordion-item">
  <a>Why is warm-up an important part of aerobic activity?</a>
  <div class="content">
    <p>A warm-up helps your body prepare itself for exercise and reduces the chance of injury. The warm-up should be a combination of rhythmic exercise to raise the heartrate, core body and muscle temperature, and static stretching through a full range of motion. The stretches in the warm-up should be non-ballistic and include all of the major muscle groups. A lower back stretch should be performed before doing any lateral movement of the upper torso such as side bends.</p>
  </div>
</div>

<div class="accordion-item">
  <a>Do Crunches and Bun work slim those areas down?</a>
  <div class="content">
    <p>There is no such thing as "spot reducing". Fat generally is used up in pretty much the reverse order it was first put on, (LIFO - Last In First Out). Aerobic exercise reduces body fat deposits as they are used for energy. Weight training increases the overall resting metabolism by 50 calories for each 1 pound of muscle added.</p>
  </div>
</div>

<div class="accordion-item">
  <a>Are abdominal exercises effective if I want to lose extra fat around my stomach?</a>
  <div class="content">
    <p>No. Abdominal exercises are great for strengthening your core and back but there is no such thing as spot-reducing fat. Comprehensive cardiovascular workouts throughout the week are the most effective and will reduce the amount of fat that has accumulated on the body.</p>
  </div>
</div>

<div class="accordion-item">
  <a>How many calories are burned while walking or jogging one mile?</a>

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<div class="content">
<p>On average, the caloric expenditure per 100 pounds of body weight per mile is 62 calories. So if a person weighs 200 pounds, they would burn approximately 124 calories while walking or jogging.</p>
</div>
</div>

<div class="accordion-item">
<a>I have been working out for a while now and stopped losing weight. What is happening?</a>
<div class="content">
<p>More than likely, you have hit a plateau. This means that your body has become used to the activity you have been doing to lose weight. Our bodies are smart machines and become very efficient over time when the same activity is performed.

```

To challenge your body, do a variety of exercises. If you like to run or walk, increase your speed every 2 minutes to increase your heart rate even more. For example, walk 2 minutes, run 2 minute, and repeat for 20-30 minutes. For runners, run 2 minutes at your normal speed then sprint for 1 minute and repeat for 20-30 minutes.</p>

```

</div>
</div>

<div class="accordion-item">
<a>How many calories does it take to burn one pound of fat?</a>
<div class="content">
<p>It takes 3,500 calories to gain or lose one pound. To lose one pound per week, you need to decrease your calories by 500 every day. This is usually done by cutting 250 calories out of your diet and burning the other 250 through activity.</p>
</div>
</div>

<div class="accordion-item">
<a>I have no time to exercise, what can I do?</a>
<div class="content">
<p>This is - by far - the most common complaint I hear. If this is a challenge for you, concentrate on getting small workouts in throughout the day. If your job takes the majority of your time, consider taking 3-10 minute breaks and walk at moderate intensity, where you break a little sweat and are slightly out of breath. Taking these breaks are not only good for physical health, but also for mental health. You will go back to work feeling refreshed and satisfied. If home life consumes most of your time, consider doing squats or other muscle toning exercises while doing housework.</p>
</div>
</div>

</div>
</section>
<!-- back to top button--&gt;
&lt;a href="#gotop"&gt;&lt;button id="myBtn" title="Go to top"&gt;&lt;img src="../index/arrow.png" width="30"&gt;&lt;/button&gt;&lt;/a&gt;
<!-- end of back to top button--&gt;
<!-- footer bar --&gt;
&lt;div class="bek-footer-out1"&gt;
&lt;div class="container bek-footer-out2"&gt;
&lt;div class="row"&gt;
&lt;div class="col-md-4"&gt;
&lt;img src="../logo/logo.png" width="80"&gt;
&lt;p&gt;Your daily workout partner.&lt;/p&gt;
&lt;/div&gt;
&lt;div class="col-md-8"&gt;
&lt;div class="row"&gt;
&lt;div class="col-md-6"&gt;
&lt;div class="row"&gt;
&lt;div class="col-sm-6"&gt;
&lt;p&gt;&lt;a href="../about/about.php" id="about3" style="color: #fff;font-size: 13px;"&gt;about&lt;/a&gt;&lt;/p&gt;
&lt;p&gt;&lt;a href="../career/career.php" id="career2"&gt;careers&lt;/a&gt;&lt;/p&gt;
&lt;p&gt;&lt;a href="../tutorial/tutorial.php" id="tutorial2"&gt;tutorials&lt;/a&gt;&lt;/p&gt;
&lt;/div&gt;
&lt;div class="col-sm-6"&gt;
&lt;p&gt;&lt;a href="../food/food.php" style="color: #fff;font-size: 13px;"&gt;food&lt;/a&gt;&lt;/p&gt;
&lt;p&gt;&lt;a href="../meal-plans/meal-plans.php" id="meal-plans2"&gt;meal plans&lt;/a&gt;&lt;/p&gt;
</pre>

```

```

        <p><a href="../food/food.php">nutrition</a></p>
    </div>
</div>
</div>
<div class="col-md-6">
    <div class="row">
        <div class="col-sm-6">
            <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
            <p><a href="../exercise/exercise.php">exercise</a></p>
            <p><a href="../yoga/yoga.php">yoga</a></p>
            <p><a href="../workout-programs/workout-programs.php" id="workout-programs2">workout
programs</a></p>
        </div>
        <div class="col-sm-6">
            <p><a href="faq.php" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
            <p><a href="../contact/contactus.php">contact us</a></p>
        </div>
        </div>
    </div>
</div>
<div class="container bek-footer-out3">
    <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .( &nbsp;<span class="change-
nm"></span>&nbsp;)</p>
</div>
</div>
<!-- end of footer bar --&gt;
<!-- end of faq section --&gt;
&lt;script src='https://code.jquery.com/jquery-3.2.1.min.js'&gt;&lt;/script&gt;
&lt;script src="faq.js"&gt;&lt;/script&gt;
&lt;script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"&gt;&lt;/script&gt;
&lt;script src="../bootstrap/js/bootstrap.js"&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/swiper/swiper-bundle.min.js"&gt;&lt;/script&gt;
&lt;script type='text/javascript'
src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"&gt;&lt;/script&gt;
&lt;script src="../index/index.js"&gt;&lt;/script&gt;
&lt;script src="../denie/denie.js"&gt;&lt;/script&gt;

&lt;/body&gt;
&lt;/html&gt;
</pre>

```

Css :

```

@import url('https://fonts.googleapis.com/css?family=Hind:300,400');
*, *:before, *:after {
    -webkit-box-sizing: inherit;
    box-sizing: inherit;
}
html {
    -webkit-box-sizing: border-box;
    box-sizing: border-box;
}
body {
    margin: 0;
    padding: 0;
    font-family: 'Hind', sans-serif;
    background: #fff;
    color: #df7020;
}
.mota-container {
    margin: 0 auto;
    padding: 4rem;
    width: ;
}
h1 {

```

```

font-size: 1.75rem;
color: #008080;
padding: 1.3rem;
margin: 0;
}
.accordion a {
position: relative;
display: -webkit-box;
display: -webkit-flex;
display: -ms-flexbox;
display: flex;
-webkit-box-orient: vertical;
-webkit-box-direction: normal;
-webkit-flex-direction: column;
-ms-flex-direction: column;
flex-direction: column;
width: 100%;
padding: 1rem 3rem 1rem 1rem;
color: #595959;
font-size: 1.15rem;
font-weight: 400;
border-bottom: 1px solid #e5e5e5;
}
.accordion a:hover,
.accordion a:hover::after {
cursor: pointer;
color: #595959;
}
.accordion a:hover::after {
border: 1px solid #595959;
}
.accordion a.active {
color: #595959;
border-bottom: 1px solid #595959;
}
.accordion a::after {
font-family: 'Ionicons';
content: '\f218';
position: absolute;
float: right;
right: 1rem;
font-size: 1rem;
color: #7288a2;
padding: 5px;
width: 30px;
height: 30px;
-webkit-border-radius: 50%;
-moz-border-radius: 50%;
border-radius: 50%;
border: 1px solid #7288a2;
text-align: center;
}
.accordion a.active::after {
font-family: 'Ionicons';
content: '\f209';
color: #ff5353;
border: 1px solid #ff5353;
}
.accordion .content {
opacity: 0;
padding: 0 1rem;
max-height: 0;
border-bottom: 1px solid #e5e5e5;
overflow: hidden;
clear: both;
-webkit-transition: all 0.2s ease 0.15s;
-o-transition: all 0.2s ease 0.15s;

```

```

        transition: all 0.2s ease 0.15s;
    }
.accordion .content p {
    font-size: 1rem;
    font-weight: 300;
}
.accordion .content.active {
    opacity: 1;
    padding: 1rem;
    max-height: 100%;
    -webkit-transition: all 0.35s ease 0.15s;
    -o-transition: all 0.35s ease 0.15s;
    transition: all 0.35s ease 0.15s;
}
/* section1 */
.sectionfaq1 {
    width: 100%;
    padding: 40px 90px 20px 90px;
    background-color: #fff;
}
.bek-out {
    align-items: center;
    justify-content: center;
    display: flex;
}
.bek-col-md-6 {
    width: 50%;
}
.bek-col-md-6 p {
    color: #333;
    font-size: 30px;
    font-weight: 600;
}
.bek-col-md-6 p span {
    color: #ff2b2b;
    font-size: 60px;
    font-weight: 900;
    font-style: italic;
    text-transform: uppercase;
}
.bek-col-md-6 img {
    width: 85%;
}

/* media query */
@media only screen and (max-width: 770px) {
    .bek-out {
        flex-direction: column;
    }
    .bek-col-md-6 {
        width: 100%;
    }
}
JS :
const items = document.querySelectorAll(".accordion a");

function toggleAccordion(){
    this.classList.toggle('active');
    this.nextElementSibling.classList.toggle('active');
}

items.forEach(item => item.addEventListener('click', toggleAccordion));

// To disable right click

```

```

document.addEventListener('contextmenu', event => event.preventDefault());

// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Nutrition

Php :

```

<?php

session_start();
include '../login/dbconn.php';
$name = $_SESSION['username'];
$nameqry = " select * from fitness_table where name='".$name' ";
$query = mysqli_query($con,$nameqry);
$userdata = mysqli_fetch_assoc($query);
$useremail = $userdata['email'];
$mobile = $userdata['mobile'];

```

```

$id = $userdata['id'];
if(!isset($_SESSION['username'])) {

    header('location:../login/login.php');
}
?>

<!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">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <title>Nutrition | Fitness Care</title>
    <link rel='stylesheet' href='https://code.ionicframework.com/ionicons/2.0.1/css/ionicons.min.css'>
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="icon" type="image/png" href="../logo/logo.png">
    <link rel="stylesheet" href="food.css">
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&ampnbsp</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../dashboard/dashboard.php">
            
            Fitness Care
        </a>
        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">
                <li class="nav-item">

```

```

        <span><a class="nav-link bek-link" aria-current="page" href="..../dashboard/dashboard.php" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..../about/about.php" id="about"><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                <a href="..../about/about.php" id="about2">&nbsp;&nbsp;About Us</a>
                <a href="..../career/career.php" id="career">&nbsp;&nbsp;Careers</a>
                <a href="..../tutorial/tutorial.php" id="tutorial">&nbsp;&nbsp;Tutorials</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                <a href="..../meal-plans/meal-plans.php" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                <a href="..../food.php">&nbsp;&nbsp;Nutrition</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..../exercise/exercise.php"><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                <a href="..../exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
                <a href="..../yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
                <a href="..../workout-programs/workout-programs.php" id="workout-programs">&nbsp;&nbsp;workout programs</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..../faq/faq.php" id="faq"><button class="bek-dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                <a href="..../faq/faq.php" id="faq2">&nbsp;&nbsp;FAQ</a>
                <a href="..../contact/contactus.php">&nbsp;&nbsp;Contact Us</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <span><a class="nav-link bek-link" aria-current="page" href="..../store/store.php" style="text-transform: uppercase; color: #000; margin: 3px 0 0 20px; font-size: 14px;">Store</a></span>
    </li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..../account/account.php"><button class="bek-dropbtn" style="margin: 0 0; align-items: center; text-align: center; justify-content: center; display: flex; flex-direction: row;"><div style="width: 35px; height: 35px; border-radius: 50%; overflow: hidden;"></div>&nbsp;<span style="width: 100px;"><?php echo
$_SESSION['username']; ?></span>&nbsp;<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
<div class="bek-dropdown7">
    <a href="../account/account.php" id="account"><i class="fas fa-user-circle" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Account</a>
    <a href="../notifications/notifications.php" id="notifications"><i class="fas fa-bell"
style="color: #ff2b2b;"></i>&nbsp;&nbsp;Notifications</a>
    <a href="../calender/calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-
calendar-alt"></i></i>&nbsp;&nbsp;Calender</a>
    <a href="../join/join.php"><i class="fas fa-user-plus" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Fitness Care</a>
    <a href="../login/logout.php"><i class="fas fa-sign-out-alt" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Sign Out</a>
</div>
</div>
</li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i
class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%;outline: none;outline: none;outline-bottom: 1px solid #fff;background-color:
#222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;
<!-- section1 --&gt;
&lt;section class="sectionfaq1"&gt;
    &lt;div id="carouselExampleCaptions" class="carousel slide carousel-fade" data-bs-ride="carousel"&gt;
        &lt;div class="carousel-indicators"&gt;
            &lt;button type="button" data-bs-target="#carouselExampleCaptions" data-bs-slide-to="0" class="active"
aria-current="true" aria-label="Slide 1" style="width: 5px;height: 6px;border-radius: 50%;border: 2px solid
#009dff;"&gt;&lt;/button&gt;
            &lt;button type="button" data-bs-target="#carouselExampleCaptions" data-bs-slide-to="1" aria-label="Slide
2" style="width: 5px;height: 6px;border-radius: 50%;border: 2px solid #009dff;"&gt;&lt;/button&gt;
            &lt;button type="button" data-bs-target="#carouselExampleCaptions" data-bs-slide-to="2" aria-label="Slide
3" style="width: 5px;height: 6px;border-radius: 50%;border: 2px solid #009dff;"&gt;&lt;/button&gt;
        &lt;/div&gt;
        &lt;div class="carousel-inner"&gt;
            &lt;div class="carousel-item active bek-back1"&gt;
                &lt;div class="carousel-caption bek-yoga-center"&gt;
                    &lt;p&gt;Let's make your life&lt;/p&gt;
                    &lt;h1&gt;Healthy Living&lt;/h1&gt;
                    &lt;a href="#stamina"&gt;&lt;button&gt;stamina booster&lt;/button&gt;&lt;/a&gt;
                &lt;/div&gt;
            &lt;/div&gt;
            &lt;div class="carousel-item bek-back2"&gt;
                &lt;div class="carousel-caption bek-yoga-center"&gt;
                    &lt;p&gt;life is almost dead&lt;/p&gt;
                    &lt;h1&gt;Without Health&lt;/h1&gt;
                    &lt;a href="#loss"&gt;&lt;button&gt;weight loss&lt;/button&gt;&lt;/a&gt;
                &lt;/div&gt;
            &lt;/div&gt;
            &lt;div class="carousel-item bek-back3"&gt;
                &lt;div class="carousel-caption bek-yoga-center"&gt;
                    &lt;p&gt;health is wealth&lt;/p&gt;
                    &lt;h1&gt;Keep This Treasure Safe&lt;/h1&gt;
                    &lt;a href="#gain"&gt;&lt;button&gt;weight gain&lt;/button&gt;&lt;/a&gt;
                &lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;
</pre>

```

```

        </div>
    </div>
</section>
<!-- end of section1 --&gt;
<!-- stamina section --&gt;
&lt;section id="stamina"&gt;
    &lt;h1&gt;Stamina Booster&lt;/h1&gt;
    &lt;div class="container"&gt;
        &lt;!-- 1st row --&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="images/yoghurt.jpg"&gt;
                &lt;h3&gt;Yoghurt&lt;/h3&gt;
                &lt;hr class="dropdown-divider"&gt;
                &lt;p class="bek-muted"&gt;Yoghurt or dahi has calcium and protein. But that's not all it does. Since it is soothing for your stomach and easy to digest, it is a great food to have before your workout or even on an empty stomach. Adding some fruit to your yoghurt can give you an extra boost of nutrition and stamina.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="images/banana.jpg"&gt;
                &lt;h3&gt;Banana&lt;/h3&gt;
                &lt;hr class="dropdown-divider"&gt;
                &lt;p class="bek-muted"&gt;Banana is one food that is loved by most people, irrespective of their age. It also happens to be one of the best foods to increase stamina. This fruit is rich in carbohydrates and also has natural sugar and starch which gives you the energy to keep going throughout the day.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="images/oatmeal.jpg"&gt;
                &lt;h3&gt;Oatmeal&lt;/h3&gt;
                &lt;hr class="dropdown-divider"&gt;
                &lt;p class="bek-muted"&gt;Oatmeal is one of the best things you can start your day with. Being nutrient-dense and rich in fibre, oatmeal provides your body with the much-needed energy. It is also a great pre-workout meal if stamina is what you are after. Add in some nuts and seeds to make it even better!&lt;/p&gt;
            &lt;/div&gt;
        &lt;/div&gt;
        &lt;!-- 2nd row --&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="images/eggs.jpg"&gt;
                &lt;h3&gt;Eggs&lt;/h3&gt;
                &lt;hr class="dropdown-divider"&gt;
                &lt;p class="bek-muted"&gt;Eggs are the most versatile, healthy, and easy to cook food on this planet. And we cannot be thankful enough for it. Eggs are not only rich in protein and other nutrients, but they help in muscle repair and build stamina. Packed with essential amino acids, eggs can keep fatigue away!&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="images/peanut butter.jpg"&gt;
                &lt;h3&gt;Peanut Butter&lt;/h3&gt;
                &lt;hr class="dropdown-divider"&gt;
                &lt;p class="bek-muted"&gt;Peanut butter is one breakfast essentials that you cannot miss out on. If you aren't allergic to peanuts, then you can have it with a slice of multigrain bread the first thing in the morning to kickstart your day. It has healthy fats and proteins, which can keep your hunger at bay while boosting your stamina in a jiffy.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="images/almonds.jpg"&gt;
                &lt;h3&gt;Almonds&lt;/h3&gt;
                &lt;hr class="dropdown-divider"&gt;
                &lt;p class="bek-muted"&gt;Almonds are nutrient-dense nuts which not only help in boosting metabolism but also improving your stamina. Undeniably, almonds are a powerhouse of healthy fats that you cannot ignore.&lt;/p&gt;
            &lt;/div&gt;
        &lt;/div&gt;
        &lt;div style="width: 100%;align-items: center;justify-content: center;display: flex;margin: 30px 0;"&gt;&lt;button class="more"&gt;&lt;i class="fas fa-arrow-down"&gt;&lt;/i&gt;&ampnbsp;&ampnbsp;load more&lt;/button&gt;&lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;
<!-- end of stamina section --&gt;
</pre>

```

```

<!-- loss section -->
<section id="loss">
  <h1>Weight Loss</h1>
  <div class="container">
    <!-- 1st row -->
    <div class="row">
      <div class="col-md-4">
        
        <h3>Leafy Greens</h3>
        <hr class="dropdown-divider">
        <p class="bek-muted">Leafy greens include kale, spinach, collards, swiss chards and a few others. They have several properties that make them perfect for a weight loss diet, such as being low in calories and carbohydrates and loaded with fiber. Eating leafy greens is a great way to increase the volume of your meals, without increasing the calories. Leafy greens are also incredibly nutritious and very high in many vitamins, antioxidants and minerals, including calcium, which has been shown to aid fat burning.</p>
      </div>
      <div class="col-md-4">
        
        <h3>Salmon</h3>
        <hr class="dropdown-divider">
        <p class="bek-muted">Salmon is incredibly healthy and very satisfying, keeping you full for many hours with relatively few calories. Salmon is also loaded with omega-3 fatty acids, which have been shown to help reduce inflammation, which is known to play a major role in obesity and metabolic disease.</p>
      </div>
      <div class="col-md-4">
        
        <h3>Cruciferous Vegetables</h3>
        <hr class="dropdown-divider">
        <p class="bek-muted">Cruciferous vegetables include broccoli, cauliflower, cabbage and Brussels sprouts. Like other vegetables, they're high in fiber and tend to be incredibly filling. A combination of protein, fiber and low energy density makes cruciferous vegetables the perfect foods to include in your meals if you need to lose weight. They're also highly nutritious and contain cancer-fighting substances.</p>
      </div>
    </div>
    <!-- 2nd row -->
    <div class="row">
      <div class="col-md-4">
        
        <h3>Boiled Potatoes</h3>
        <hr class="dropdown-divider">
        <p class="bek-muted">White potatoes seem to have fallen out of favor for some reason. However, they have several properties that make them a perfect food – both for weight loss and optimal health. They contain an incredibly diverse range of nutrients – a little bit of almost everything you need.</p>
      </div>
      <div class="col-md-4">
        
        <h3>Tuna</h3>
        <hr class="dropdown-divider">
        <p class="bek-muted">Tuna is another low-calorie, high-protein food. It's lean fish, meaning it's low in fat. Tuna is popular among bodybuilders and fitness models who're on a cut, as it's a great way to increase protein intake while keeping total calories and fat low. If you're trying to emphasize protein intake, make sure to choose tuna canned in water, not oil.</p>
      </div>
      <div class="col-md-4">
        
        <h3>Grape Fruits</h3>
        <hr class="dropdown-divider">
        <p class="bek-muted">One fruit that deserves to be highlighted is grapefruit. Its effects on weight control have been studied directly. In a 12-week study in 91 obese individuals, eating half a fresh grapefruit before meals led to weight loss of 3.5 pounds (1.6 kg). The grapefruit group also had reduced insulin resistance, a metabolic abnormality that is implicated in various chronic diseases. Therefore, eating half a grapefruit about half an hour before some of your daily meals may help you feel more satiated and eat fewer overall calories.</p>
      </div>
    </div>
  </div>

```

```


<button class="more"><i class="fas fa-arrow-down"></i>&nbsp;&nbsp;load more</button>


```

<!-- end of loss section -->

<!-- gain section -->

```

<section id="gain">
    <h1>Weight Gain</h1>
    <div class="container">
        <!-- 1st row -->
        <div class="row">
            <div class="col-md-4">
                
                <h3>Home Made Protein Smoothies</h3>
                <hr class="dropdown-divider">
                <p class="bek-muted">Drinking homemade protein smoothies can be a highly nutritious and quick way to gain weight. It also gives you full control over the flavor and nutrient content. Here are just a few tasty variations you can try. You can combine each with 2 cups (470 mL) of dairy milk or soy milk if you have lactose intolerance. Both have more nutrients and calories than other alternative milks.</p>
                <p><span class="bek-muted-half">Chocolate banana nut shake : </span><span class="bek-muted">Combine 1 banana, 1 scoop of chocolate whey protein, and 1 tablespoon (15 mL) of peanut or another nut butter.</span></p>
                <p><span class="bek-muted-half">Vanilla berry shake : </span><span class="bek-muted"> Combine 1 cup (237 mL) of fresh or frozen mixed berries, ice, 1 cup (237 mL) of high protein, full fat Greek yogurt, and 1 scoop of vanilla whey protein.</span></p>
            </div>
            <div class="col-md-4">
                
                <h3>Milk</h3>
                <hr class="dropdown-divider">
                <p class="bek-muted">Milk has been used as a weight gainer or muscle builder for decades. It provides a good balance of proteins, carbs, and fats and is a good source of calcium, as well as other vitamins and minerals. For those trying to add more muscle, milk is an excellent protein source that provides both casein and whey proteins. <br>Try drinking one or two glasses of whole milk (149 calories per cup) as a snack, with a meal, or before and after a workout if you're training.</p>
            </div>
            <div class="col-md-4">
                
                <h3>Rice</h3>
                <hr class="dropdown-divider">
                <p class="bek-muted">Rice is a convenient, low cost carb source to help you gain weight. Just 1 cup (158 grams) of cooked white rice provides 204 calories, 44 grams of carbs, and very little fat. Rice is also fairly calorie-dense, meaning you can easily obtain a high amount of carbs and calories from a single serving. This helps you eat more food, especially if you have a poor appetite or get full quickly.</p>
            </div>
        </div>
        <!-- 2nd row -->
        <div class="row">
            <div class="col-md-4">
                
                <h3>Nuts and Nut-Butter</h3>
                <hr class="dropdown-divider">
                <p class="bek-muted">Nuts and nut butters are perfect choices if you're looking to gain weight. Just one small handful of raw almonds (1/4 cup) contains 170 calories, 6 grams of protein, 4 grams of fiber, and 15 grams of healthy fats. Since nuts are very calorie-dense, just two handfuls per day with a meal or as a snack can quickly add hundreds of calories. You can add nut butters to a variety of snacks or dishes, such as smoothies, yogurts, and crackers, to turn them into a high calorie snack in no time.</p>
            </div>
            <div class="col-md-4">
                
                <h3>Protein Supplements</h3>
                <hr class="dropdown-divider">
                <p class="bek-muted">Taking protein supplements is a common strategy for athletes and bodybuilders who want to gain weight. There are many types available, including whey, soy, egg, and pea protein. Whey protein supplements and mass gainers (supplements that can help you gain muscle mass) can be very easy and cost-effective strategies to gain weight, especially when combined with strength training. Some people think
            </div>
        </div>
    </div>

```

whey protein is unhealthy or unnatural, but this isn't the case. Whey protein is made from dairy and has been shown to help improve health markers and reduce the risk of disease</p>

```

    </div>
    <div class="col-md-4">
        
        <h3>Dried Fruits</h3>
        <hr class="dropdown-divider">
        <p class="bek-muted">Dried fruit is a high calorie snack that also provides antioxidants and micronutrients. You can get many different types of dried fruit, and they all have a naturally high sugar content. This makes them great for gaining weight, especially since they're convenient to eat and taste great. While many people think fruits lose most of their nutrients when dried, this isn't the case. Dried fruits contain lots of fiber and most of their vitamins and minerals remain intact. Try combining some dried fruit with a protein source, such as cuts of meat, cheese, or a whey protein shake. They also mix well with nuts and full fat plain Greek yogurt, providing a blend of healthy fats, protein, and other key nutrients.</p>
    </div>
    </div>
    <div style="width: 100%;align-items: center;justify-content: center;display: flex;margin: 30px 0;"><button class="more"><i class="fas fa-arrow-down"></i>&ampnbsp&ampnbspload more</button></div>
</div>
</section>
<!-- end of gain section -->

<!-- back to top button-->
<a href="#gotop"><button id="myBtn" title="Go to top"></button></a>
<!-- end of back to top button-->
<!-- footer bar -->
<div class="bek-footer-out1">
    <div class="container bek-footer-out2">
        <div class="row">
            <div class="col-md-4">
                
                <p>Your daily workout partner.</p>
            </div>
            <div class="col-md-8">
                <div class="row">
                    <div class="col-md-6">
                        <div class="row">
                            <div class="col-sm-6">
                                <p><a href="../about/about.php" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
                                <p><a href="../career/career.php" id="career2">careers</a></p>
                                <p><a href="../tutorial/tutorial.php" id="tutorial2">tutorials</a></p>
                            </div>
                            <div class="col-sm-6">
                                <p><a href="food.php" style="color: #fff;font-size: 13px;">food</a></p>
                                <p><a href="../meal-plans/meal-plans.php" id="meal-plans2">meal plans</a></p>
                                <p><a href="food.php">nutrition</a></p>
                            </div>
                        </div>
                    </div>
                    <div class="col-md-6">
                        <div class="row">
                            <div class="col-sm-6">
                                <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
                                <p><a href="../exercise/exercise.php">exercise</a></p>
                                <p><a href="../yoga/yoga.php">yoga</a></p>
                                <p><a href="../workout-programs/workout-programs.php" id="workout-programs2">workout programs</a></p>
                            </div>
                            <div class="col-sm-6">
                                <p><a href="../faq/faq.php" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
                                <p><a href="../contact/contactus.php">contact us</a></p>
                            </div>
                        </div>
                    </div>
                </div>
            </div>
        </div>
    </div>
</div>
</div>

```

```

        </div>
    </div>
</div>
<div class="container bek-footer-out3">
    <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .&nbsp;<span class="change-nm"></span>&nbsp;</p>
    </div>
</div>
<!-- end of footer bar -->
<!-- end of faq section -->
<script src='https://code.jquery.com/jquery-3.2.1.min.js'></script>
<script src="food.js"></script>
<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script src="../bootstrap/js/bootstrap.js"></script>
<script src="https://unpkg.com/swiper/swiper-bundle.min.js"></script>
<script type='text/javascript'
src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../index/index.js"></script>
<script src="../denie/denie.js"></script>

</body>
</html>

```

Css :

```

@import url('https://fonts.googleapis.com/css?family=Hind:300,400');
*, *:before, *:after {
    -webkit-box-sizing: inherit;
    box-sizing: inherit;
    margin: 0;
    padding: 0;
}
html {
    -webkit-box-sizing: border-box;
    box-sizing: border-box;
}
body {
    margin: 0;
    padding: 0;
    font-family: 'Hind', sans-serif;
}
/* section1 */
.sectionfaq1 {
    width: 100%;
    min-height: 100vh;
}
.bek-back1 {
    width: 100%;
    min-height: 100vh;
    background: url(r.jpg);
    background-position: center;
    background-size: cover;
    position: relative;
}
.bek-back2 {
    width: 100%;
    min-height: 100vh;
    background: url(r1.jpg);
    background-position: top center;
    background-size: cover;
    position: relative;
}
.bek-back3 {
    width: 100%;
    min-height: 100vh;
    background: url(r2.jpg);
    background-position: top center;
}

```

```

background-size: cover;
position: relative;
}
.bek-yoga-center {
width: 100%;
position: absolute;
top: 50%;
left: 50%;
transform: translate(-50%, -50%);
text-shadow: 0 0 5px #222;
}
.bek-yoga-center p {
text-transform: uppercase;
}
.bek-yoga-center h1 {
font-size: 60px;
font-weight: 800;
}
.bek-yoga-center button {
border: none;
outline: none;
padding: 10px 25px;
background: #ff6060;
color: #fff;
text-transform: uppercase;
margin-top: 30px;
transition: .3s;
}
.bek-yoga-center button:hover {
background: #fff;
color: #000;
margin-top: 25px;
}

/* stamina section */
#stamina {
width: 100%;
padding: 40px;
}
#stamina h1 {
font-weight: 800;
margin-bottom: 40px;
}
#stamina .col-md-4 img {
width: 100%;
margin-top: 30px;
}
#stamina .col-md-4 h2 {
margin-bottom: 30px;
}
#stamina .col-md-4 .bek-muted {
color: #999;
font-weight: 400;
}
#stamina .col-md-4 .bek-muted-half {
color: #666;
font-weight: 400;
}
#stamina .col-md-4 .bek-active {
color: #000;
font-weight: 400;
}
#stamina button {
border: none;
outline: none;
padding: 10px 35px;
background: #ffaaaa;
}

```

```

        transition: .3s;
        color: #fff;
        text-transform: uppercase;
    }
    #stamina button:hover {
        background: #ff8787;
    }

/* loss section */
#loss {
    width: 100%;
    padding: 40px;
}
#loss h1 {
    font-weight: 800;
    margin-bottom: 40px;
}
#loss .col-md-4 img {
    width: 100%;
    margin-top: 30px;
}
#loss .col-md-4 h2 {
    margin-bottom: 30px;
}
#loss .col-md-4 .bek-muted {
    color: #999;
    font-weight: 400;
}
#loss .col-md-4 .bek-muted-half {
    color: #666;
    font-weight: 400;
}
#loss .col-md-4 .bek-active {
    color: #000;
    font-weight: 400;
}
#loss button {
    border: none;
    outline: none;
    padding: 10px 35px;
    background: #ffaaaa;
    transition: .3s;
    color: #fff;
    text-transform: uppercase;
}
#loss button:hover {
    background: #ff8787;
}

/* gain section */
#gain {
    width: 100%;
    padding: 40px;
}
#gain h1 {
    font-weight: 800;
    margin-bottom: 40px;
}
#gain .col-md-4 img {
    width: 100%;
    margin-top: 30px;
}
#gain .col-md-4 h2 {
    margin-bottom: 30px;
}
#gain .col-md-4 .bek-muted {
    color: #999;
}

```

```

    font-weight: 400;
}
#gain .col-md-4 .bek-muted-half {
    color: #666;
    font-weight: 400;
}
#gain .col-md-4 .bek-active {
    color: #000;
    font-weight: 400;
}
#gain button {
    border: none;
    outline: none;
    padding: 10px 35px;
    background: #ffaaaa;
    transition: .3s;
    color: #fff;
    text-transform: uppercase;
}
#gain button:hover {
    background: #ff8787;
}

```

```

/* media query */
@media only screen and (max-width: 770px) {
    .bek-out {
        flex-direction: column;
    }
    .bek-col-md-6 {
        width: 100%;
    }
}

```

JS :

```

$(".more").click(function(){
    swal("Oop's Sorry !", "You are not a FITNESS CARE+ member, Thank You.", "error");
});

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault());

// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

```

```

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Membership

Html :

```

<!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">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <title>Membership | Fitness Care</title>
    <link rel='stylesheet' href='https://code.ionicframework.com/ionicons/2.0.1/css/ionicons.min.css'>
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="icon" type="image/png" href="../logo/logo.png">
    <link rel="stylesheet" href="join.css">
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&ampnbsp</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>

```

```
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preload/preloader.js"></script>

<div id="bek-mouse-circle" class="bek-mouse-circle"></div>


<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../index.html">
            
            <span style="color: #ff2b2b;">Fitness Care</span>
        </a>
        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="../index.html" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../about/about.html" id="about"><button class="bek-dropbtn" style="font-size: 14px; border: none; background-color: transparent; padding: 0; margin-right: 10px;">About <i class="fas fa-caret-down bek-rotate" style="font-size: 14px; margin-right: 10px;"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                            <a href="../about/about.html" id="about2" style="margin-right: 20px; font-size: 14px; color: #000; text-decoration: none; border-bottom: 1px solid #000; padding-bottom: 5px; transition: all 0.3s ease; ">About Us</a>
                            <a href="../career/career.html" id="career" style="margin-right: 20px; font-size: 14px; color: #000; text-decoration: none; border-bottom: 1px solid #000; padding-bottom: 5px; transition: all 0.3s ease; ">Careers</a>
                            <a href="../tutorial/tutorial.html" id="tutorial" style="margin-right: 20px; font-size: 14px; color: #000; text-decoration: none; border-bottom: 1px solid #000; padding-bottom: 5px; transition: all 0.3s ease; ">Tutorials</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../food/food.php" style="font-size: 14px; color: #000; text-decoration: none; border-bottom: 1px solid #000; padding-bottom: 5px; transition: all 0.3s ease; ">Food <i class="fas fa-caret-down bek-rotate" style="font-size: 14px; margin-left: 10px;"></i></a></span>
                        <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                            <a href="../meal-plans/meal-plans.html" id="meal-plans" style="margin-right: 20px; font-size: 14px; color: #000; text-decoration: none; border-bottom: 1px solid #000; padding-bottom: 5px; transition: all 0.3s ease; ">Meal Plans</a>
                            <a href="../food/food.php" style="margin-right: 20px; font-size: 14px; color: #000; text-decoration: none; border-bottom: 1px solid #000; padding-bottom: 5px; transition: all 0.3s ease; ">Nutrition</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../exercise/exercise.php" style="font-size: 14px; color: #000; text-decoration: none; border-bottom: 1px solid #000; padding-bottom: 5px; transition: all 0.3s ease; ">Workouts <i class="fas fa-caret-down bek-rotate" style="font-size: 14px; margin-left: 10px;"></i></a></span>
                        <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                            <a href="../exercise/exercise.php" style="margin-right: 20px; font-size: 14px; color: #000; text-decoration: none; border-bottom: 1px solid #000; padding-bottom: 5px; transition: all 0.3s ease; ">Exercise</a>
                            <a href="../yoga/yoga.php" style="margin-right: 20px; font-size: 14px; color: #000; text-decoration: none; border-bottom: 1px solid #000; padding-bottom: 5px; transition: all 0.3s ease; ">Yoga</a>
                            <a href="../workout-programs/workout-programs.html" id="workout-programs" style="margin-right: 20px; font-size: 14px; color: #000; text-decoration: none; border-bottom: 1px solid #000; padding-bottom: 5px; transition: all 0.3s ease; ">Workout Programs</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">

```

```

        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../faq/faq.html" id="faq"><button class="bek-
dropbtn">faq <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                <a href="../faq/faq.html" id="faq2">&nbsp;&nbsp;faq</a>
                <a href="../contact/contact.php">&nbsp;&nbsp;contact us</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <span><a class="nav-link bek-link" aria-current="page" href="../store/store.html" style="text-
transform: uppercase;color: #000; margin: 3px 0 0 20px;font-size: 14px;">Store</a></span>
    </li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../login/login.php" id="signin"><button class="bek-
dropbtn" style="margin: 0 0;">sign in <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="../login/login.php" id="signin2"><i class="fas fa-sign-in-alt" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Sign In</a>
                <a href="../login/signup.php" id="signup"><i class="fas fa-user-plus" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Sign Up</a>
                <a href="../login/forgot.php" id="forgot" style="margin: 0 0 4px 0;"><i class="fas fa-user-
lock" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Forgot Password</a>
                <a href="join.html" class="bek-join"> JOIN</a>
            </div>
        </div>
    </li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i
class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color:
#222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;
<!-- section1 --&gt;
&lt;section class="sectionfaq1"&gt;
    &lt;div class="container2"&gt;
        &lt;div class="row bek-out"&gt;
            &lt;div class="bek-col-md-6"&gt;
                &lt;p&gt;&lt;span style="font-weight: 800;"&gt;fitness care +&lt;/span&gt;&lt;br&gt; Add More to Your Exercise.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="bek-col-md-6"&gt;
                &lt;img src="a1.png"&gt;
            &lt;/div&gt;
            &lt;button class="bek-downbtn"&gt;&lt;i class="fas fa-chevron-down"&gt;&lt;/i&gt;&lt;/button&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;
<!-- end of section1 --&gt;
<!-- section2 --&gt;
&lt;section class="section2"&gt;
    &lt;h1&gt;All Membership Features&lt;/h1&gt;
</pre>

```

```

<div class="container-fluid">
  <div class="row">
    <div class="col-10 bek-heading">
      <span style="color: #ff2b2b;font-style: italic;">Fitness Care</span> Features
    </div>
    <div class="col-1 bek-heading">
      Free&nbsp;&nbsp;&nbsp;
    </div>
    <div class="col-1 bek-heading">
      <span style="color: #ff2b2b;">FC+</span>
    </div>
  </div>
  <div class="row">
    <div class="col-10">
      Hundreds of Professionally-Built Workouts
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
  </div>
  <div class="row">
    <div class="col-10">
      Wide Selection of Healthy Living Articles
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
  </div>
  <div class="row">
    <div class="col-10">
      Healthy and Convenient Recipes
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
  </div>
  <div class="row">
    <div class="col-10">
      Positive and Encouraging Community
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
  </div>
  <div class="row">
    <div class="col-10">
      Interactive Workout Calendar
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
  </div>

```

```
<div class="row">
  <div class="col-10">
    Save Your Favorite Videos
  </div>
  <div class="col-1">
    <i class="far fa-check-circle"></i>
  </div>
<div class="col-1">
  <i class="far fa-check-circle"></i>
</div>
</div>
<div class="row">
  <div class="col-10">
    Ads-Free Website and Videos
  </div>
  <div class="col-1">

  </div>
  <div class="col-1">
    <i class="far fa-check-circle"></i>
  </div>
</div>
<div class="row">
  <div class="col-10">
    Statistics for Your Activities
  </div>
  <div class="col-1">

  </div>
  <div class="col-1">
    <i class="far fa-check-circle"></i>
  </div>
</div>
<div class="row">
  <div class="col-10">
    Trackers to See Your Progress
  </div>
  <div class="col-1">

  </div>
  <div class="col-1">
    <i class="far fa-check-circle"></i>
  </div>
</div>
<div class="row">
  <div class="col-10">
    Exclusive Workouts
  </div>
  <div class="col-1">

  </div>
  <div class="col-1">
    <i class="far fa-check-circle"></i>
  </div>
</div>
<div class="row">
  <div class="col-10">
    Exclusive Workout Challenges
  </div>
  <div class="col-1">

  </div>
  <div class="col-1">
    <i class="far fa-check-circle"></i>
  </div>
</div>
<div class="row">
```

```

<div class="col-10">
    Tagging to Help Organize Videos
</div>
<div class="col-1">

</div>
<div class="col-1">
    <i class="far fa-check-circle"></i>
</div>
</div>
<div class="row">
    <div class="col-10">
        Create Personal Routines
    </div>
    <div class="col-1">

    </div>
    <div class="col-1">
        <i class="far fa-check-circle"></i>
    </div>
</div>
<div class="row">
    <div class="col-10">
        Ability to Mark Rest Day Complete
    </div>
    <div class="col-1">

    </div>
    <div class="col-1">
        <i class="far fa-check-circle"></i>
    </div>
</div>
</div>
</section>
<!-- end of section2 --&gt;
<!-- section3 --&gt;
&lt;section class="section3"&gt;
    &lt;div class="container-fluid"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-6"&gt;
                &lt;h1&gt;&lt;i class="fas fa-rupee-sign"&gt;&lt;/i&gt; Pricing&lt;/h1&gt;
                &lt;p&gt;Fitness Care Plus gives you access to exclusive workouts, challenges, and recipes, as well as a constantly growing set of features as a part of a monthly or yearly subscription. If you still aren't sure if Fitness Care Plus is right for you, new memberships start with a one week free trial.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-6" style="background: #ffbaba;padding: 30px;"&gt;
                &lt;div class="container-fluid"&gt;
                    &lt;div class="row"&gt;
                        &lt;div class="col-md bek-price"&gt;
                            &lt;p&gt;Weekly&lt;/p&gt;
                            &lt;p style="font-size: 40px;"&gt;&lt;i class="fas fa-rupee-sign" style="font-size: 35px;"&gt;&lt;/i&gt; 115&lt;/p&gt;
                        &lt;/div&gt;
                        &lt;div class="col-md bek-price"&gt;
                            &lt;p&gt;monthly&lt;/p&gt;
                            &lt;p style="font-size: 40px;"&gt;&lt;i class="fas fa-rupee-sign" style="font-size: 35px;"&gt;&lt;/i&gt; 499&lt;/p&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                    &lt;div class="row"&gt;
                        &lt;div class="col-md bek-price"&gt;
                            &lt;p&gt;yearly&lt;/p&gt;
                            &lt;p style="font-size: 40px;"&gt;&lt;i class="fas fa-rupee-sign" style="font-size: 35px;"&gt;&lt;/i&gt; 5999&lt;/p&gt;
                            &lt;p style="font-size: 12px;color: #888;"&gt;First week free&lt;/p&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/div&gt;
</pre>

```

```

        </div>
    </section>
    <!-- end of section3 -->

    <!-- back to top button-->
    <a href="#gotop"><button id="myBtn" title="Go to top"></button></a>
    <!-- end of back to top button-->
    <!-- footer bar -->
    <div class="bek-footer-out1">
        <div class="container bek-footer-out2">
            <div class="row">
                <div class="col-md-4">
                    
                    <p>Your daily workout partner.</p>
                </div>
                <div class="col-md-8">
                    <div class="row">
                        <div class="col-md-6">
                            <div class="row">
                                <div class="col-sm-6">
                                    <p><a href="../about/about.html" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
                                    <p><a href="../career/career.html" id="career2">careers</a></p>
                                    <p><a href="../tutorial/tutorial.html" id="tutorial2">tutorials</a></p>
                                </div>
                                <div class="col-sm-6">
                                    <p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
                                    <p><a href="../meal-plans/meal-plans.html" id="meal-plans2">meal plans</a></p>
                                    <p><a href="../food/food.php">nutrition</a></p>
                                </div>
                            </div>
                        </div>
                        <div class="col-md-6">
                            <div class="row">
                                <div class="col-sm-6">
                                    <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
                                    <p><a href="../exercise/exercise.php">exercise</a></p>
                                    <p><a href="../yoga/yoga.php">yoga</a></p>
                                    <p><a href="../workout-programs/workout-programs.html" id="workout-programs2">workout programs</a></p>
                                </div>
                                <div class="col-sm-6">
                                    <p><a href="../faq/faq.html" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
                                    <p><a href="../contact/contact.php">contact us</a></p>
                                </div>
                            </div>
                        </div>
                    </div>
                </div>
            </div>
        <div class="container bek-footer-out3">
            <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .( &nbsp;<span class="change-nm">&nbsp;</span>&nbsp;)</p>
        </div>
    </div>
    <!-- end of footer bar -->
    <!-- end of faq section -->
    <script src='https://code.jquery.com/jquery-3.2.1.min.js'></script>
    <script src="join.js"></script>
    <script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
    <script src="bootstrap/js/bootstrap.js"></script>
    <script src="https://unpkg.com/swiper/swiper-bundle.min.js"></script>
    <script type='text/javascript' src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
    <script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
    <script src="..../index/index.js"></script>

```

```

<script src="../denie/denie.js"></script>

</body>
</html>
Php :
<?php

session_start();
include '../login/dbconn.php';
$name = $_SESSION['username'];
$namequery = " select * from fitness_table where name='$name' ";
$query = mysqli_query($con,$namequery);
$userdata = mysqli_fetch_assoc($query);
$useremail = $userdata['email'];
$mobile = $userdata['mobile'];
$id = $userdata['id'];
if(!isset($_SESSION['username'])) {

    header('location:../login/login.php');
}
?>

<!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">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <title>Membership | Fitness Care</title>
    <link rel='stylesheet' href='https://code.ionicframework.com/ionicons/2.0.1/css/ionicons.min.css'>
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="icon" type="image/png" href="../logo/logo.png">
    <link rel="stylesheet" href="join.css">
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&nbsp;</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->

```

```

<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../dashboard/dashboard.php">
            
            Fitness Care
        </a>
        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="../dashboard/dashboard.php" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../about/about.php" id="about"><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                            <a href="../about/about.php" id="about2">&nbsp;&nbsp;About Us</a>
                            <a href="../career/career.php" id="career">&nbsp;&nbsp;Careers</a>
                            <a href="../tutorial/tutorial.php" id="tutorial">&nbsp;&nbsp;Tutorials</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                            <a href="../meal-plans/meal-plans.php" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                            <a href="../food/food.php">&nbsp;&nbsp;Nutrition</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../exercise/exercise.php"><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                            <a href="../exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
                            <a href="../yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
                            <a href="../workout-programs/workout-programs.php" id="workout-programs">&nbsp;&nbsp;workout programs</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../faq/faq.php" id="faq"><button class="bek-dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                            <a href="../faq/faq.php" id="faq2">&nbsp;&nbsp;FAQ</a>
                        </div>
                    </div>
                </li>
            </ul>
        </div>
    </div>
</nav>

```

```

        <a href="../contact/contactus.php">&nbsp;&nbsp;contact us</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <span><a class="nav-link bek-link" aria-current="page" href="../store/store.php" style="text-transform: uppercase;color: #000; margin: 3px 0 20px;font-size: 14px;">Store</a></span>
    </li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../account/account.php"><button class="bek-dropbtn"
style="margin: 0 0;align-items: center;text-align: center;justify-content: center;display: flex;flex-direction: row;"><div style="width: 35px;height: 35px;border-radius: 50%;overflow: hidden;"></div>&nbsp;<span style="width: 100px;"><?php echo
$_SESSION['username']; ?></span>&nbsp;<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="../account/account.php" id="account"><i class="fas fa-user-circle" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Account</a>
                <a href="../notifications/notifications.php" id="notifications"><i class="fas fa-bell"
style="color: #ff2b2b;"></i>&nbsp;&nbsp;Notifications</a>
                <a href="../calender/calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-
calendar-alt"></i></i>&nbsp;&nbsp;Calender</a>
                <a href="../join/join.php"><i class="fas fa-user-plus" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Fitness Care</a>
                <a href="../login/logout.php"><i class="fas fa-sign-out-alt" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Sign Out</a>
            </div>
        </div>
    </li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i
class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color:
#222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;

<!-- section1 --&gt;
&lt;section class="sectionfaq1"&gt;
    &lt;div class="container2"&gt;
        &lt;div class="row bek-out"&gt;
            &lt;div class="bek-col-md-6"&gt;
                &lt;p&gt;&lt;span style="font-weight: 800;"&gt;fitness care +&lt;/span&gt;&lt;br&gt; Add More to Your Exercise.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="bek-col-md-6"&gt;
                &lt;img src="a1.png"&gt;
            &lt;/div&gt;
            &lt;button class="bek-downbtn"&gt;&lt;i class="fas fa-chevron-down"&gt;&lt;/i&gt;&lt;/button&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;
<!-- end of section1 --&gt;
<!-- section2 --&gt;
&lt;section class="section2"&gt;
</pre>

```

```

<h1>All Membership Features</h1>
<div class="container-fluid">
  <div class="row">
    <div class="col-10 bek-heading">
      <span style="color: #ff2b2b;font-style: italic;">Fitness Care</span> Features
    </div>
    <div class="col-1 bek-heading">
      Free&nbsp;&nbsp;&nbsp;
    </div>
    <div class="col-1 bek-heading">
      <span style="color: #ff2b2b;">FC+</span>
    </div>
  </div>
  <div class="row">
    <div class="col-10">
      Hundreds of Professionally-Built Workouts
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
  </div>
  <div class="row">
    <div class="col-10">
      Wide Selection of Healthy Living Articles
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
  </div>
  <div class="row">
    <div class="col-10">
      Healthy and Convenient Recipes
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
  </div>
  <div class="row">
    <div class="col-10">
      Positive and Encouraging Community
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
  </div>
  <div class="row">
    <div class="col-10">
      Interactive Workout Calendar
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
    <div class="col-1">
      <i class="far fa-check-circle"></i>
    </div>
  </div>

```

```
</div>
<div class="row">
  <div class="col-10">
    Save Your Favorite Videos
  </div>
  <div class="col-1">
    <i class="far fa-check-circle"></i>
  </div>
  <div class="col-1">
    <i class="far fa-check-circle"></i>
  </div>
</div>
<div class="row">
  <div class="col-10">
    Ads-Free Website and Videos
  </div>
  <div class="col-1">

  </div>
  <div class="col-1">
    <i class="far fa-check-circle"></i>
  </div>
</div>
<div class="row">
  <div class="col-10">
    Statistics for Your Activities
  </div>
  <div class="col-1">

  </div>
  <div class="col-1">
    <i class="far fa-check-circle"></i>
  </div>
</div>
<div class="row">
  <div class="col-10">
    Trackers to See Your Progress
  </div>
  <div class="col-1">

  </div>
  <div class="col-1">
    <i class="far fa-check-circle"></i>
  </div>
</div>
<div class="row">
  <div class="col-10">
    Exclusive Workouts
  </div>
  <div class="col-1">

  </div>
  <div class="col-1">
    <i class="far fa-check-circle"></i>
  </div>
</div>
<div class="row">
  <div class="col-10">
    Exclusive Workout Challenges
  </div>
  <div class="col-1">

  </div>
  <div class="col-1">
    <i class="far fa-check-circle"></i>
  </div>
</div>
```

```

<div class="row">
    <div class="col-10">
        Tagging to Help Organize Videos
    </div>
    <div class="col-1">

    </div>
    <div class="col-1">
        <i class="far fa-check-circle"></i>
    </div>
</div>
<div class="row">
    <div class="col-10">
        Create Personal Routines
    </div>
    <div class="col-1">

    </div>
    <div class="col-1">
        <i class="far fa-check-circle"></i>
    </div>
</div>
<div class="row">
    <div class="col-10">
        Ability to Mark Rest Day Complete
    </div>
    <div class="col-1">

    </div>
    <div class="col-1">
        <i class="far fa-check-circle"></i>
    </div>
</div>
</div>
</section>
<!-- end of section2 --&gt;
<!-- section3 --&gt;
&lt;section class="section3"&gt;
    &lt;div class="container-fluid"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-6"&gt;
                &lt;h1&gt;&lt;i class="fas fa-rupee-sign"&gt;&lt;/i&gt; Pricing&lt;/h1&gt;
                &lt;p&gt;Fitness Care Plus gives you access to exclusive workouts, challenges, and recipes, as well as a constantly growing set of features as a part of a monthly or yearly subscription. If you still aren't sure if Fitness Care Plus is right for you, new memberships start with a one week free trial.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-6" style="background: #ffbaba; padding: 30px;"&gt;
                &lt;div class="container-fluid"&gt;
                    &lt;div class="row"&gt;
                        &lt;div class="col-md bek-price"&gt;
                            &lt;p&gt;Weekly&lt;/p&gt;
                            &lt;p style="font-size: 40px;"&gt;&lt;i class="fas fa-rupee-sign" style="font-size: 35px;"&gt;&lt;/i&gt; 115&lt;/p&gt;
                        &lt;/div&gt;
                        &lt;div class="col-md bek-price"&gt;
                            &lt;p&gt;monthly&lt;/p&gt;
                            &lt;p style="font-size: 40px;"&gt;&lt;i class="fas fa-rupee-sign" style="font-size: 35px;"&gt;&lt;/i&gt; 499&lt;/p&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                    &lt;div class="row"&gt;
                        &lt;div class="col-md bek-price"&gt;
                            &lt;p&gt;yearly&lt;/p&gt;
                            &lt;p style="font-size: 40px;"&gt;&lt;i class="fas fa-rupee-sign" style="font-size: 35px;"&gt;&lt;/i&gt; 5999&lt;/p&gt;
                            &lt;p style="font-size: 12px; color: #888;"&gt;First week free&lt;/p&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
</pre>

```

```

        </div>
    </div>
</section>
<!-- end of section3 --&gt;

<!-- back to top button--&gt;
&lt;a href="#gotop"&gt;&lt;button id="myBtn" title="Go to top"&gt;&lt;img src="../index/arrow.png" width="30"&gt;&lt;/button&gt;&lt;/a&gt;
<!-- end of back to top button--&gt;
<!-- footer bar --&gt;
&lt;div class="bek-footer-out1"&gt;
    &lt;div class="container bek-footer-out2"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="../logo/logo.png" width="80"&gt;
                &lt;p&gt;Your daily workout partner.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-8"&gt;
                &lt;div class="row"&gt;
                    &lt;div class="col-md-6"&gt;
                        &lt;div class="row"&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../about/about.php" id="about3" style="color: #fff;font-size: 13px;"&gt;about&lt;/a&gt;&lt;/p&gt;
                                    &lt;p&gt;&lt;a href="../career/career.php" id="career2"&gt;careers&lt;/a&gt;&lt;/p&gt;
                                    &lt;p&gt;&lt;a href="../tutorial/tutorial.php" id="tutorial2"&gt;tutorials&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../food/food.php" style="color: #fff;font-size: 13px;"&gt;food&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../meal-plans/meal-plans.php" id="meal-plans2"&gt;meal plans&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../food/food.php"&gt;nutrition&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
                &lt;div class="col-md-6"&gt;
                    &lt;div class="row"&gt;
                        &lt;div class="col-sm-6"&gt;
                            &lt;p&gt;&lt;a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;"&gt;workout&lt;/a&gt;&lt;/p&gt;
                            &lt;p&gt;&lt;a href="../exercise/exercise.php"&gt;exercise&lt;/a&gt;&lt;/p&gt;
                            &lt;p&gt;&lt;a href="../yoga/yoga.php"&gt;yoga&lt;/a&gt;&lt;/p&gt;
                            &lt;p&gt;&lt;a href="../workout-programs/workout-programs.php" id="workout-programs2"&gt;workout programs&lt;/a&gt;&lt;/p&gt;
                        &lt;/div&gt;
                        &lt;div class="col-sm-6"&gt;
                            &lt;p&gt;&lt;a href="../faq/faq.php" style="color: #fff;font-size: 13px;" id="faq3"&gt;faq&lt;/a&gt;&lt;/p&gt;
                            &lt;p&gt;&lt;a href="../contact/contactus.php"&gt;contact us&lt;/a&gt;&lt;/p&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
        &lt;div class="container bek-footer-out3"&gt;
            &lt;p&gt;Copyright &lt;i class="far fa-copyright"&gt;&lt;/i&gt; 2021 . Designed By Group - H .(&amp;nbsp;&lt;span class="change-nm"&gt;&amp;nbsp;&lt;/span&gt;&amp;nbsp;&lt;/p&gt;
            &lt;/div&gt;
        &lt;/div&gt;
<!-- end of footer bar --&gt;

&lt;script src='https://code.jquery.com/jquery-3.2.1.min.js'&gt;&lt;/script&gt;
&lt;script src="join.js"&gt;&lt;/script&gt;
&lt;script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"&gt;&lt;/script&gt;
&lt;script src="bootstrap/js/bootstrap.js"&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/swiper/swiper-bundle.min.js"&gt;&lt;/script&gt;
&lt;script type='text/javascript' src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"&gt;&lt;/script&gt;
</pre>

```

```
<script src="../index/index.js"></script>
<script src="../denie/denie.js"></script>
```

```
</body>
</html>
```

Css :

```
@import url('https://fonts.googleapis.com/css?family=Hind:300,400');
*, *:before, *:after {
  -webkit-box-sizing: inherit;
  box-sizing: inherit;
}
html {
  -webkit-box-sizing: border-box;
  box-sizing: border-box;
}
body {
  margin: 0;
  padding: 0;
  font-family: 'Hind', sans-serif;
}
/* section1 */
.sectionfaq1 {
  width: 100%;
  padding: 20px 90px 20px 90px;
  background-color: #fff;
  position: relative;
}
.bek-out {
  align-items: center;
  justify-content: center;
  display: flex;
}
.bek-col-md-6 {
  width: 50%;
}
.bek-col-md-6 p {
  color: #333;
  font-size: 30px;
  font-weight: 600;
}
.bek-col-md-6 p span {
  color: #ff2b2b;
  font-size: 60px;
  font-weight: 900;
  font-style: italic;
  text-transform: uppercase;
}
.bek-col-md-6 img {
  width: 85%;
}
.bek-downbtn {
  position: absolute;
  bottom: 0;
  left: 50%;
  transform: translate(-50%);
  font-size: 60px;
  color: #aaa;
  border: 0;
  padding: 0;
  background: transparent;
  animation: btnrotate 1.5s linear infinite;
}
@keyframes btnrotate {
  0% {
    bottom: -30px;
  }
}
```

```

    50% {
      bottom: 10px;
    }
    100% {
      bottom: -30px;
    }
  }

/* section2 */
.section2 {
  width: 100%;
  padding: 60px;
  background: #ffeaea;
}
.section2 h1 {
  margin: 0;
  padding: 0;
  text-align: center;
  margin-bottom: 50px;
}
.section2 .col-1 {
  text-align: center;
  align-items: center;
  justify-content: center;
  display: flex;
  margin-bottom: 40px;
}
.section2 .col-1 i {
  font-size: 20px;
  color: #ff2b2b;
}
.bek-heading {
  font-weight: 800;
  margin-bottom: 25px;
  font-size: 20px;
  color: #000;
}

/* section3 */
.section3 {
  width: 100%;
  padding: 60px;
  background: #fff;
}
.section3 h1 {
  font-size: 50px;
  margin-bottom: 30px;
}
.section3 p {
  color: #666;
  line-height: 40px;
}
.bek-price {
  margin: 20px;
  background: #fff;
  padding: 15px 40px;
  text-align: center;
  cursor: pointer;
}
.bek-price p {
  color: #000;
  line-height: 30px;
  font-weight: 600;
  margin: 0;
  font-size: 14px;
  text-transform: uppercase;
}

```

```

/* media query */
@media only screen and (max-width: 770px) {
    .bek-out {
        flex-direction: column;
    }
    .bek-col-md-6 {
        width: 100%;
    }
}

Js :

$(".bek-price").click(function(){
    swal("Thank You", "Thank You for Choosing Fitness Care, Stay Connected.", "success");
});

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault());

// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});

//mouse right click

```

```

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Login

Php :

```

<?php

include 'dbconn.php';
session_start();
ob_start();

if (isset($_POST['log_submit'])) {
    $email = $_POST['log_email'];
    $password = $_POST['log_pass'];

    $email_search = "select * from fitness_table where email ='$email' and status ='active' ";
    $query = mysqli_query($con, $email_search);
    $email_count = mysqli_num_rows($query);

    if ($email_count) {

        $email_pass = mysqli_fetch_assoc($query);
        $dbpass = $email_pass['password'];
        // database column named 'password'
        $_SESSION['username'] = $email_pass['name'];

        $pass_decode = password_verify($password, $dbpass);

        if($pass_decode) {

            //cookie part
            setcookie('emailcookie',$email,time()+604800);
            setcookie('passwordcookie',$password,time()+604800);
            // echo "login Successfully";
            ?>
            <script>
            location.replace("../dashboard/dashboard.php");
            </script>
            <?php
        }else{
            $_SESSION['msg'] = "Password incorrect.";
        }
        }else{

            $_SESSION['msg'] = "Invalid email.";
        }
    }

?>

<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, shrink-to-fit=no">

```

```

<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.5.1/jquery.min.js"></script>
<link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">
        <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.5.1/jquery.min.js"></script>

<link rel="icon" type="image/png" href="../logo/logo.png">
<title>LogIn | Fitness Care</title>
<style>
    body{
        display: flex;
        flex-direction: column;
        align-items: center;
        font-family: "Roboto", "Arial", "sans-serif";
        overflow-x: hidden;
        justify-content: center;
    }
    * {
        margin: 0;
        padding: 0;
        box-sizing: border-box;
    }
html {
    scroll-behavior: smooth;
}
body {
}
/* scroll bar */
::-webkit-scrollbar {
    width: 5px;
    background-color: #ddd;
}
::-webkit-scrollbar-track {
    border-radius: 0px;
}
::-webkit-scrollbar-thumb {
    background: red;
    border-radius: 10px;
}
/* mouse circle */
.bek-mouse-circle {
    display: none;
    position: absolute;
    border: solid 2px #00c7ff;
    width: 40px;
    height: 40px;
    border-radius: 50%;
    pointer-events: none;
    will-change: transform;
    -webkit-backface-visibility: hidden;
    backface-visibility: hidden;
    z-index: 99999999999999;
}
/* preloader section */
.preloader {
    position: fixed;
    overflow: hidden;
    top: 0;
    left: 0;
    width: 100%;
    height: 100vh;
    display: block;
    background-color: #ff2b2b;
    z-index: 9999;
    align-items: center;
}

```

```

    text-align: center;
    justify-content: center;
    display: flex;
}
.preloaderin {
    width: 100%;
    height: 100%;
    position: absolute;
    display: flex;
    justify-content: center;
    align-items: center;
}
.preloaderin1 {
    width: 300px;
    height: 70%;
    box-shadow: 0 18px 16px -16px black;
    z-index: 999;
    position: absolute;
    top: 0;
    display: flex;
    justify-content: center;
    align-items: center;
}
.preloaderin2 {
    width: 80px;
    height: 80px;
    background-color: green;
    position: absolute;
    animation: box 4s linear infinite;
}
/* navbar section */
.bek-nav1 {
    height: 80px;
}
.bek-dropbtn {
    background-color: #fff;
    border: none;
    outline: none;
    margin: 0 15px;
    text-transform: uppercase;
    font-size: 14px;
}
.bek-dropdown1 {
    position: relative;
    display: inline-block;
}
.bek-dropdown2 {
    text-align: center;
    align-items: center;
    justify-content: center;
    display: flex;
    display: none;
    position: fixed;
    background-color: #222638;
    min-width: 160px;
    box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
    z-index: 1;
    transition: .4s;
    width: 100%;
    right: 0;
}
.bek-dropdown8 {
    width: 100vw;
    right: 0;
    display: none;
    position: fixed;
    background-color: #222638;
}

```

```

min-width: 160px;
box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
z-index: 1;
}
.bek-dropdown7 {
display: none;
position: fixed;
background-color: #222638;
min-width: 160px;
padding: 5px;
box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
z-index: 1;
}
.bek-dropdown2 a {
color: #fff;
padding: 12px 16px;
text-decoration: none;
margin: 0 30px;
text-transform: uppercase;
}
.bek-dropdown7 a {
color: #fff;
padding: 12px 16px;
text-decoration: none;
display: block;
text-align: center;
}
.bek-dropdown1:hover .bek-dropdown2 {
display: block;
}
.bek-dropdown1:hover .bek-dropdown7 {
display: block;
}
.bek-dropbtn .bek-rotate {
color: #ff2b2b;
transition: .2s;
}
.bek-dropdown1:hover .bek-rotate {
transform: rotate(180deg);
}
.bek-link {
color: #000;
text-transform: uppercase;
}
.bek-dropdown-in {
padding: 30px 10%;
}
.bek-search {
width: 100%;
outline: none;
border: none;
border-bottom: 1px solid #fff;
}
ul a {
color: #fff;
}
.bek-join {
border: 1px solid #ff2b2b;
color: #ff2b2b;
transition: .2s;
}
.bek-join:hover {
background-color: #ff2b2b;
color: #fff;
}
.bek-dropdown2 a:hover {
color: #ff2b2b;
}

```

```

}

.bek-dropdown7 a:hover {
  background-color: #2e3247;
  color: #fff;
}
.bek-dropdown7 .bek-join {
  color: #ff2b2b;
}
.bek-dropdown7 .bek-join:hover {
  background-color: #ff2b2b;
  color: #fff;
}
input:focus {
  outline: none;
}
.active {
  border-bottom: 1px solid gray;
}

.card{
  overflow: hidden;
  border: 0 !important;
  border-radius: 30px !important;
  box-shadow: 0 1rem 3rem 0 rgb(12, 12, 12);
  background-color: #fff5;
  padding: 60px 20px 30px 0;
  backdrop-filter: blur(8px);
}

.img-left{
  width: 40%;
  background:url('signin.png') center;
  background-size: contain;
  background-repeat: no-repeat;
}

.card-body{
  padding: 1rem;
}

.title{
  margin-bottom: 0.5rem;
}

.form-input{
  position: relative;
}

.form-input input{
  width: 100%; height: 45px;
  padding-left: 40px; margin-bottom: 10px;
  box-sizing: border-box;
  box-shadow: 0 0.2rem 0.4rem 0 rgb(12, 12, 12);
  border: 1px solid black; border-radius: 50px;
  outline: none; background: transparent;
}

.form-input span{
  position: absolute; top: 15px;
  padding-left: 15px;
  color: blue;
}

.form-input input::placeholder{
  color: black;
  padding-left: 0px;
}

.form-input input:focus, .form-input input:valid{
  border: 2px solid #007bff;
}

.form-input input:placeholder{
  color: #454b69;
}

.form.box button[type="submit"]{

```

```

        margin-top: 100px; border: none;
        cursor: pointer;
        border-radius: 50px;
        background-color: #007bff;
        color: #fff;
        font-size: 90%;
        font-weight: bold;
        letter-spacing: .1rem;
        transition: 0.5s;
        padding: 12px;
    }
    .forget-link, .register-link{
        color: #007bff;
        font-weight: bold;
    }
    .btn1{
        border: none; outline: none; width: 100%;
        background-color: rgb(255, 106, 0);
        color: aliceblue;
        border-radius: 20px;
        font-weight: bold;
    }
    .btn1:hover{
        background-color: #bf4c00;
        color: rgb(255, 255, 255);
    }
    a{
        text-decoration: none;
    }

#sesn{
    text-align:center;
    width: auto; height:auto;
    /* background-color:lightgreen;
    border-radius:25px; */
    font-weight:bold;
    color :red;
    padding: 15px 20px 10px 15px;

}
.circle1 {
    position: absolute;
    width: 600px;
    height: 600px;
    background: -webkit-linear-gradient(to right, #DC281E, #F00000);
    background: linear-gradient(to right, #DC281E, #F00000);
    z-index: -1;
    border-radius: 50%;
    top: 0%;
    left: 0%;
    transform: translate(-50%,-50%);
}
.circle2 {
    position: absolute;
    width: 300px;
    height: 300px;
    background: -webkit-linear-gradient(to top, #0052D4, #65C7F7, #9CECFB);
    background: linear-gradient(to top, #0052D4, #65C7F7, #9CECFB);
    z-index: -1;
    border-radius: 50%;
    bottom: 0%;
    right: 0%;
}
#showhide {
    width: 30px;
    height: 20px;

```

```

        background: url(show.png);
        background-position: center;
        background-size: cover;
        position: absolute;
        top: 13px;
        right: 10px;
        cursor: pointer;
    }
    #showhide.hide {
        background: url(hide.png);
        background-position: center;
        background-size: cover;
    }
/* footer section*/
.bek-footer-out1 {
    width: 100%;
    background-color: #2b1616;
    padding: 50px 50px 0 50px;
}
.bek-footer-out2 {
    padding: 50px 50px 80px 50px;
    border-bottom: 1px solid #888;
}
.bek-footer-out2 p {
    color: #aaa;
    font-weight: 200;
    font-size: 13px;
    margin-top: 5px;
    text-transform: uppercase;
}
.bek-footer-out2 a {
    text-decoration: none;
    color: #888;
    text-transform: uppercase;
    font-size: 12px;
}
.bek-footer-out2 a:hover {
    color: #555;
}
.bek-footer-out3 {
    width: 100%;
    padding: 10px 0 0 0;
    text-align: center;
    align-items: center;
    justify-content: center;
    display: flex;
    padding: 20px 0 0 0;
}
.bek-footer-out3 p {
    color: #888;
    font-weight: 200;
    font-size: 12px;
    text-transform: uppercase;
}
.frame-section {
    width: 100%;
}
.frame-section #iframe {
    width: 100%;
}
.iframe-height {
    height: 3550px;
}
.change-nm {
    position: relative;
    color: #aaa;
}

```

```

.change-nm:before {
  content: '';
  animation: change-nm 12s linear infinite;
}
@keyframes change-nm {
  0% {
    content: 'Amritanshu';
  }
  14.29% {
    content: 'Anurag';
  }
  28.58% {
    content: 'Bekrom';
  }
  42.87% {
    content: 'Harikesh';
  }
  57.16% {
    content: 'Mallik';
  }
  71.45% {
    content: 'Sahil';
  }
  85.74% {
    content: 'Saurabh';
  }
  100% {
    content: 'Amritanshu';
  }
}
#myBtn {
  display: none;
  position: fixed;
  bottom: 10px;
  right: 10px;
  z-index: 99;
  font-size: 18px;
  border: none;
  outline: none;
  background-color: #fff;
  color: white;
  cursor: pointer;
  padding: 5px;
  border-radius: 4px;
  border: 2px solid red;
}

```

</style>

</head>

<body>

<!--preloader section-->

<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">

<section class="bek-preloader-one" style="margin-top: -450px;">

<div class="bek-preloader-one-out3"></div>

<div class="bek-preloader-one-out4"></div>

<div class="bek-preloader-one-out1">

</div>

<div class="bek-preloader-one-out2">

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>A</span>
>R</span>
>E</span>

```

</div>

</section>

<script src="https://code.jquery.com/jquery-3.2.1.js"></script>

<script src="../preload/preloader.js"></script>

<!-- end of preloader section-->

<!-- mouse circle -->

<div id="bek-mouse-circle" class="bek-mouse-circle"></div>

<!-- end of mouse circle -->

<!-- nav bar -->

<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">

<div class="container-xl">

Fitness Care

<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">

</button>

<div class="collapse navbar-collapse" id="navbarSupportedContent">

<ul class="navbar-nav me-auto mb-2 mb-lg-0">

<li class="nav-item">

Home

<li class="nav-item">

<div class="bek-dropdown1">

About <i class="fas fa-caret-down bek-rotate"></i>

<div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">

About Us

Careers

Tutorials

</div>

</div>

<li class="nav-item">

<div class="bek-dropdown1">

Food <i class="fas fa-caret-down bek-rotate"></i>

<div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">

Meal Plans

Nutrition

</div>

</div>

<li class="nav-item">

<div class="bek-dropdown1">

Workouts <i class="fas fa-caret-down bek-rotate"></i>

<div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">

Exercise

Yoga

```

        <a href="../workout-programs/workout-programs.html" id="workout-programs">&nbsp;&nbsp;workout programs</a>
        </div>
        </div>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../faq/faq.html" id="faq"><button class="bek-
dropbtn">faq <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                <a href="../faq/faq.html" id="faq2">&nbsp;&nbsp;faq</a>
                <a href="../contact/contact.php">&nbsp;&nbsp;contact us</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <span><a class="nav-link bek-link" aria-current="page" href="../store/store.html" style="text-
transform: uppercase; color: #000; margin: 3px 0 0 20px; font-size: 14px;">Store</a></span>
    </li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="login.php" id="signin"><button class="bek-dropbtn"
style="margin: 0 0;">sign in <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="login.php" id="signin2"><i class="fas fa-sign-in-alt" style="color:
#ff2b2b;">&nbsp;&nbsp;Sign In</a>
                <a href="signup.php" id="signup"><i class="fas fa-user-plus" style="color:
#ff2b2b;">&nbsp;&nbsp;Sign Up</a>
                <a href="forgot.php" id="forgot" style="margin: 0 0 4px 0;"><i class="fas fa-user-lock"
style="color: #ff2b2b;">&nbsp;&nbsp;Forgot Password</a>
                <a href="../join/join.html" class="bek-join"> JOIN</a>
            </div>
        </div>
    </li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i
class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%; outline: none; border: none; border-bottom: 1px solid #fff; background-color:
#222638; border-radius: 0; color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%; height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;

&lt;!-- form part--&gt;
&lt;div class="container-fluid" style="height: ; position: relative; padding-top: 80px; padding-bottom: 80px;"&gt;
    &lt;div class="row px-3"&gt;
        &lt;div class="col-md-10 col-lg-9 card flex-row mx-auto px-0"&gt;
            &lt;div class="img-left d-none d-sm-flex"&gt;&lt;/div&gt;
            &lt;div class="card-body"&gt;
                &lt;!-- For title tag --&gt;
                &lt;h1 class="title text-center mt-4" style="color:#007bff;"&gt;Login into account.&lt;/h1&gt;
                &lt;div&gt;
                    &lt;p id="sesn" class="text-red"&gt;
</pre>

```

```

<?php
if(isset($_SESSION['msg'])) {
echo $_SESSION['msg'];
}
?>
</p>
</div>

<form class="form-box px-3" action=<?php echo htmlentities($_SERVER['PHP_SELF']); ?>" method="POST"
autocomplete="on">

    
    <div class="form-input">
        <span><i class="fa fa-user-circle" aria-hidden="true"></i></span>
        <input type="email" name="log_email" id="" placeholder="Enter email here" tabindex="10" autofocus
required value=<?php if(isset($_COOKIE['emailcookie'])) { echo $_COOKIE['emailcookie']; } ?>">
    </div>
    
    <div class="form-input">
        <span><i class="fa fa-key"></i></span>
        <input type="password" name="log_pass" id="password" placeholder="Enter password here" required
value=<?php if(isset($_COOKIE['passwordcookie'])) { echo $_COOKIE['passwordcookie']; } ?>">
        <div id="showhide" onclick="showHide();"></div>
    </div>
    
    <a href="forgot.php" class="forget-link pull-right"></a> <br> <br>
    <!-- For submit button -->
    <div class="mb-3">
        <button type="submit" name="log_submit" class="btn btn-primary text-center btn1"> Login </button>
    </div>
    </div>
</div>
<div class="circle1"></div>
<div class="circle2"></div>
</div>
<!-- end of form part --&gt;

<!-- back to top button--&gt;
&lt;a href="#gotop"&gt;&lt;button id="myBtn" title="Go to top"&gt;&lt;img src="../index/arrow.png" width="30"&gt;&lt;/button&gt;&lt;/a&gt;
<!-- end of back to top button--&gt;
<!-- footer bar --&gt;
&lt;div class="bek-footer-out1"&gt;
    &lt;div class="container bek-footer-out2"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="../logo/logo.png" width="80"&gt;
                &lt;p&gt;Your daily workout partner.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-8"&gt;
                &lt;div class="row"&gt;
                    &lt;div class="col-md-6"&gt;
                        &lt;div class="row"&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../about/about.html" id="about3" style="color: #fff;font-size: 13px;"&gt;about&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../career/career.html" id="career2"&gt;careers&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../tutorial/tutorial.html" id="tutorial2"&gt;tutorials&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../food/food.php" style="color: #fff;font-size: 13px;"&gt;food&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../meal-plans/meal-plans.html" id="meal-plans2"&gt;meal plans&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../food/food.php"&gt;nutrition&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
</pre>

```

```

        </div>
        <div class="col-md-6">
            <div class="row">
                <div class="col-sm-6">
                    <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
                    <p><a href="../exercise/exercise.php">exercise</a></p>
                    <p><a href="../yoga/yoga.php">yoga</a></p>
                    <p><a href="../workout-programs/workout-programs.html" id="workout-programs2">workout
programs</a></p>
                </div>
                <div class="col-sm-6">
                    <p><a href="../faq/faq.html" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
                    <p><a href="../contact/contact.php">contact us</a></p>
                </div>
            </div>
        </div>
    </div>
    <div class="container bek-footer-out3">
        <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .( &nbsp;<span class="change-nm">&nbsp;</span>&nbsp;)</p>
    </div>
</div>
<!-- end of footer bar -->

<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script src="../bootstrap/js/bootstrap.js"></script>
<script src="https://unpkg.com/swiper/swiper-bundle.min.js"></script>
<script type='text/javascript'
src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../index/anime.min.js"></script>
<script src="../denie/denie.js"></script>
<!-- jQuery program -->
<script>
    $(document).ready(function(){
        $("input").focus(function(){
            $(this).css("background-color", "#ffff42");
        });
        $("input").blur(function(){
            $(this).css("background-color", "lightgreen");
        });
    });

```

```

const password = document.getElementById('password');
const showhide = document.getElementById('showhide');
function showHide(){
    if (password.type === 'password') {
        password.setAttribute('type','text');
        showhide.classList.add('hide')
    }
    else {
        password.setAttribute('type','password');
        showhide.classList.remove('hide')
    }
}

//mouse circle
jQuery(document).ready(function() {

    var mouseX = 0, mouseY = 0;
    var xp = 0, yp = 0;

    $(document).mousemove(function(e){

```

```

mouseX = e.pageX - 20;
mouseY = e.pageY - 20;
$("#bek-mouse-circle").css("display", "block");
});

setInterval(function(){
xp += ((mouseX - xp)/6);
yp += ((mouseY - yp)/6);
$("#bek-mouse-circle").css({left: xp +'px', top: yp +'px'});
}, 20);

});

// go to top
var mybutton = document.getElementById("myBtn");




</script>
</body>

</html>

```

Register

Php :

```

<?php
    // DATABASE CONNECTION
include 'dbconn.php';
session_start();

if(isset($_POST['reg_submit'])){

    // TAKING INPUT FROM USER USING FORM
$name = mysqli_real_escape_string($con,$_POST['reg_name']);
$email = mysqli_real_escape_string($con,$_POST['reg_email']);
$mobile = mysqli_real_escape_string($con,$_POST['reg_mobile']);
$password = mysqli_real_escape_string($con,$_POST['reg_pass']);
$cpassword = mysqli_real_escape_string($con,$_POST['reg_cpass']);

    // PASSWORD HASHING
$password = password_hash($password, PASSWORD_BCRYPT);
$cpassword = password_hash($cpassword, PASSWORD_BCRYPT);

    // TOKEN GENETARING
$token = bin2hex(random_bytes(15));

    //QUERY FOR CHECKING EXISTING EMAIL IN DATABASE
$emailqry = " select * from fitness_table where email='$email' ";
$query = mysqli_query($con,$emailqry);

$emailcount = mysqli_num_rows($query);
if($emailcount>0){

    $_SESSION['warning'] = "Email already exists.';

}else{

    if($password === $cpassword){

        // QUERY FOR INSERT DATA
$insert_query = "insert into fitness_table( name, email, mobile, password, conf_pass, token, status) values('$name', '$email', '$mobile', '$pass', '$cpassword', '$token', 'inactive')";

        $iquery = mysqli_query($con,$insert_query);
    }
}
}

```

```

        if($iquery){

            // SENDING EMAIL FOR ACCOUNT ACTIVATION
            // $template_file ="ac.html";
            $subject = "Account Activation - FITNESS CARE";
            //
            $body = "<html>
//      <head>
//          <title>Welcome to Fitness Care</title>
//      </head>
//      <body>
//          <h1>Welcome to Fitness Care </h1>
//          <h3>Hello, $name</h3>
//          <h4>Thanks you for joining with us!</h4>
//          <p> This is email from FITNESS CARE for Account Activation. Click on link to activate your account.</p> <br><br>
//          <p> <a href='http://localhost/fitness/active_ac.php?token=$token'>Active Account</a> </p>

//          <br><br>
//      </body>
//  </html>";

// Set content-type header for sending HTML email
// $headers = "MIME-Version: 1.0" . "\r\n";
// $headers = "Content-type:text/html; charset=UTF-8" . "\r\n";
// $body = "Hello $name ,This is email from FITNESS CARE for Account Activation. Click on
link to activate your account
http://fitnesscare.ultimatefreehost.in/login/active_ac.php?token=$token";
// $body = file_get_contents($template_file);
$headers = "From: samar80fk@gmail.com";
// $headers = "MIME-Version: 1.0 \r\n";
// $headers = "Content-type: text/html; charset=IOS-8859-1 \r\n";

if(mail($email, $subject, $body, $headers)){
    $_SESSION['msg'] = "Activation link has been sent to your email $email ";

} else{
    $_SESSION['warning'] = "Email sending failed...";
    // echo "Email sending failed...";
}
} else{

    $_SESSION['warning'] = " Data Not inserted.";
    // echo "Data Not inserted.";
}
} else {
    $_SESSION['warning'] = "Password not matching.";
    // echo "Password not matching.";
}
}

}

?>

<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, shrink-to-fit=no">
<link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">

<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">

```

```

<script src="https://ajax.googleapis.com/ajax/libs/jquery/3.5.1/jquery.min.js"></script>

<link rel="icon" type="image/png" href="../logo/logo.png">
<title>SingUp | Fitness Care</title>
<style>
    body{
        display: flex;
        flex-direction: column;
        align-items: center;
        justify-content: center;
        overflow-x: hidden;
        font-family: "Roboto", "Arial", "sans-serif";
    }
    * {
        margin: 0;
        padding: 0;
        box-sizing: border-box;
    }
    html {
        scroll-behavior: smooth;
    }
    body {
    }
    /* scroll bar */
    ::-webkit-scrollbar {
        width: 5px;
        background-color: #ddd;
    }
    ::-webkit-scrollbar-track {
        border-radius: 0px;
    }
    ::-webkit-scrollbar-thumb {
        background: red;
        border-radius: 10px;
    }
    /* mouse circle */
    .bek-mouse-circle {
        display: none;
        position: absolute;
        border: solid 2px #00c7ff;
        width: 40px;
        height: 40px;
        border-radius: 50%;
        pointer-events: none;
        will-change: transform;
        -webkit-backface-visibility: hidden;
        backface-visibility: hidden;
        z-index: 99999999999999;
    }
    /* preloader section */
    .preloader {
        position: fixed;
        overflow: hidden;
        top: 0;
        left: 0;
        width: 100%;
        height: 100vh;
        display: block;
        background-color: #ff2b2b;
        z-index: 9999;
        align-items: center;
        text-align: center;
        justify-content: center;
        display: flex;
    }
    .preloaderin {
        width: 100%;

```

```

height: 100%;
position: absolute;
display: flex;
justify-content: center;
align-items: center;
}
.preloaderin1 {
width: 300px;
height: 70%;
box-shadow: 0 18px 16px -16px black;
z-index: 999;
position: absolute;
top: 0;
display: flex;
justify-content: center;
align-items: center;
}
.preloaderin2 {
width: 80px;
height: 80px;
background-color: green;
position: absolute;
animation: box 4s linear infinite;
}
/* navbar section */
.bek-nav1 {
height: 80px;
}
.bek-dropbtn {
background-color: #fff;
border: none;
outline: none;
margin: 0 15px;
text-transform: uppercase;
font-size: 14px;
}
.bek-dropdown1 {
position: relative;
display: inline-block;
}
.bek-dropdown2 {
text-align: center;
align-items: center;
justify-content: center;
display: flex;
display: none;
position: fixed;
background-color: #222638;
min-width: 160px;
box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
z-index: 1;
transition: .4s;
width: 100%;
right: 0;
}
.bek-dropdown8 {
width: 100vw;
right: 0;
display: none;
position: fixed;
background-color: #222638;
min-width: 160px;
box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
z-index: 1;
}
.bek-dropdown7 {
display: none;
}

```

```

position: fixed;
background-color: #222638;
min-width: 160px;
padding: 5px;
box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
z-index: 1;
}
.bek-dropdown2 a {
color: #fff;
padding: 12px 16px;
text-decoration: none;
margin: 0 30px;
text-transform: uppercase;
}
.bek-dropdown7 a {
color: #fff;
padding: 12px 16px;
text-decoration: none;
display: block;
text-align: center;
}
.bek-dropdown1:hover .bek-dropdown2 {
display: block;
}
.bek-dropdown1:hover .bek-dropdown7 {
display: block;
}
.bek-dropbtn .bek-rotate {
color: #ff2b2b;
transition: .2s;
}
.bek-dropdown1:hover .bek-rotate {
transform: rotate(180deg);
}
.bek-link {
color: #000;
text-transform: uppercase;
}
.bek-dropdown-in {
padding: 30px 10%;
}
.bek-search {
width: 100%;
outline: none;
border: none;
border-bottom: 1px solid #fff;
}
ul a {
color: #fff;
}
.bek-join {
border: 1px solid #ff2b2b;
color: #ff2b2b;
transition: .2s;
}
.bek-join:hover {
background-color: #ff2b2b;
color: #fff;
}
.bek-dropdown2 a:hover {
color: #ff2b2b;
}
.bek-dropdown7 a:hover {
background-color: #2e3247;
color: #fff;
}
.bek-dropdown7 .bek-join {

```

```

        color: #ff2b2b;
    }
.bek-dropdown7 .bek-join:hover {
    background-color: #ff2b2b;
    color: #fff;
}
input:focus {
    outline: none;
}
.active {
    border-bottom: 1px solid gray;
}
.card{
    overflow: hidden;
    border: 0 !important;
    border-radius: 30px !important;
    box-shadow: 0 1rem 3rem 0 rgb(12, 12, 12);
    background-color: #fff5;
    padding: 30px 0;
    backdrop-filter: blur(8px);
}
.img-left{
    width: 40%;
    background:url('gym.png') center;
    background-size: cover;
    background-repeat: no-repeat;
}
.card-body{
    padding: 1rem;
}
.title{
    margin-bottom: 0.5rem;
}
.form-input{
    position: relative;
}
.form-input input{
    width: 100%; height: 45px;
    padding-left: 40px; margin-bottom: 10px;
    box-sizing: border-box;
    box-shadow: 0 0.2rem 0.4rem 0 rgb(12, 12, 12);
    border: 1px solid black; border-radius: 50px;
    outline: none; background: transparent;
}
.form-input span{
    position: absolute; top: 15px;
    padding-left: 15px;
    color: blue;
}
.form-input input::placeholder{
    color: black;
    padding-left: 0px;
}
.form-input input:focus, .form-input input:valid{
    border: 2px solid #007bff;
}
.form-input input:focus::placeholder{
    color: #454b69;
}
.form.box button[type="submit"]{
    margin-top: 100px; border: none;
    cursor: pointer;
    border-radius: 50px;
    background-color: #007bff;
    color: #fff;
    font-size: 90%;
}

```

```

        font-weight: bold;
        letter-spacing: .1rem;
        transition: 0.5s;
        padding: 12px;
    }
    .forget-link, .register-link{
        color: #007bff;
        font-weight: bold;
    }
    .btn1{
        border: none; outline: none; width: 100%;
        background-color: rgb(255, 106, 0);
        color: aliceblue;
        border-radius: 20px;
        font-weight: bold;
    }
    .btn1:hover{
        background-color: #bf4c00;
        color: rgb(255, 255, 255);
    }
    a{
        text-decoration: none;
    }

#sesn{
    text-align:center;
    width: 100%; height:auto;
    /* background-color:lightgreen;
    border-radius:25px; */
    font-weight:bold;
    color :red;
    padding: 15px 20px 10px 15px;
}
.circle1 {
    position: absolute;
    width: 600px;
    height: 600px;
    background: -webkit-linear-gradient(to right, #FFD200, #F7971E);
    background: linear-gradient(to right, #FFD200, #F7971E);
    z-index: -1;
    border-radius: 50%;
    top: 0%;
    left: 0%;
    transform: translate(-50%,-50%);
}
.circle2 {
    position: absolute;
    width: 300px;
    height: 300px;
    background: -webkit-linear-gradient(to top, #0052D4, #65C7F7, #9CECFB);
    background: linear-gradient(to top, #0052D4, #65C7F7, #9CECFB);
    z-index: -1;
    border-radius: 50%;
    bottom: 0%;
    right: 0%;
}
#showhide {
    width: 30px;
    height: 20px;
    background: url(show.png);
    background-position: center;
    background-size: cover;
    position: absolute;
    top: 13px;
    right: 10px;
    cursor: pointer;
}

```

```

        }
        #showhide.hide {
            background: url(hide.png);
            background-position: center;
            background-size: cover;
        }
        #cshowhide {
            width: 30px;
            height: 20px;
            background: url(show.png);
            background-position: center;
            background-size: cover;
            position: absolute;
            top: 13px;
            right: 10px;
            cursor: pointer;
        }
        #cshowhide.hide {
            background: url(hide.png);
            background-position: center;
            background-size: cover;
        }
    /* footer section*/
.bek-footer-out1 {
    width: 100%;
    background-color: #2b1616;
    padding: 50px 50px 0 50px;
}
.bek-footer-out2 {
    padding: 50px 50px 80px 50px;
    border-bottom: 1px solid #888;
}
.bek-footer-out2 p {
    color: #aaa;
    font-weight: 200;
    font-size: 13px;
    margin-top: 5px;
    text-transform: uppercase;
}
.bek-footer-out2 a {
    text-decoration: none;
    color: #888;
    text-transform: uppercase;
    font-size: 12px;
}
.bek-footer-out2 a:hover {
    color: #555;
}
.bek-footer-out3 {
    width: 100%;
    padding: 10px 0 0 0;
    text-align: center;
    align-items: center;
    justify-content: center;
    display: flex;
    padding: 20px 0 0 0;
}
.bek-footer-out3 p {
    color: #888;
    font-weight: 200;
    font-size: 12px;
    text-transform: uppercase;
}
.frame-section {
    width: 100%;
}
.frame-section #iframe {

```

```

        width: 100%;
    }
    .iframe-height {
        height: 3550px;
    }
    .change-nm {
        position: relative;
        color: #aaa;
    }
    .change-nm:before {
        content: '';
        animation: change-nm 12s linear infinite;
    }
    @keyframes change-nm {
        0% {
            content: 'Amritanshu';
        }
        14.29% {
            content: 'Anurag';
        }
        28.58% {
            content: 'Bekrom';
        }
        42.87% {
            content: 'Harikesh';
        }
        57.16% {
            content: 'Mallik';
        }
        71.45% {
            content: 'Sahil';
        }
        85.74% {
            content: 'Saurabh';
        }
        100% {
            content: 'Amritanshu';
        }
    }
    #myBtn {
        display: none;
        position: fixed;
        bottom: 10px;
        right: 10px;
        z-index: 99;
        font-size: 18px;
        border: none;
        outline: none;
        background-color: #fff;
        color: white;
        cursor: pointer;
        padding: 5px;
        border-radius: 4px;
        border: 2px solid red;
    }

```

</style>

</head>

<body>

<!--preloader section-->

<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">

<section class="bek-preloader-one" style="margin-top: -534px;">

<div class="bek-preloader-one-out3"></div>

<div class="bek-preloader-one-out4"></div>

<div class="bek-preloader-one-out1">

</div>

```

<div class="bek-preloader-one-out2">
    <span style="--i:1;">F</span>
    <span style="--i:2;">I</span>
    <span style="--i:3;">T</span>
    <span style="--i:4;">N</span>
    <span style="--i:5;">E</span>
    <span style="--i:6;">S</span>
    <span style="--i:7;">S</span>
    <span style="--i:8;">&nbsp;</span>
    <span style="--i:9;"><></span>
    <span style="--i:10;">A</span>
    <span style="--i:11;">R</span>
    <span style="--i:12;">E</span>
</div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preload/preloader.js"></script>
<!-- end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="#">Fitness Care</a>
        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="#">Home</a></span>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="#">About Us</a>
                        <button class="bek-dropbtn" type="button" data-bs-toggle="dropdown" data-bs-target="#bek-dropdown1" aria-expanded="false" aria-label="Toggle dropdown">
                            <i class="fas fa-caret-down bek-rotate"></i>
                        </button>
                        <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                            <a href="#">About</a>
                            <a href="#">Careers</a>
                            <a href="#">Tutorials</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="#">Food</a>
                        <button class="bek-dropbtn" type="button" data-bs-toggle="dropdown" data-bs-target="#bek-dropdown1" aria-expanded="false" aria-label="Toggle dropdown">
                            <i class="fas fa-caret-down bek-rotate"></i>
                        </button>
                        <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                            <a href="#">Meal Plans</a>
                            <a href="#">Nutrition</a>
                        </div>
                    </div>
                </li>
            </ul>
        </div>
    </div>
</nav>

```

```

<li class="nav-item">
    <div class="bek-dropdown">
        <span><a class="nav-link bek-link" href="../exercise/exercise.php"><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
            <a href="../exercise/exercise.php">&nbsp;&nbsp;exercise</a>
            <a href="../yoga/yoga.php">&nbsp;&nbsp;yoga</a>
            <a href="../workout-programs/workout-programs.html" id="workout-programs">&nbsp;&nbsp;workout programs</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <div class="bek-dropdown1">
        <span><a class="nav-link bek-link" href="../faq/faq.html" id="faq"><button class="bek-dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
            <a href="../faq/faq.html" id="faq2">&nbsp;&nbsp;FAQ</a>
            <a href="../contact/contact.php">&nbsp;&nbsp;Contact Us</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <span><a class="nav-link bek-link" aria-current="page" href="../store/store.html" style="text-transform: uppercase; color: #000; margin: 3px 0 0 20px; font-size: 14px;">Store</a></span>
</li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="login.php" id="signin"><button class="bek-dropbtn" style="margin: 0 0;">Sign In <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="login.php" id="signin2"><i class="fas fa-sign-in-alt" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign In</a>
                <a href="signup.php" id="signup"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign Up</a>
                <a href="forgot.php" id="forgot" style="margin: 0 0 4px 0;"><i class="fas fa-user-lock" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Forgot Password</a>
                <a href="../join/join.html" class="bek-join"> JOIN</a>
            </div>
        </div>
    </li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-label="Search" style="width: 100%; outline: none; border: none; border-bottom: 1px solid #fff; background-color: #222638; border-radius: 0; color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
<div style="width: 100%; height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;

&lt;!--form part--&gt;
&lt;div class="container-fluid" style="height: ; position: relative; padding-top: 80px; padding-bottom: 80px;"&gt;</pre>

```

```

<div class="row px-3">
    <div class="col-md-12 col-lg-9 card flex-row mx-auto px-0">
        <div class="img-left d-none d-sm-flex"></div>

        <div class="card-body">
            <h1 class="title text-center mt-4" style="color:#007bff;">Create a free account.</h1>
            <div>
                <p id="sesn">
                    <?php
                        if(isset($_SESSION['warning'])) {
                            echo $_SESSION['warning'];
                        }
                    ?>
                </p>
            </div>
            <!-- FORM TAG START -->
            <form class="form-box px-3" action=<?php echo htmlentities($_SERVER['PHP_SELF']); ?>" method="post"
autocomplete="on">
                <!-- For name input -->
                <div class="form-input">
                    <span><i class="fa fa-user-circle"></i></span>
                    <input type="text" name="reg_name" id="" placeholder="Enter full name here" tabindex="10"
autofocus required>
                </div>
                <!-- For email input -->
                <div class="form-input">
                    <span><i class="fa fa-envelope-o"></i></span>
                    <input type="email" name="reg_email" id="" placeholder="Enter email here" required>
                </div>
                <!-- For mobile input -->
                <div class="form-input">
                    <span><i class="fa fa-phone"></i></span>
                    <input type="text" name="reg_mobile" id="" placeholder="Enter mobile number" required>
                </div>
                <!-- For password input -->
                <div class="form-input">
                    <span><i class="fa fa-key"></i></span>
                    <input type="password" name="reg_pass" id="password" placeholder="Create password more than 6
characters" required>
                    <div id="showhide" onclick="showHide();"></div>
                </div>
                <!-- For confirm password input -->
                <div class="form-input">
                    <span><i class="fa fa-key"></i></span>
                    <input type="password" name="reg_cpass" id="cpassword" placeholder="Enter comfirm password"
required>
                    <div id="cshowhide" onclick="showHide2();"></div>
                </div>
                <!-- For submit button -->
                <div class="mb-3">
                    <button type="submit" name="reg_submit" class="btn btn-primary text-center btn1"> Create</button>
                </div>
            </form>
        </div>
    </div>
<div class="circle1"></div>
<div class="circle2"></div>
</div>
<!-- end of form part -->

<!-- back to top button-->
<a href="#gotop"><button id="myBtn" title="Go to top"></button></a>
<!-- end of back to top button-->
<!-- footer bar -->

```

```

<div class="bek-footer-out1">
  <div class="container bek-footer-out2">
    <div class="row">
      <div class="col-md-4">
        
        <p>Your daily workout partner.</p>
      </div>
      <div class="col-md-8">
        <div class="row">
          <div class="col-md-6">
            <div class="row">
              <div class="col-sm-6">
                <p><a href="../about/about.html" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
                <p><a href="../career/career.html" id="career2">careers</a></p>
                <p><a href="../tutorial/tutorial.html" id="tutorial2">tutorials</a></p>
              </div>
              <div class="col-sm-6">
                <p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
                <p><a href="../meal-plans/meal-plans.html" id="meal-plans2">meal plans</a></p>
                <p><a href="../food/food.php">nutrition</a></p>
              </div>
            </div>
          </div>
          <div class="col-md-6">
            <div class="row">
              <div class="col-sm-6">
                <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
                <p><a href="../exercise/exercise.php">exercise</a></p>
                <p><a href="../yoga/yoga.php">yoga</a></p>
                <p><a href="../workout-programs/workout-programs.html" id="workout-programs2">workout programs</a></p>
              </div>
              <div class="col-sm-6">
                <p><a href="../faq/faq.html" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
                <p><a href="../contact/contact.php">contact us</a></p>
              </div>
            </div>
          </div>
        </div>
      </div>
    </div>
  </div>
<div class="container bek-footer-out3">
  <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .( &nbsp;<span class="change-nm">&nbsp;</span>&nbsp;</p>
  </div>
</div>
<!-- end of footer bar --&gt;
<!-- jQuery program --&gt;
&lt;script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"&gt;&lt;/script&gt;
&lt;script src="../bootstrap/js/bootstrap.js"&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/swiper/swiper-bundle.min.js"&gt;&lt;/script&gt;
&lt;script type='text/javascript' src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"&gt;&lt;/script&gt;
&lt;script src="../denie/denie.js"&gt;&lt;/script&gt;
&lt;script&gt;
  $(document).ready(function(){
    $("input").focus(function(){
      $(this).css("background-color", "#fffff42");
    });
    $("input").blur(function(){
      $(this).css("background-color", "lightgreen");
    });
  });
&lt;/script&gt;
</pre>

```

```

//mouse circle
jQuery(document).ready(function() {

    var mouseX = 0, mouseY = 0;
    var xp = 0, yp = 0;

    $(document).mousemove(function(e){
        mouseX = e.pageX - 20;
        mouseY = e.pageY - 20;
        $("#bek-mouse-circle").css("display", "block");
    });

    setInterval(function(){
        xp += ((mouseX - xp)/6);
        yp += ((mouseY - yp)/6);
        $("#bek-mouse-circle").css({left: xp +'px', top: yp +'px'});
    }, 20);

});

// go to top
var mybutton = document.getElementById("myBtn");

const password = document.getElementById('password');
const showhide = document.getElementById('showhide');
const cpassword = document.getElementById('cpassword');
const cshowhide = document.getElementById('cshowhide');
function showHide(){
    if (password.type === 'password') {
        password.setAttribute('type','text');
        showhide.classList.add('hide')
    }
    else {
        password.setAttribute('type','password');
        showhide.classList.remove('hide')
    }
}
function showHide2(){
    if (cpassword.type === 'password') {
        cpassword.setAttribute('type','text');
        cshowhide.classList.add('hide')
    }
    else {
        cpassword.setAttribute('type','password');
        cshowhide.classList.remove('hide')
    }
}
</script>
</body>
</html>

```

Forgot

Php :

```

<?php
    // DATABASE CONNECTION
    include 'dbconn.php';
    session_start();
    if(isset($_SESSION['username'])) {

        header('location:../dashboard/dashboard.php');

    }else{

```

```

if(isset($_POST['forgot_submit'])){

    // TAKING INPUT FROM USER USING FORM
    // $name = mysqli_real_escape_string($con,$_POST['reg_name']);
    $email = mysqli_real_escape_string($con,$_POST['forgot_email']);

    //QUERY FOR CHECKING EXISTING EMAIL IN DATABASE
    $emailqry = " select * from fitness_table where email='".$email' ";
    $query = mysqli_query($con,$emailqry);

    $emailcount = mysqli_num_rows($query);
    if($emailcount){
        // SENDING EMAIL FOR ACCOUNT ACTIVATION
        // $template_file ="ac.html";
        $userdata = mysqli_fetch_assoc($query);
        $username = $userdata['name'];
        $token = $userdata['token'];

        $subject = "Forgot Password - FITNESS CARE";
        $body = "Hello $username ,This is email from FITNESS CARE for Reset Password. Click on link to reset your password - http://fitnesscare.ultimatefreehost.in/login/reset.php?token=$token";
        // $body = file_get_contents($template_file);
        $headers = "From: samar80fk@gmail.com";
        // $headers = "MIME-Version: 1.0\r\n";
        // $headers = "Content-type: text//html; charset=IOS-8859-1\r\n";

        if(mail($email, $subject, $body, $headers)){
            $_SESSION['msg'] = "Reset password link has been sent to your email $email ";
        }else{
            $_SESSION['fmsg'] = "Email sending failed..";
        }
    }else {
        $_SESSION['fmsg'] = "Email not found.";
    }
}
}

?>

<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, shrink-to-fit=no">
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">

    <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.5.1/jquery.min.js"></script>

    <link rel="icon" type="image/png" href="../logo/logo.png">
    <title>Forgot | Fitness Care</title>
    <style>
        body{
            display: flex;
            flex-direction: column;
            align-items: center;
            justify-content: center;
        }
        * {
            margin: 0;
        }
    </style>

```

```

padding: 0;
box-sizing: border-box;
}
html {
  scroll-behavior: smooth;
}
body {
}
/* scroll bar */
::-webkit-scrollbar {
  width: 5px;
  background-color: #ddd;
}
::-webkit-scrollbar-track {
  border-radius: 0px;
}
::-webkit-scrollbar-thumb {
  background: red;
  border-radius: 10px;
}
/* mouse circle */
.bek-mouse-circle {
  display: none;
  position: absolute;
  border: solid 2px #00c7ff;
  width: 40px;
  height: 40px;
  border-radius: 50%;
  pointer-events: none;
  will-change: transform;
  -webkit-backface-visibility: hidden;
  backface-visibility: hidden;
  z-index: 99999999999999;
}
/* preloader section */
.preloader {
  position: fixed;
  overflow: hidden;
  top: 0;
  left: 0;
  width: 100%;
  height: 100vh;
  display: block;
  background-color: #ff2b2b;
  z-index: 9999;
  align-items: center;
  text-align: center;
  justify-content: center;
  display: flex;
}
.preloaderin {
  width: 100%;
  height: 100%;
  position: absolute;
  display: flex;
  justify-content: center;
  align-items: center;
}
.preloaderin1 {
  width: 300px;
  height: 70%;
  box-shadow: 0 18px 16px -16px black;
  z-index: 999;
  position: absolute;
  top: 0;
  display: flex;
  justify-content: center;
}

```

```

    align-items: center;
}
.preloaderin2 {
  width: 80px;
  height: 80px;
  background-color: green;
  position: absolute;
  animation: box 4s linear infinite;
}
/* navbar section */
.bek-nav1 {
  height: 80px;
}
.bek-dropbtn {
  background-color: #fff;
  border: none;
  outline: none;
  margin: 0 15px;
  text-transform: uppercase;
  font-size: 14px;
}
.bek-dropdown1 {
  position: relative;
  display: inline-block;
}
.bek-dropdown2 {
  text-align: center;
  align-items: center;
  justify-content: center;
  display: flex;
  display: none;
  position: fixed;
  background-color: #222638;
  min-width: 160px;
  box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
  z-index: 1;
  transition: .4s;
  width: 100%;
  right: 0;
}
.bek-dropdown8 {
  width: 100vw;
  right: 0;
  display: none;
  position: fixed;
  background-color: #222638;
  min-width: 160px;
  box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
  z-index: 1;
}
.bek-dropdown7 {
  display: none;
  position: fixed;
  background-color: #222638;
  min-width: 160px;
  padding: 5px;
  box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
  z-index: 1;
}
.bek-dropdown2 a {
  color: #fff;
  padding: 12px 16px;
  text-decoration: none;
  margin: 0 30px;
  text-transform: uppercase;
}
.bek-dropdown7 a {

```

```

    color: #fff;
    padding: 12px 16px;
    text-decoration: none;
    display: block;
    text-align: center;
}
.bek-dropdown1:hover .bek-dropdown2 {
    display: block;
}
.bek-dropdown1:hover .bek-dropdown7 {
    display: block;
}
.bek-dropbtn .bek-rotate {
    color: #ff2b2b;
    transition: .2s;
}
.bek-dropdown1:hover .bek-rotate {
    transform: rotate(180deg);
}
.bek-link {
    color: #000;
    text-transform: uppercase;
}
.bek-dropdown-in {
    padding: 30px 10%;
}
.bek-search {
    width: 100%;
    outline: none;
    border: none;
    border-bottom: 1px solid #fff;
}
ul a {
    color: #fff;
}
.bek-join {
    border: 1px solid #ff2b2b;
    color: #ff2b2b;
    transition: .2s;
}
.bek-join:hover {
    background-color: #ff2b2b;
    color: #fff;
}
.bek-dropdown2 a:hover {
    color: #ff2b2b;
}
.bek-dropdown7 a:hover {
    background-color: #2e3247;
    color: #fff;
}
.bek-dropdown7 .bek-join {
    color: #ff2b2b;
}
.bek-dropdown7 .bek-join:hover {
    background-color: #ff2b2b;
    color: #fff;
}
input:focus {
    outline: none;
}
.active {
    border-bottom: 1px solid gray;
}
    .card{
        overflow: hidden;
        border: 0 !important;

```

```

        border-radius: 30px !important;
        box-shadow: 0 1rem 3rem 0 rgb(12, 12, 12);
        padding: 60px 0;
        background-color: #fff5;
        backdrop-filter: blur(8px);

    }
.img-left{
    width: 45%;
    background:url('forgot.png') center;
    background-size: contain;
    background-repeat: no-repeat;
}
.card-body{
    padding: 2rem;
}
.title{
    margin-bottom: 2rem;
}
.form-input{
    position: relative;
}

}
.form-input input{
    width: 100%; height: 45px;
    padding-left: 40px; margin-bottom: 20px;
    box-sizing: border-box;
    box-shadow: 0 0.2rem 0.4rem 0 rgb(12, 12, 12);
    border: 1px solid black; border-radius: 50px;
    outline: none; background: transparent;
}
.form-input span{
    position: absolute; top: 15px;
    padding-left: 15px;
    color: blue;
}
.form-input input::placeholder{
    color: black;
    padding-left: 0px;
}
.form-input input:focus, .form-input input:valid{
    border: 2px solid #007bff;
}
.form-input input:focus::placeholder{
    color: #454b69;
}
.form.box button[type="submit"]){
    margin-top: 100px; border: none;
    cursor: pointer;
    border-radius: 50px;
    background-color: #007bff;
    color: #fff;
    font-size: 90%;
    font-weight: bold;
    letter-spacing: .1rem;
    transition: 0.5s;
    padding: 12px;
}
.forget-link, .register-link{
    color: #007bff;
    font-weight: bold;
}
.btn1{
    border: none; outline: none;
    width: 100%;
    padding: 20px auto;
    background-color: #FF6A00;
}

```

```

        color: aliceblue;
        border-radius: 20px;
        font-weight: bold;
    }
    .btn1:hover{
        background-color: #bf4c00;
        color: rgb(255, 255, 255);

    }
    a{
        text-decoration: none;
    }
    #sesn{
        text-align:center;
        width: 100%; height:auto;
        /* background-color:lightgreen;
        border-radius:25px; */
        font-weight:bold;
        color :red;
        padding: 15px 20px 10px 15px;
    }
    .circle1 {
        position: absolute;
        width: 600px;
        height: 600px;
        background: -webkit-linear-gradient(to bottom, #f5af19, #f12711);
        background: linear-gradient(to bottom, #f5af19, #f12711);
        z-index: -1;
        border-radius: 50%;
        top: 0%;
        left: 0%;
        transform: translate(-50%,-50%);
    }
    .circle2 {
        position: absolute;
        width: 300px;
        height: 300px;
        background: -webkit-linear-gradient(to top, #0052D4, #65C7F7, #9CECFB);
        background: linear-gradient(to top, #0052D4, #65C7F7, #9CECFB);
        z-index: -1;
        border-radius: 50%;
        bottom: 0%;
        right: 0%;
    }
/* footer section*/
.bek-footer-out1 {
    width: 100%;
    background-color: #2b1616;
    padding: 50px 50px 0 50px;
}
.bek-footer-out2 {
    padding: 50px 50px 80px 50px;
    border-bottom: 1px solid #888;
}
.bek-footer-out2 p {
    color: #aaa;
    font-weight: 200;
    font-size: 13px;
    margin-top: 5px;
    text-transform: uppercase;
}
.bek-footer-out2 a {
    text-decoration: none;
    color: #888;
    text-transform: uppercase;
    font-size: 12px;
}

```

```

.bek-footer-out2 a:hover {
  color: #555;
}
.bek-footer-out3 {
  width: 100%;
  padding: 10px 0 0 0;
  text-align: center;
  align-items: center;
  justify-content: center;
  display: flex;
  padding: 20px 0 0 0;
}
.bek-footer-out3 p {
  color: #888;
  font-weight: 200;
  font-size: 12px;
  text-transform: uppercase;
}
.frame-section {
  width: 100%;
}
.frame-section #iframe {
  width: 100%;
}
.iframe-height {
  height: 3550px;
}
.change-nm {
  position: relative;
  color: #aaa;
}
.change-nm:before {
  content: '';
  animation: change-nm 12s linear infinite;
}
@keyframes change-nm {
  0% {
    content: 'Amritanshu';
  }
  14.29% {
    content: 'Anurag';
  }
  28.58% {
    content: 'Bekrom';
  }
  42.87% {
    content: 'Harikesh';
  }
  57.16% {
    content: 'Mallik';
  }
  71.45% {
    content: 'Sahil';
  }
  85.74% {
    content: 'Saurabh';
  }
  100% {
    content: 'Amritanshu';
  }
}
#myBtn {
  display: none;
  position: fixed;
  bottom: 10px;
  right: 10px;
  z-index: 99;
}

```

```

        font-size: 18px;
        border: none;
        outline: none;
        background-color: #fff;
        color: white;
        cursor: pointer;
        padding: 5px;
        border-radius: 4px;
        border: 2px solid red;
    }

```

```
</head>
```

```
<body>
```

```
<!--preloader section-->
```

```
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one" style="margin-top: -424px;">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&ampnbsp</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->
```

```
<!-- mouse circle -->
```

```
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../index.html">
            
            <span style="color: #ff2b2b;">Fit</span>ness Care
        </a>
        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="../index.html" id="home" style="text-transform: uppercase;color: #000; margin: 3px 0 0 10px;font-size: 14px;">Home</a></span>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../about/about.html" id="about"><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
```

```

        <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
            <a href="..//about/about.html" id="about2">&nbsp;&nbsp;About Us</a>
            <a href="..//career/career.html" id="career">&nbsp;&nbsp;Careers</a>
            <a href="..//tutorial/tutorial.html" id="tutorial">&nbsp;&nbsp;Tutorials</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <div class="bek-dropdown1">
        <span><a class="nav-link bek-link" href="..//food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
            <a href="..//meal-plans/meal-plans.html" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
            <a href="..//food/food.php">&nbsp;&nbsp;Nutrition</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <div class="bek-dropdown1">
        <span><a class="nav-link bek-link" href="..//exercise/exercise.php"><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
            <a href="..//exercise/exercise.php">&nbsp;&nbsp;exercise</a>
            <a href="..//yoga/yoga.php">&nbsp;&nbsp;yoga</a>
            <a href="..//workout-programs/workout-programs.html" id="workout-programs">&nbsp;&nbsp;workout programs</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <div class="bek-dropdown1">
        <span><a class="nav-link bek-link" href="..//faq/faq.html" id="faq"><button class="bek-dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
            <a href="..//faq/faq.html" id="faq2">&nbsp;&nbsp;FAQ</a>
            <a href="..//contact/contact.php">&nbsp;&nbsp;Contact Us</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <span><a class="nav-link bek-link" aria-current="page" href="..//store/store.html" style="text-transform: uppercase; color: #000; margin: 3px 0 0 20px; font-size: 14px;">Store</a></span>
</li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="login.php" id="signin"><button class="bek-dropbtn" style="margin: 0 0;">Sign In <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="login.php" id="signin2"><i class="fas fa-sign-in-alt" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign In</a>
                <a href="signup.php" id="signup"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign Up</a>
                <a href="forgot.php" id="forgot" style="margin: 0 0 4px 0;"><i class="fas fa-user-lock" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Forgot Password</a>
                <a href="..//join/join.html" class="bek-join"> JOIN</a>
            </div>
        </div>
    </li>

```

```

        </li>
    </ul>
    <form class="d-flex">
        <div class="bek-dropdown1">
            <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i
class="fas fa-search"></i></span></button></a>
            <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
                <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color:
#222638;border-radius: 0;color: #fff;">
            </div>
        </div>
    </form>
</div>
</div>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;

&lt;!--form part--&gt;
&lt;div class="container-fluid" style="height: ;position: relative;padding-top: 80px; padding-bottom: 80px;"&gt;

    &lt;div class="row px-3"&gt;
        &lt;div class="col-md-12 col-lg-9 card flex-row mx-auto px-0"&gt;
            &lt;div class="img-left d-none d-sm-flex"&gt;&lt;/div&gt;

            &lt;div class="card-body"&gt;
                &lt;h3 class="title text-center mt-4" style="color:#007bff;"&gt;Send a mail to reset password.&lt;/h3&gt;

                &lt;div&gt;
                    &lt;p id="sesn" class="text-red"&gt;
                        &lt;?php
                            if(isset($_SESSION['fmsg'])) {
                                echo $_SESSION['fmsg'];
                            }
                            elseif(isset($_SESSION['msg'])) {
                                echo $_SESSION['msg'];
                            }
                        ?&gt;
                    &lt;/p&gt;
                &lt;/div&gt;
            &lt;/div&gt;
            &lt;!-- FORM TAG START --&gt;
            &lt;form class="form-box px-3" action="&lt;?php echo htmlentities($_SERVER['PHP_SELF']); ?&gt;" method="post"
autocomplete="on"&gt;

                &lt;!-- For email input --&gt;
                &lt;div class="form-input"&gt;
                    &lt;span&gt;&lt;i class="fa fa-envelope-o"&gt;&lt;/i&gt;&lt;/span&gt;
                    &lt;input type="email" name="forgot_email" id="" placeholder="Enter email here" required&gt;
                &lt;/div&gt;

                &lt;!-- For submit button --&gt;
                &lt;div class="mb-3"&gt;
                    &lt;button type="submit" name="forgot_submit" class="btn btn-primary text-center btn1"
style="padding: 20px auto;"&gt; Send Mail&lt;/button&gt;
                &lt;/div&gt;
            &lt;/form&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;div class="circle1"&gt;&lt;/div&gt;
&lt;div class="circle2"&gt;&lt;/div&gt;
&lt;/div&gt;
&lt;!-- end of form part --&gt;

&lt;!-- back to top button--&gt;
</pre>

```

```

<a href="#gotop"><button id="myBtn" title="Go to top"></button></a>
<!-- end of back to top button-->
<!-- footer bar -->
<div class="bek-footer-out1">
  <div class="container bek-footer-out2">
    <div class="row">
      <div class="col-md-4">
        
        <p>Your daily workout partner.</p>
      </div>
      <div class="col-md-8">
        <div class="row">
          <div class="col-md-6">
            <div class="row">
              <div class="col-sm-6">
                <p><a href="../about/about.html" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
                <p><a href="../career/career.html" id="career2">careers</a></p>
                <p><a href="../tutorial/tutorial.html" id="tutorial2">tutorials</a></p>
              </div>
              <div class="col-sm-6">
                <p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
                <p><a href="../meal-plans/meal-plans.html" id="meal-plans2">meal plans</a></p>
                <p><a href="../food/food.php">nutrition</a></p>
              </div>
            </div>
          </div>
        </div>
        <div class="col-md-6">
          <div class="row">
            <div class="col-sm-6">
              <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
              <p><a href="../exercise/exercise.php">exercise</a></p>
              <p><a href="../yoga/yoga.php">yoga</a></p>
              <p><a href="../workout-programs/workout-programs.html" id="workout-programs2">workout
programs</a></p>
            </div>
            <div class="col-sm-6">
              <p><a href="../faq/faq.html" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
              <p><a href="../contact/contact.php">contact us</a></p>
            </div>
          </div>
        </div>
      </div>
    </div>
  </div>
</div>
<div class="container bek-footer-out3">
  <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .( &nbsp;<span class="change-nm">&nbsp;</span>&nbsp;</p>
</div>
</div>
<!-- end of footer bar -->

<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script src="../bootstrap/js/bootstrap.js"></script>
<script src="https://unpkg.com/swiper/swiper-bundle.min.js"></script>
<script type='text/javascript' src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../index/anime.min.js"></script>
<script src="../denie/denie.js"></script>
<!-- jQuery program -->
<script>
  $(document).ready(function(){
    $("input").focus(function(){
      $(this).css("background-color", "#ffff42");
    });
  });
</script>

```

```

        $("input").blur(function(){
            $(this).css("background-color", "lightgreen");
        });
    });

//mouse circle
jQuery(document).ready(function() {

    var mouseX = 0, mouseY = 0;
    var xp = 0, yp = 0;

    $(document).mousemove(function(e){
        mouseX = e.pageX - 20;
        mouseY = e.pageY - 20;
        $("#bek-mouse-circle").css("display", "block");
    });

    setInterval(function(){
        xp += ((mouseX - xp)/6);
        yp += ((mouseY - yp)/6);
        $("#bek-mouse-circle").css({left: xp +'px', top: yp +'px'});
    }, 20);

});

// go to top
var mybutton = document.getElementById("myBtn");
</script>
</body>

</html>

```

Reset

Php :

```

<?php
    // DATABASE CONNECTION
include 'dbconn.php';
session_start();
// ob_start();
if(isset($_SESSION['username'])) {

    header('location:../dashboard/dashboard.php');

} else{

if(isset($_POST['res_submit'])){

    if (isset($_GET['token'])) {
        $re_token = $_GET['token'];

        // TAKING INPUT FROM USER USING FORM
        $newpassword = mysqli_real_escape_string($con,$_POST['res_pass']);
        $cpassword = mysqli_real_escape_string($con,$_POST['res_cpass']);

        // PASSWORD HASHING
        $pass = password_hash($newpassword, PASSWORD_BCRYPT);
        $cpass = password_hash($cpassword, PASSWORD_BCRYPT);

        if($newpassword === $cpassword){

            $updatequery = " update fitness_table set password='$pass' where token='$re_token' ";
            $iquery = mysqli_query($con,$updatequery);

            if($iquery){


```

```

        ?> <script>alert("Password has been updated successfully. Click OK to
continue.");</script> <?php

                header('location:../dashboard/dashboard.php');
            }else {
                $_SESSION['rmsg'] = "Password is failed to updated.';

            }
        }else{
            $_SESSION['rmsg'] = "Passwords are not same.';

        }
    }else {
        $_SESSION['rmsg'] = "Token not found.";
    }
}

}

?>

<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, shrink-to-fit=no">
    <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.0.1/dist/css/bootstrap.min.css"
rel="stylesheet" integrity="sha384-+0n0xVW2eSR5OomGNYDnhzAbDsOXcvSN1TPprVMTNDbiYZCxYb0017+AMvyTG2x"
crossorigin="anonymous">
    <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-
awesome.min.css">
    <script src="https://ajax.googleapis.com/ajax/libs/jquery/3.5.1/jquery.min.js"></script>

    <link rel="icon" type="image/png" href="../logo/logo.png">
    <title>Reset | Fitness Care</title>
    <style>
        body{
            display: flex;
            flex-direction: column;
            align-items: center;
            justify-content: center;
        }

        overflow-x: hidden;
        font-family: "Roboto", "Arial", "sans-serif";
    }
    * {
        margin: 0;
        padding: 0;
        box-sizing: border-box;
    }
    html {
        scroll-behavior: smooth;
    }
    body {
    }
    /* scroll bar */
    ::-webkit-scrollbar {
        width: 5px;
        background-color: #ddd;
    }
    ::-webkit-scrollbar-track {
        border-radius: 0px;
    }
    ::-webkit-scrollbar-thumb {
        background: red;
    }

```

```

border-radius: 10px;
}
/* mouse circle */
.bek-mouse-circle {
  display: none;
  position: absolute;
  border: solid 2px #00c7ff;
  width: 40px;
  height: 40px;
  border-radius: 50%;
  pointer-events: none;
  will-change: transform;
  -webkit-backface-visibility: hidden;
  backface-visibility: hidden;
  z-index: 9999999999999999;
}
/* preloader section */
.preloader {
  position: fixed;
  overflow: hidden;
  top: 0;
  left: 0;
  width: 100%;
  height: 100vh;
  display: block;
  background-color: #fff2b2b;
  z-index: 9999;
  align-items: center;
  text-align: center;
  justify-content: center;
  display: flex;
}
.preloaderin {
  width: 100%;
  height: 100%;
  position: absolute;
  display: flex;
  justify-content: center;
  align-items: center;
}
.preloaderin1 {
  width: 300px;
  height: 70px;
  box-shadow: 0 18px 16px -16px black;
  z-index: 999;
  position: absolute;
  top: 0;
  display: flex;
  justify-content: center;
  align-items: center;
}
.preloaderin2 {
  width: 80px;
  height: 80px;
  background-color: green;
  position: absolute;
  animation: box 4s linear infinite;
}
/* navbar section */
.bek-nav1 {
  height: 80px;
}
.bek-dropbtn {
  background-color: #fff;
  border: none;
  outline: none;
  margin: 0 15px;
}

```

```

    text-transform: uppercase;
    font-size: 14px;
}
.bek-dropdown1 {
    position: relative;
    display: inline-block;
}
.bek-dropdown2 {
    text-align: center;
    align-items: center;
    justify-content: center;
    display: flex;
    display: none;
    position: fixed;
    background-color: #222638;
    min-width: 160px;
    box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
    z-index: 1;
    transition: .4s;
    width: 100%;
    right: 0;
}
.bek-dropdown8 {
    width: 100vw;
    right: 0;
    display: none;
    position: fixed;
    background-color: #222638;
    min-width: 160px;
    box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
    z-index: 1;
}
.bek-dropdown7 {
    display: none;
    position: fixed;
    background-color: #222638;
    min-width: 160px;
    padding: 5px;
    box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
    z-index: 1;
}
.bek-dropdown2 a {
    color: #fff;
    padding: 12px 16px;
    text-decoration: none;
    margin: 0 30px;
    text-transform: uppercase;
}
.bek-dropdown7 a {
    color: #fff;
    padding: 12px 16px;
    text-decoration: none;
    display: block;
    text-align: center;
}
.bek-dropdown1:hover .bek-dropdown2 {
    display: block;
}
.bek-dropdown1:hover .bek-dropdown7 {
    display: block;
}
.bek-dropbtn .bek-rotate {
    color: #ff2b2b;
    transition: .2s;
}
.bek-dropdown1:hover .bek-rotate {
    transform: rotate(180deg);
}

```

```

}

.bek-link {
  color: #000;
  text-transform: uppercase;
}
.bek-dropdown-in {
  padding: 30px 10%;
}
.bek-search {
  width: 100%;
  outline: none;
  border: none;
  border-bottom: 1px solid #fff;
}
ul a {
  color: #fff;
}
.bek-join {
  border: 1px solid #ff2b2b;
  color: #ff2b2b;
  transition: .2s;
}
.bek-join:hover {
  background-color: #ff2b2b;
  color: #fff;
}
.bek-dropdown2 a:hover {
  color: #ff2b2b;
}
.bek-dropdown7 a:hover {
  background-color: #2e3247;
  color: #fff;
}
.bek-dropdown7 .bek-join {
  color: #ff2b2b;
}
.bek-dropdown7 .bek-join:hover {
  background-color: #ff2b2b;
  color: #fff;
}
input:focus {
  outline: none;
}
.active {
  border-bottom: 1px solid gray;
}

.card{
  overflow: hidden;
  border: 0 !important;
  border-radius: 30px !important;
  box-shadow: 0 1rem 3rem 0 rgb(12, 12, 12);
  background-color: #fff5;
  backdrop-filter: blur(8px);
  padding: 60px 0;
}
.img-left{
  width: 45%;
  background:url('reset.png') center;
  background-size: contain;
  background-repeat: no-repeat;
}
.card-body{
  padding: 2rem;
}
.title{
  margin-bottom: 2rem;
}

```

```

.form-input{
    position: relative;
}

.form-input input{
    width: 100%; height: 45px;
    padding-left: 40px; margin-bottom: 20px;
    box-sizing: border-box;
    box-shadow: 0 0.2rem 0.4rem 0 rgb(12, 12, 12);
    border: 1px solid black; border-radius: 50px;
    outline: none; background: transparent;
}

.form-input span{
    position: absolute; top: 15px;
    padding-left: 15px;
    color: blue;
}

.form-input input::placeholder{
    color: black;
    padding-left: 0px;
}

.form-input input:focus, .form-input input:valid{
    border: 2px solid #007bff;
}

.form-input input:focus::placeholder{
    color: #454b69;
}

.form.box button[type="submit"]){
    margin-top: 100px; border: none;
    cursor: pointer;
    border-radius: 50px;
    background-color: #007bff;
    color: #fff;
    font-size: 90%;
    font-weight: bold;
    letter-spacing: .1rem;
    transition: 0.5s;
    padding: 12px;
}

.forget-link, .register-link{
    color: #007bff;
    font-weight: bold;
}

.btn1{
    border: none; outline: none; width: 100%;
    background-color: rgb(255, 106, 0);
    color: aliceblue;
    border-radius: 20px;
    font-weight: bold;
}

.btn1:hover{
    background-color: #bf4c00;
    color: rgb(255, 255, 255);
}

a{
    text-decoration: none;
}

#sesn{
    text-align:center;
    width: 100%; height:auto;
    /* background-color:lightgreen;
    border-radius:25px; */
    font-weight:bold;
    color :red;
    padding: 15px 20px 10px 15px;
}

.circle1 {

```

```

position: absolute;
width: 600px;
height: 600px;
background: -webkit-linear-gradient(to bottom, #ffc0cb, #800080);
background: linear-gradient(to bottom, #ffc0cb, #800080);
z-index: -1;
border-radius: 50%;
top: 0%;
left: 0%;
transform: translate(-50%, -50%);
}
.circle2 {
position: absolute;
width: 300px;
height: 300px;
background: -webkit-linear-gradient(to top, #0052d4, #65c7f7, #9cecfb);
background: linear-gradient(to top, #0052d4, #65c7f7, #9cecfb);
z-index: -1;
border-radius: 50%;
bottom: 0%;
right: 0%;
}
#showhide {
width: 30px;
height: 20px;
background: url(show.png);
background-position: center;
background-size: cover;
position: absolute;
top: 13px;
right: 10px;
cursor: pointer;
}
#showhide.hide {
background: url(hide.png);
background-position: center;
background-size: cover;
}
#cshowhide {
width: 30px;
height: 20px;
background: url(show.png);
background-position: center;
background-size: cover;
position: absolute;
top: 13px;
right: 10px;
cursor: pointer;
}
#cshowhide.hide {
background: url(hide.png);
background-position: center;
background-size: cover;
}
/* footer section*/
.bek-footer-out1 {
width: 100%;
background-color: #2b1616;
padding: 50px 50px 0 50px;
}
.bek-footer-out2 {
padding: 50px 50px 80px 50px;
border-bottom: 1px solid #888;
}
.bek-footer-out2 p {
color: #aaa;
font-weight: 200;
}

```

```

font-size: 13px;
margin-top: 5px;
text-transform: uppercase;
}
.bek-footer-out2 a {
text-decoration: none;
color: #888;
text-transform: uppercase;
font-size: 12px;
}
.bek-footer-out2 a:hover {
color: #555;
}
.bek-footer-out3 {
width: 100%;
padding: 10px 0 0 0;
text-align: center;
align-items: center;
justify-content: center;
display: flex;
padding: 20px 0 0 0;
}
.bek-footer-out3 p {
color: #888;
font-weight: 200;
font-size: 12px;
text-transform: uppercase;
}
.frame-section {
width: 100%;
}
.frame-section #iframe {
width: 100%;
}
.iframe-height {
height: 3550px;
}
.change-nm {
position: relative;
color: #aaa;
}
.change-nm:before {
content: '';
animation: change-nm 12s linear infinite;
}
@keyframes change-nm {
0% {
content: 'Amritanshu';
}
14.29% {
content: 'Anurag';
}
28.58% {
content: 'Bekrom';
}
42.87% {
content: 'Harikesh';
}
57.16% {
content: 'Mallik';
}
71.45% {
content: 'Sahil';
}
85.74% {
content: 'Saurabh';
}
}

```

```

        100% {
            content: 'Amritanshu';
        }
    }
    #myBtn {
        display: none;
        position: fixed;
        bottom: 10px;
        right: 10px;
        z-index: 99;
        font-size: 18px;
        border: none;
        outline: none;
        background-color: #fff;
        color: white;
        cursor: pointer;
        padding: 5px;
        border-radius: 4px;
        border: 2px solid red;
    }

```

</style>

</head>

<body>

<!--preloader section-->

<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">

<section class="bek-preloader-one" style="margin-top: -500px;">

<div class="bek-preloader-one-out3"></div>

<div class="bek-preloader-one-out4"></div>

<div class="bek-preloader-one-out1">

</div>

<div class="bek-preloader-one-out2">

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</div>

</section>

<script src="https://code.jquery.com/jquery-3.2.1.js"></script>

<script src="../preloader/preloader.js"></script>

<!--end of preloader section-->

<!-- mouse circle -->

<div id="bek-mouse-circle" class="bek-mouse-circle"></div>

<!-- end of mouse circle -->

<!-- nav bar -->

<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">

<div class="container-xl">

Fitness Care

<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">

</button>

```


- Home
- About 

!\[\]\(../logo/logo.png\)&ampnbsp&ampnbspAbout Us
          !\[\]\(../index/career.png\)&ampnbsp&ampnbspCareers
          !\[\]\(../index/tutorial.png\)&ampnbsp&ampnbspTutorials
- Food 

!\[\]\(../index/foodplan.png\)&ampnbsp&ampnbspMeal Plans
          !\[\]\(../index/nutrition.png\)&ampnbsp&ampnbspNutrition
- Workouts 

!\[\]\(../index/workout.png\)&ampnbsp&ampnbspExercise
          !\[\]\(../index/fitness.png\)&ampnbsp&ampnbspYoga
          !\[\]\(../index/workout-program.png\)&ampnbsp&ampnbspWorkout Programs
- FAQ 

!\[\]\(../index/faq.png\)&ampnbsp&ampnbspFAQ
          !\[\]\(../index/contact.png\)&ampnbsp&ampnbspContact Us
- Store


- Sign In


```

```

        <div class="bek-dropdown7">
            <a href="login.php" id="signin2"><i class="fas fa-sign-in-alt" style="color: #ff2b2b;"></i>&ampnbsp&ampnbspSign In</a>
            <a href="signup.php" id="signup"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&ampnbsp&ampnbspSign Up</a>
            <a href="forgot.php" id="forgot" style="margin: 0 0 4px 0;"><i class="fas fa-user-lock" style="color: #ff2b2b;"></i>&ampnbsp&ampnbspForgot Password</a>
            <a href="..//join/join.html" class="bek-join"> JOIN</a>
        </div>
    </div>
</li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color: #222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;

&lt;!--form part--&gt;
&lt;div class="container-fluid" style="height: ;position: relative;padding-top: 80px; padding-bottom: 80px;"&gt;

    &lt;div class="row px-3"&gt;
        &lt;div class="col-md-12 col-lg-9 card flex-row mx-auto px-0"&gt;
            &lt;div class="img-left d-none d-sm-flex"&gt;&lt;/div&gt;

            &lt;div class="card-body"&gt;
                &lt;h2 class="title text-center mt-4" style="color:#007bff;"&gt;Reset your password here.&lt;/h2&gt;
                &lt;div&gt;
                    &lt;p id="sesn" class="text-red"&gt;
                        &lt;?php
                            if(isset($_SESSION['rmsg'])) {
                                echo $_SESSION['rmsg'];
                            }
                        ?&gt;
                    &lt;/p&gt;
                &lt;/div&gt;
                &lt;!-- FORM TAG START --&gt;
                &lt;form class="form-box px-3" action="&lt;?php echo htmlentities($_SERVER['PHP_SELF']); ?&gt;" method="post"&gt;

                    &lt;!-- For password input --&gt;
                    &lt;div class="form-input"&gt;
                        &lt;span&gt;&lt;i class="fa fa-key"&gt;&lt;/i&gt;&lt;/span&gt;
                        &lt;input type="password" name="res_pass" id="password" placeholder="Create password more than 6 characters" required&gt;
                        &lt;div id="showhide" onclick="showHide();"&gt;&lt;/div&gt;
                    &lt;/div&gt;
                    &lt;!-- For comfirm password input --&gt;
                    &lt;div class="form-input"&gt;
                        &lt;span&gt;&lt;i class="fa fa-key"&gt;&lt;/i&gt;&lt;/span&gt;
                        &lt;input type="password" name="res_cpass" id="cpassword" placeholder="Enter comfirm password" required&gt;
                        &lt;div id="cshowhide" onclick="showHide2();"&gt;&lt;/div&gt;
                    &lt;/div&gt;
                    &lt;!-- For submit button --&gt;
                    &lt;div class="mb-3"&gt;
</pre>

```

```

        <button type="submit" name="res_submit" class="btn btn-primary text-center btn1"> Reset
    Password</button>
    </div>

    </form>
    </div>
    </div>
</div>
<div class="circle1"></div>
<div class="circle2"></div>
</div>
<!-- end of form part -->

<!-- back to top button--&gt;
&lt;a href="#gotop"&gt;&lt;button id="myBtn" title="Go to top"&gt;&lt;img src="../index/arrow.png" width="30"&gt;&lt;/button&gt;&lt;/a&gt;
<!-- end of back to top button--&gt;
&lt;!-- footer bar --&gt;
&lt;div class="bek-footer-out1"&gt;
    &lt;div class="container bek-footer-out2"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="../logo/logo.png" width="80"&gt;
                &lt;p&gt;Your daily workout partner.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-8"&gt;
                &lt;div class="row"&gt;
                    &lt;div class="col-md-6"&gt;
                        &lt;div class="row"&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../about/about.html" id="about3" style="color: #fff;font-size: 13px;"&gt;about&lt;/a&gt;&lt;/p&gt;
                                    &lt;p&gt;&lt;a href="../career/career.html" id="career2"&gt;careers&lt;/a&gt;&lt;/p&gt;
                                    &lt;p&gt;&lt;a href="../tutorial/tutorial.html" id="tutorial2"&gt;tutorials&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../food/food.php" style="color: #fff;font-size: 13px;"&gt;food&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../meal-plans/meal-plans.html" id="meal-plans2"&gt;meal plans&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../food/food.php"&gt;nutrition&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                    &lt;div class="col-md-6"&gt;
                        &lt;div class="row"&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;"&gt;workout&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../exercise/exercise.php"&gt;exercise&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../yoga/yoga.php"&gt;yoga&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../workout-programs/workout-programs.html" id="workout-programs2"&gt;workout
programs&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../faq/faq.html" style="color: #fff;font-size: 13px;" id="faq3"&gt;faq&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../contact/contact.php"&gt;contact us&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
        &lt;div class="container bek-footer-out3"&gt;
            &lt;p&gt;Copyright &lt;i class="far fa-copyright"&gt;&lt;/i&gt; 2021 . Designed By Group - H .(&amp;nbsp;&lt;span class="change-nm"&gt;&amp;nbsp;&lt;/span&gt;&amp;nbsp;&lt;/p&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;!-- end of footer bar --&gt;
</pre>

```

```

<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script src="../bootstrap/js/bootstrap.js"></script>
<script src="https://unpkg.com/swiper/swiper-bundle.min.js"></script>
<script type='text/javascript'
src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../index/anime.min.js"></script>
<script src="../denie/denie.js"></script>

<!-- jQuery program -->
<script>
    $(document).ready(function(){
        $("input").focus(function(){
            $(this).css("background-color", "#ffff42");
        });
        $("input").blur(function(){
            $(this).css("background-color", "lightgreen");
        });
    });
}

const password = document.getElementById('password');
const showhide = document.getElementById('showhide');
const cpassword = document.getElementById('cpassword');
const cshowhide = document.getElementById('cshowhide');
function showHide(){
    if (password.type === 'password') {
        password.setAttribute('type','text');
        showhide.classList.add('hide')
    }
    else {
        password.setAttribute('type','password');
        showhide.classList.remove('hide')
    }
}
function showHide2(){
    if (cpassword.type === 'password') {
        cpassword.setAttribute('type','text');
        cshowhide.classList.add('hide')
    }
    else {
        cpassword.setAttribute('type','password');
        cshowhide.classList.remove('hide')
    }
}

//mouse circle
jQuery(document).ready(function() {

    var mouseX = 0, mouseY = 0;
    var xp = 0, yp = 0;

    $(document).mousemove(function(e){
        mouseX = e.pageX - 20;
        mouseY = e.pageY - 20;
        $("#bek-mouse-circle").css("display", "block");
    });

    setInterval(function(){
        xp += ((mouseX - xp)/6);
        yp += ((mouseY - yp)/6);
        $("#bek-mouse-circle").css({left: xp +'px', top: yp +'px'});
    }, 20);
});

```

```

// go to top
var mybutton = document.getElementById("myBtn");
</script>
</body>

</html>

```

Logout

Php :

```

<?php
session_start();

session_destroy();

// if(!isset($_SESSION['$email'])) {
//     header('location:../index.html');

// }
// session_abort();

?>

```

Meal-Plan

Html :

```

<!DOCTYPE html>
<html>
<head>
    <meta charset="utf-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <link rel="stylesheet" type="text/css" href="meal-plans.css">
    <link rel="icon" type="image/png" href="../logo/logo.png">
    <title>Meal Plans | Fitness Care</title>
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&nbsp;</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>

```

```

<!--end of preloader section-->

<!-- mouse circle -->


</div>
<!-- end of mouse circle -->
<!-- nav bar -->


!\[\]\(../logo/logo.png\)
Fitness Care


</span>


- <a class="nav-link bek-link" aria-current="page" href="../index.html" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
- <a class="nav-link bek-link" href="../about/about.html" id="about" ><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
- <a class="nav-link bek-link" href="../food/food.php" ><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
- <a class="nav-link bek-link" href="../exercise/exercise.php" ><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
- <a class="nav-link bek-link" href="../faq/faq.html" id="faq" ><button class="bek-dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>


```

```

        <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
            <a href="../faq/faq.html" id="faq2">&nbsp;&nbsp;faq</a>
            <a href="../contact/contact.php">&nbsp;&nbsp;contact us</a>
        </div>
    </li>
    <li class="nav-item">
        <span><a class="nav-link bek-link" aria-current="page" href="../store/store.html" style="text-transform: uppercase;color: #000; margin: 3px 0 20px;font-size: 14px;">Store</a></span>
    </li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../login/login.php" id="signin"><button class="bek-dropbtn" style="margin: 0 0;">sign in <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="../login/login.php" id="signin2"><i class="fas fa-sign-in-alt" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign In</a>
                <a href="../login/signup.php" id="signup"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign Up</a>
                <a href="../login/forgot.php" id="forgot" style="margin: 0 0 4px 0;"><i class="fas fa-user-lock" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Forgot Password</a>
                <a href="../join/join.html" class="bek-join"> JOIN</a>
            </div>
        </div>
    </li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-label="Search" style="width: 100%;outline: none; border: none; border-bottom: 1px solid #fff; background-color: #222638; border-radius: 0; color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;
&lt;section class="section1-account"&gt;
    &lt;p class="account1"&gt;Meal Plans&lt;/p&gt;
    &lt;p class="account1" style="font-size: 35px;color: #ff2b2b;"&gt;Calender Based Plans&lt;/p&gt;
    &lt;p class="account2"&gt;These programs utilize Fitness Blenders online calendar system allowing you to access your meal plan from anywhere you have access to Fitness Blenders website.&lt;/p&gt;
&lt;/section&gt;
&lt;section class="section2-account"&gt;
    &lt;div class="container"&gt;
        &lt;div class="card mb-3"&gt;
            &lt;div class="row g-0"&gt;
                &lt;div class="col-md-8"&gt;
                    &lt;div style="overflow: hidden; width: 100%; height: 100%;"&gt;&lt;img src="image1.jpg" alt=""&gt;&lt;/div&gt;
                &lt;/div&gt;
                &lt;div class="col-md-4"&gt;
                    &lt;div class="card-body"&gt;
                        &lt;h5 class="card-title"&gt;Meal Plan Details&lt;/h5&gt;
                        &lt;p class="card-text"&gt;Plan Length : 4 Weeks&lt;/p&gt;
                        &lt;p class="card-text"&gt;Meal Type : Omnivore&lt;/p&gt;
                        &lt;p class="card-text"&gt;Format : Calender&lt;/p&gt;
                        &lt;p class="card-text" style="margin: 60px 0 20px 0;"&gt;&lt;i class="fas fa-rupee-sign"&gt;&lt;/i&gt;&amp;nbsp;2,200&lt;/p&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;
</pre>

```

```

                <button class="btn btn-primary"><i class="fas fa-shopping-bag"></i>&ampnbsp&ampnbspBuy Now</button>
            </div>
            </div>
            </div>
            </div>
            <p class="card-text"><small class="text-muted">&ampnbsp&ampnbsp&ampnbsp&ampnbspThis Fitness Care Calendar based plan, built with registered dietitians and nutritionists, is a healthy, plant based meal plan which details 3 meals, and 3 snacks, every day for four weeks. When it comes to nutrition, things can become overly complicated. However, one thing that is abundantly clear is that nutrition has a huge impact on the progress that is made in the gym. This article will highlight a number of considerations that must be made and applied in order to bring about substantial changes. In addition, it will also serve as a resource and highlight the nutrient rich foods that one should incorporate in their daily diet routine.</small></p>
        </div>
        <div class="container" style="margin-top: 40px;">
            <div class="card mb-3">
                <div class="row g-0">
                    <div class="col-md-8">
                        <div style="overflow: hidden; width: 100%; height: 100%;"></div>
                    </div>
                    <div class="col-md-4">
                        <div class="card-body">
                            <h5 class="card-title">Meal Plan Details</h5>
                            <p class="card-text">Plan Length : 4 Weeks</p>
                            <p class="card-text">Meal Type : Carbohydrate</p>
                            <p class="card-text">Format : Calender</p>
                            <p class="card-text" style="margin: 60px 0 20px 0;"> <i class="fas fa-rupee-sign"></i>&ampnbsp1,800</p>
                            <button class="btn btn-primary"><i class="fas fa-shopping-bag"></i>&ampnbsp&ampnbspBuy Now</button>
                        </div>
                    </div>
                </div>
                <p class="card-text"><small class="text-muted">&ampnbsp&ampnbsp&ampnbsp&ampnbspFirstly, carbohydrates are the primary source of energy for the body and therefore play the most substantial role in fueling exercise. There are two different types of carbohydrates - complex and simple. The names give an indication of the time taken to digest; complex carbs take a longer time period to digest than simple carbs. Complex carbohydrates provide the body with prolonged slow-release of energy and have a great nutritional benefit. While simple carbohydrates provide the body with a short-term, fast releasing energy, they contain little nutritional value. <br>
For this reason, you should look to primarily consume complex carbohydrates. Some foods to consider adding to your diet include whole-grains, oats, beans, nuts, fruits, and vegetables.</small></p>
            </div>
            <div class="container" style="margin-top: 40px;">
                <div class="card mb-3">
                    <div class="row g-0">
                        <div class="col-md-8">
                            <div style="overflow: hidden; width: 100%; height: 100%;"></div>
                        </div>
                        <div class="col-md-4">
                            <div class="card-body">
                                <h5 class="card-title">Meal Plan Details</h5>
                                <p class="card-text">Plan Length : 4 Weeks</p>
                                <p class="card-text">Meal Type : Protein</p>
                                <p class="card-text">Format : Calender</p>
                                <p class="card-text" style="margin: 60px 0 20px 0;"> <i class="fas fa-rupee-sign"></i>&ampnbsp1,800</p>
                                <button class="btn btn-primary"><i class="fas fa-shopping-bag"></i>&ampnbsp&ampnbspBuy Now</button>
                            </div>
                        </div>
                    </div>
                    <p class="card-text"><small class="text-muted">&ampnbsp&ampnbsp&ampnbsp&ampnbspThe majority of gym-goers will be well aware that consuming protein is important. The reason why protein is so important is that, it plays a key role in recovery and repair. During exercise, the body is exposed to strains and stresses

```

which cause damage to occur to the muscles at a microscopic level. In order for the damage to be repaired, protein is needed. Without it, recovery periods will be extended and chronic fatigue may become a factor. Protein is found most highly in animal produce such as lean meats, eggs & dairy. It can also be found in smaller quantities in foods such as seeds, nuts, legumes, beans, and soy.</small></p>

```

</div>
<div class="container" style="margin-top: 40px;">
    <div class="card mb-3">
        <div class="row g-0">
            <div class="col-md-8">
                <div style="overflow: hidden; width: 100%; height: 100%;"></div>
            </div>
            <div class="col-md-4">
                <div class="card-body">
                    <h5 class="card-title">Meal Plan Details</h5>
                    <p class="card-text">Plan Length : Before Exercise</p>
                    <p class="card-text">Meal Type : Pre Workout Food</p>
                    <p class="card-text">Format : Calender</p>
                    <p class="card-text" style="margin: 60px 0 20px 0;"> <i class="fas fa-rupee-sign"></i>&nbsp;1,800</p>
                    <button class="btn btn-primary"><i class="fas fa-shopping-bag"></i>&nbsp;&nbsp;Buy Now</button>
                </div>
            </div>
        </div>
        <p class="card-text"><small class="text-muted">&nbsp;&nbsp;&nbsp;&nbsp;The focus with all pre-workout meals or snacks should be carbohydrates to provide the body with plenty of energy to last the full session. If energy levels are sub-optimal, then performance will suffer which will have a consequent impact on our rate of adaptation. To prime the body for performance, focus on primarily consuming complex carbohydrates such as whole-grains, oats, beans, nuts, fruits, and vegetables. Be aware not to consume them just before the workout as they take time to digest. The recommendation is to consume complex carbs one to two hours prior to exercise to allow for full digestion. From that point, focus on simple carbohydrates as they take less time to digest and provide the body with bursts of energy. It may even be recommended to consume some simple carbs during a workout to maintain energy levels and performance. White bread, jam, granola, cereal, rice cakes, sports drinks, and fruit are all viable options for a pre-workout, energy-boosting snack. While the focus should predominantly be on carbohydrates, it is also important to consume some protein prior to stepping into the gym. To support muscle recovery and growth, protein levels should be maintained at a high level throughout each day.</small></p>
    </div>
    <div class="container" style="margin-top: 40px;">
        <div class="card mb-3">
            <div class="row g-0">
                <div class="col-md-8">
                    <div style="overflow: hidden; width: 100%; height: 100%;"></div>
                </div>
                <div class="col-md-4">
                    <div class="card-body">
                        <h5 class="card-title">Meal Plan Details</h5>
                        <p class="card-text">Plan Length : After Exercise</p>
                        <p class="card-text">Meal Type : Post Workout Food</p>
                        <p class="card-text">Format : Calender</p>
                        <p class="card-text" style="margin: 60px 0 20px 0;"> <i class="fas fa-rupee-sign"></i>&nbsp;1,800</p>
                        <button class="btn btn-primary"><i class="fas fa-shopping-bag"></i>&nbsp;&nbsp;Buy Now</button>
                    </div>
                </div>
            </div>
            <p class="card-text"><small class="text-muted">&nbsp;&nbsp;&nbsp;&nbsp;The purpose of post-workout nutrition is two-fold – to promote muscle recovery and replenish energy. Therefore, the focus should once again be on consuming good quality protein and carb foods. As reflected on, the stress of training cause micro tears to occur to the muscles that must be repaired. Consuming protein will cause a process known as muscle protein synthesis (MPS) to occur which will begin the repairing process and prevent muscle breakdown. There is a widely held belief that protein timing is extremely important for maximizing growth, however, a number of studies have indicated that total daily protein intake is of greater importance than the timing. High-protein foods such as lean beef, chicken, pork, turkey, eggs, dairy, seeds, quinoa, and nuts should be

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prioritized. Protein supplements, like protein shakes and bars, can serve as a convenient tool for effectively boosting protein intake.</small></p>

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    </div>
</section>
<!-- back to top button--&gt;
&lt;a href="#gotop"&gt;&lt;button id="myBtn" title="Go to top"&gt;&lt;img src="../index/arrow.png" width="30"&gt;&lt;/button&gt;&lt;/a&gt;
<!-- end of back to top button--&gt;
<!-- footer bar --&gt;
&lt;div class="bek-footer-out1"&gt;
    &lt;div class="container bek-footer-out2"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="../logo/logo.png" width="80"&gt;
                &lt;p&gt;Your daily workout partner.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-8"&gt;
                &lt;div class="row"&gt;
                    &lt;div class="col-md-6"&gt;
                        &lt;div class="row"&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../about/about.html" id="about3" style="color: #fff;font-size: 13px;"&gt;about&lt;/a&gt;&lt;/p&gt;
                                    &lt;p&gt;&lt;a href="../career/career.html" id="career2"&gt;careers&lt;/a&gt;&lt;/p&gt;
                                    &lt;p&gt;&lt;a href="../tutorial/tutorial.html" id="tutorial2"&gt;tutorials&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../food/food.php" style="color: #fff;font-size: 13px;"&gt;food&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="meal-plans.html" id="meal-plans2"&gt;meal plans&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../food/food.php"&gt;nutrition&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                    &lt;div class="col-md-6"&gt;
                        &lt;div class="row"&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;"&gt;workout&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../exercise/exercise.php"&gt;exercise&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../yoga/yoga.php"&gt;yoga&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../workout-programs/workout-programs.html" id="workout-programs2"&gt;workout programs&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../faq/faq.html" style="color: #fff;font-size: 13px;" id="faq3"&gt;faq&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../contact/contact.php"&gt;contact us&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/div&gt;
<!-- end of footer bar --&gt;
<!-- -----js tags----- --&gt;
&lt;script src="../bootstrap/js/bootstrap.js"&gt;&lt;/script&gt;
&lt;script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"&gt;&lt;/script&gt;
&lt;script type='text/javascript' src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"&gt;&lt;/script&gt;
&lt;script src="../index/index.js"&gt;&lt;/script&gt;
&lt;script src="meal-plans.js"&gt;&lt;/script&gt;
&lt;script src="../denie/denie.js"&gt;&lt;/script&gt;
&lt;/body&gt;</pre>

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</html>
Php :
<?php

session_start();
include '../login/dbconn.php';
$name = $_SESSION['username'];
$namequery = " select * from fitness_table where name='$name' ";
$query = mysqli_query($con,$namequery);
$userdata = mysqli_fetch_assoc($query);
$useremail = $userdata['email'];
$mobile = $userdata['mobile'];
$id = $userdata['id'];
if(!isset($_SESSION['username'])) {

    header('location:../login/login.php');
}
?>

<!DOCTYPE html>
<html>
<head>
<meta charset="utf-8">
<meta http-equiv="X-UA-Compatible" content="IE=edge">
<link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
<meta name="viewport" content="width=device-width, initial-scale=1">
<link rel="stylesheet" type="text/css" href="../index/index.css">
<link rel="stylesheet" type="text/css" href="meal-plans.css">
<link rel="icon" type="image/png" href="../logo/logo.png">
<title>Meal Plans | Fitness Care</title>
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
<div class="bek-preloader-one-out3"></div>
<div class="bek-preloader-one-out4"></div>
<div class="bek-preloader-one-out1">
    
</div>
<div class="bek-preloader-one-out2">
    <span style="--i:1;">F</span>
    <span style="--i:2;">I</span>
    <span style="--i:3;">T</span>
    <span style="--i:4;">N</span>
    <span style="--i:5;">E</span>
    <span style="--i:6;">S</span>
    <span style="--i:7;">S</span>
    <span style="--i:8;">&ampnbsp</span>
    <span style="--i:9;">C</span>
    <span style="--i:10;">A</span>
    <span style="--i:11;">R</span>
    <span style="--i:12;">E</span>
</div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">

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<a class="navbar-brand" href="../dashboard/dashboard.php">
    
    Fitness Care
</a>
<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-
target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-
label="Toggle navigation">
    <span class="navbar-toggler-icon"></span>
</button>
<div class="collapse navbar-collapse" id="navbarSupportedContent">
    <ul class="navbar-nav me-auto mb-2 mb-lg-0">
        <li class="nav-item">
            <span><a class="nav-link bek-link" aria-current="page" href="../dashboard/dashboard.php" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../about/about.php" id="about"><button class="bek-
dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                    <a href="../about/about.php" id="about2">&nbsp;&nbsp;About Us</a>
                    <a href="../career/career.php" id="career">&nbsp;&nbsp;Careers</a>
                    <a href="../tutorial/tutorial.php" id="tutorial">&nbsp;&nbsp;Tutorials</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                    <a href="meal-plans.php" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                    <a href="../food/food.php">&nbsp;&nbsp;Nutrition</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../exercise/exercise.php"><button class="bek-
dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                    <a href="../exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
                    <a href="../yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
                    <a href="../workout-programs/workout-programs.php" id="workout-programs">&nbsp;&nbsp;workout programs</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../faq/faq.php" id="faq"><button class="bek-
dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                    <a href="../faq/faq.php" id="faq2">&nbsp;&nbsp;FAQ</a>
                    <a href="../contact/contactus.php">&nbsp;&nbsp;Contact Us</a>
                </div>
            </div>
        </li>
    </ul>
</div>

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<li class="nav-item">
    <span><a class="nav-link bek-link" aria-current="page" href="..../store/store.php" style="text-transform: uppercase;color: #000; margin: 3px 0 20px;font-size: 14px;">Store</a></span>
</li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..../account/account.php"><button class="bek-dropbtn" style="margin: 0 0;align-items: center;text-align: center;justify-content: center;display: flex;flex-direction: row;"><div style="width: 35px;height: 35px;border-radius: 50%;overflow: hidden;"></div>&nbsp;<span style="width: 100px;"><?php echo $_SESSION['username']; ?></span>&nbsp;<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="..../account/account.php" id="account"><i class="fas fa-user-circle" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Account</a>
                <a href="..../notifications/notifications.php" id="notifications"><i class="fas fa-bell" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Notifications</a>
                <a href="..../calender/calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-calendar-alt"></i></i>&nbsp;&nbsp;Calender</a>
                <a href="..../join/join.php"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Fitness Care</a>
                <a href="..../login/logout.php"><i class="fas fa-sign-out-alt" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign Out</a>
            </div>
        </div>
    </li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i class="fas fa-search" style="color: #ff2b2b;"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color: #222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</div>
<!-- end of nav bar -->

<section class="section1-account">
    <p class="account1">Meal Plans</p>
    <p class="account1" style="font-size: 35px;color: #ff2b2b;">Calender Based Plans</p>
    <p class="account2">These programs utilize Fitness Blenders online calendar system allowing you to access your meal plan from anywhere you have access to Fitness Blenders website.</p>
</section>
<section class="section2-account">
    <div class="container">
        <div class="card mb-3">
            <div class="row g-0">
                <div class="col-md-8">
                    <div style="overflow: hidden;width: 100%;height: 100%;"></div>
                </div>
                <div class="col-md-4">
                    <div class="card-body">
                        <h5 class="card-title">Meal Plan Details</h5>
                        <p class="card-text">Plan Length : 4 Weeks</p>
                        <p class="card-text">Meal Type : Omnivore</p>
                        <p class="card-text">Format : Calender</p>
                        <p class="card-text" style="margin: 60px 0 20px 0;"><i class="fas fa-rupee-sign"></i>&nbsp;2,200</p>
                    </div>
                </div>
            </div>
        </div>
    </div>
</section>

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                <button class="btn btn-primary"><i class="fas fa-shopping-bag"></i>&ampnbsp&ampnbspBuy Now</button>
            </div>
            </div>
            </div>
            </div>
            <p class="card-text"><small class="text-muted">&ampnbsp&ampnbsp&ampnbsp&ampnbspThis Fitness Care Calendar based plan, built with registered dietitians and nutritionists, is a healthy, plant based meal plan which details 3 meals, and 3 snacks, every day for four weeks. When it comes to nutrition, things can become overly complicated. However, one thing that is abundantly clear is that nutrition has a huge impact on the progress that is made in the gym. This article will highlight a number of considerations that must be made and applied in order to bring about substantial changes. In addition, it will also serve as a resource and highlight the nutrient rich foods that one should incorporate in their daily diet routine.</small></p>
        </div>
        <div class="container" style="margin-top: 40px;">
            <div class="card mb-3">
                <div class="row g-0">
                    <div class="col-md-8">
                        <div style="overflow: hidden; width: 100%; height: 100%;"></div>
                    </div>
                    <div class="col-md-4">
                        <div class="card-body">
                            <h5 class="card-title">Meal Plan Details</h5>
                            <p class="card-text">Plan Length : 4 Weeks</p>
                            <p class="card-text">Meal Type : Carbohydrate</p>
                            <p class="card-text">Format : Calender</p>
                            <p class="card-text" style="margin: 60px 0 20px 0;"> <i class="fas fa-rupee-sign"></i>&ampnbsp1,800</p>
                            <button class="btn btn-primary"><i class="fas fa-shopping-bag"></i>&ampnbsp&ampnbspBuy Now</button>
                        </div>
                    </div>
                </div>
                <p class="card-text"><small class="text-muted">&ampnbsp&ampnbsp&ampnbsp&ampnbspFirstly, carbohydrates are the primary source of energy for the body and therefore play the most substantial role in fueling exercise. There are two different types of carbohydrates - complex and simple. The names give an indication of the time taken to digest; complex carbs take a longer time period to digest than simple carbs. Complex carbohydrates provide the body with prolonged slow-release of energy and have a great nutritional benefit. While simple carbohydrates provide the body with a short-term, fast releasing energy, they contain little nutritional value. <br>
                    For this reason, you should look to primarily consume complex carbohydrates. Some foods to consider adding to your diet include whole-grains, oats, beans, nuts, fruits, and vegetables.</small></p>
            </div>
            <div class="container" style="margin-top: 40px;">
                <div class="card mb-3">
                    <div class="row g-0">
                        <div class="col-md-8">
                            <div style="overflow: hidden; width: 100%; height: 100%;"></div>
                        </div>
                        <div class="col-md-4">
                            <div class="card-body">
                                <h5 class="card-title">Meal Plan Details</h5>
                                <p class="card-text">Plan Length : 4 Weeks</p>
                                <p class="card-text">Meal Type : Protein</p>
                                <p class="card-text">Format : Calender</p>
                                <p class="card-text" style="margin: 60px 0 20px 0;"> <i class="fas fa-rupee-sign"></i>&ampnbsp1,800</p>
                                <button class="btn btn-primary"><i class="fas fa-shopping-bag"></i>&ampnbsp&ampnbspBuy Now</button>
                            </div>
                        </div>
                    </div>
                    <p class="card-text"><small class="text-muted">&ampnbsp&ampnbsp&ampnbsp&ampnbspThe majority of gym-goers will be well aware that consuming protein is important. The reason why protein is so important is that, it plays a key role in recovery and repair. During exercise, the body is exposed to strains and stresses
                </div>
            </div>
        </div>
    
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which cause damage to occur to the muscles at a microscopic level. In order for the damage to be repaired, protein is needed. Without it, recovery periods will be extended and chronic fatigue may become a factor. Protein is found most highly in animal produce such as lean meats, eggs & dairy. It can also be found in smaller quantities in foods such as seeds, nuts, legumes, beans, and soy.</small></p>

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</div>
<div class="container" style="margin-top: 40px;">
    <div class="card mb-3">
        <div class="row g-0">
            <div class="col-md-8">
                <div style="overflow: hidden; width: 100%; height: 100%;"></div>
            </div>
            <div class="col-md-4">
                <div class="card-body">
                    <h5 class="card-title">Meal Plan Details</h5>
                    <p class="card-text">Plan Length : Before Exercise</p>
                    <p class="card-text">Meal Type : Pre Workout Food</p>
                    <p class="card-text">Format : Calender</p>
                    <p class="card-text" style="margin: 60px 0 20px 0;"> <i class="fas fa-rupee-sign"></i>&nbsp;1,800</p>
                    <button class="btn btn-primary"><i class="fas fa-shopping-bag"></i>&nbsp;&nbsp;Buy Now</button>
                </div>
            </div>
        </div>
        <p class="card-text"><small class="text-muted">&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;The focus with all pre-workout meals or snacks should be carbohydrates to provide the body with plenty of energy to last the full session. If energy levels are sub-optimal, then performance will suffer which will have a consequent impact on our rate of adaptation. To prime the body for performance, focus on primarily consuming complex carbohydrates such as whole-grains, oats, beans, nuts, fruits, and vegetables. Be aware not to consume them just before the workout as they take time to digest. The recommendation is to consume complex carbs one to two hours prior to exercise to allow for full digestion. From that point, focus on simple carbohydrates as they take less time to digest and provide the body with bursts of energy. It may even be recommended to consume some simple carbs during a workout to maintain energy levels and performance. White bread, jam, granola, cereal, rice cakes, sports drinks, and fruit are all viable options for a pre-workout, energy-boosting snack. While the focus should predominantly be on carbohydrates, it is also important to consume some protein prior to stepping into the gym. To support muscle recovery and growth, protein levels should be maintained at a high level throughout each day.</small></p>
    </div>
    <div class="container" style="margin-top: 40px;">
        <div class="card mb-3">
            <div class="row g-0">
                <div class="col-md-8">
                    <div style="overflow: hidden; width: 100%; height: 100%;"></div>
                </div>
                <div class="col-md-4">
                    <div class="card-body">
                        <h5 class="card-title">Meal Plan Details</h5>
                        <p class="card-text">Plan Length : After Exercise</p>
                        <p class="card-text">Meal Type : Post Workout Food</p>
                        <p class="card-text">Format : Calender</p>
                        <p class="card-text" style="margin: 60px 0 20px 0;"> <i class="fas fa-rupee-sign"></i>&nbsp;1,800</p>
                        <button class="btn btn-primary"><i class="fas fa-shopping-bag"></i>&nbsp;&nbsp;Buy Now</button>
                    </div>
                </div>
            </div>
            <p class="card-text"><small class="text-muted">&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;The purpose of post-workout nutrition is two-fold – to promote muscle recovery and replenish energy. Therefore, the focus should once again be on consuming good quality protein and carb foods. As reflected on, the stress of training cause micro tears to occur to the muscles that must be repaired. Consuming protein will cause a process known as muscle protein synthesis (MPS) to occur which will begin the repairing process and prevent muscle breakdown. There is a widely held belief that protein timing is extremely important for maximizing growth, however, a number of studies have indicated that total daily protein intake is of greater importance than the timing. High-protein foods such as lean beef, chicken, pork, turkey, eggs, dairy, seeds, quinoa, and nuts should be
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prioritized. Protein supplements, like protein shakes and bars, can serve as a convenient tool for effectively boosting protein intake.</small></p>
 </div>
</section>
<!-- back to top button-->
<button id="myBtn" title="Go to top"></button>
<!-- end of back to top button-->
<!-- footer bar -->
<div class="bek-footer-out1">
 <div class="container bek-footer-out2">
 <div class="row">
 <div class="col-md-4">

 <p>Your daily workout partner.</p>
 </div>
 <div class="col-md-8">
 <div class="row">
 <div class="col-md-6">
 <div class="row">
 <div class="col-sm-6">
 <p>about</p>
 <p>careers</p>
 <p>tutorials</p>
 </div>
 <div class="col-sm-6">
 <p>food</p>
 <p>meal plans</p>
 <p>nutrition</p>
 </div>
 </div>
 </div>
 <div class="col-md-6">
 <div class="row">
 <div class="col-sm-6">
 <p>workout</p>
 <p>exercise</p>
 <p>yoga</p>
 <p>workout programs</p>
 </div>
 <div class="col-sm-6">
 <p>faq</p>
 <p>contact us</p>
 </div>
 </div>
 </div>
 </div>
 </div>
 </div>
 </div>
</div>
<!-- end of footer bar -->
<!-- -----js tags----- -->
<script src="../bootstrap/js/bootstrap.js"></script>
<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script type='text/javascript' src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../index/index.js"></script>
<script src="meal-plans.js"></script>
<script src="../denie/denie.js"></script>
</body></p>

```

</html>
Css :
*
  margin: 0;
  padding: 0;
  box-sizing: border-box;
}
html {
  scroll-behavior: smooth;
}
body {
  overflow-x: hidden;
  font-family: "Roboto", "Arial", "sans-serif";
  background: linear-gradient(180deg, rgba(43,165,255,0.4598214285714286) 0%, rgba(255,255,255,1) 95%);
}
p {
  margin: 0;
}
/* section1 */
.section1-account {
  width: 100%;
  padding: 80px;
}
.account1 {
  font-size: 45px;
  color: #222;
  font-weight: 400;
}
.account2 {
  font-size: 20px;
  color: #fff;
  font-weight: 400;
}
.section2-account {
  width: 100%;
  padding: 30px;
}
.bek-center2 {
  justify-content: center;
  display: flex;
  margin-bottom: 20px;
}
.card {
  overflow: hidden;
  background: #2b1616;
  margin-bottom: 30px;
}
.card:hover {
  transition: .3s;
  border: 1px solid #ff2b2b;
}
.card img {
  width: 100%;
  height: 100%;
  transition: .5s;
}
.card:hover img {
  transform: scale(1.05);
}
.col-md-4 {
  background: #2b1616;
}
.card-body {
  padding: 50px;
  color: #fff;
  justify-content: center;
}

```

```

        display: flex;
        flex-direction: column;
    }
    .card-body p {
        margin: 5px 0;
    }

```

JS :

```

$( ".btn-primary" ).click(function(){
    swal("Thank You", "Thank You for Choosing Fitness Care, Stay Connected.", "success");
});

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault());

// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Notifications

Php :

```
<?php

session_start();
include '../login/dbconn.php';
$name = $_SESSION['username'];
$namequery = " select * from fitness_table where name='$name' ";
$query = mysqli_query($con,$namequery);
$userdata = mysqli_fetch_assoc($query);
$useremail = $userdata['email'];
$mobile = $userdata['mobile'];
$id = $userdata['id'];
if(!isset($_SESSION['username'])) {

    header('location:../login/login.php');
}
?>
<!DOCTYPE html>
<html>
<head>
    <meta charset="utf-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" type="text/css" href="../dashboard/dashboard.css">
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="stylesheet" type="text/css" href="notifications.css">
    <link rel="icon" type="image/png" href="../logo/logo.png">
    <title>Notifications | Fitness Care</title>
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&nbsp;</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-x1">
```

```

<a class="navbar-brand" href="../dashboard/dashboard.php">
    
    Fitness Care
</a>
<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-
target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-
label="Toggle navigation">
    <span class="navbar-toggler-icon"></span>
</button>
<div class="collapse navbar-collapse" id="navbarSupportedContent">
    <ul class="navbar-nav me-auto mb-2 mb-lg-0">
        <li class="nav-item">
            <span><a class="nav-link bek-link" aria-current="page" href="../dashboard/dashboard.php" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../about/about.php" id="about"><button class="bek-
dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                    <a href="../about/about.php" id="about2">&nbsp;&nbsp;About Us</a>
                    <a href="../career/career.php" id="career">&nbsp;&nbsp;Careers</a>
                    <a href="../tutorial/tutorial.php" id="tutorial">&nbsp;&nbsp;Tutorials</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                    <a href="../meal-plans/meal-plans.php" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                    <a href="../food/food.php">&nbsp;&nbsp;Nutrition</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../exercise/exercise.php"><button class="bek-
dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                    <a href="../exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
                    <a href="../yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
                    <a href="../workout-programs/workout-programs.php" id="workout-programs">&nbsp;&nbsp;workout programs</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../faq/faq.php" id="faq"><button class="bek-
dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                    <a href="../faq/faq.php" id="faq2">&nbsp;&nbsp;FAQ</a>
                    <a href="../contact/contactus.php">&nbsp;&nbsp;Contact Us</a>
                </div>
            </div>
        </li>
    </ul>
</div>

```

```

<li class="nav-item">
    <span><a class="nav-link bek-link" aria-current="page" href="..../store/store.php" style="text-transform: uppercase;color: #000; margin: 3px 0 20px;font-size: 14px;">Store</a></span>
</li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..../account/account.php"><button class="bek-dropbtn" style="margin: 0 0;align-items: center;text-align: center;justify-content: center;display: flex;flex-direction: row;"><div style="width: 35px;height: 35px;border-radius: 50%;overflow: hidden;"></div>&nbsp;<span style="width: 100px;"><?php echo $_SESSION['username']; ?></span>&nbsp;<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="..../account/account.php" id="account"><i class="fas fa-user-circle" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Account</a>
                <a href="notifications.php" id="notifications"><i class="fas fa-bell" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Notifications</a>
                <a href="..../calender/calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-calendar-alt"></i></i>&nbsp;&nbsp;Calender</a>
                <a href="..../join/join.php"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Fitness Care</a>
                <a href="..../login/logout.php"><i class="fas fa-sign-out-alt" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign Out</a>
            </div>
        </div>
    </li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color: #222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;

&lt;section class="section1-noti"&gt;
    &lt;p&gt;Notifications&lt;/p&gt;
    &lt;p&gt;There is no new notifications for you, &lt;?php echo $_SESSION['username']; ?&gt;. &lt;/p&gt;
&lt;/section&gt;

<!-- back to top button--&gt;
&lt;a href="#gotop"&gt;&lt;button id="gotopBtn" title="Go to top"&gt;&lt;img src="..../dashboard/arrow.png" width="30"&gt;&lt;/button&gt;&lt;/a&gt;
<!-- end of back to top button--&gt;
<!-- footer bar --&gt;
&lt;div class="bek-footer-out1"&gt;
    &lt;div class="container bek-footer-out2"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="..../logo/logo.png" width="80"&gt;
                &lt;p&gt;Your daily workout partner.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-8"&gt;
                &lt;div class="row"&gt;
                    &lt;div class="col-md-6"&gt;
                        &lt;div class="row"&gt;
</pre>

```

```

        <div class="col-sm-6">
            <p><a href="..>/about/about.php" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
            <p><a href="..>/career/career.php" id="career2">careers</a></p>
            <p><a href="..>/tutorial/tutorial.php" id="tutorial2">tutorials</a></p>
        </div>
        <div class="col-sm-6">
            <p><a href="..>/food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
            <p><a href="..>/meal-plans/meal-plans.php" id="meal-plans2">meal plans</a></p>
            <p><a href="..>/food/food.php">nutrition</a></p>
        </div>
    </div>
</div>
<div class="col-md-6">
    <div class="row">
        <div class="col-sm-6">
            <p><a href="..>/exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
            <p><a href="..>/exercise/exercise.php">exercise</a></p>
            <p><a href="..>/yoga/yoga.php">yoga</a></p>
            <p><a href="..>/workout-programs/workout-programs.php" id="workout-programs2">workout
programs</a></p>
        </div>
        <div class="col-sm-6">
            <p><a href="..>/faq/faq.php" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
            <p><a href="..>/contact/contactus.php">contact us</a></p>
        </div>
    </div>
</div>
<div class="container bek-footer-out3">
    <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .&nbsp;<span class="change-nm">&nbsp;</span>&nbsp;</p>
</div>
</div>

<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script type='text/javascript' src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="..>/dashboard/dashboard.js"></script>
<script src="notifications.js"></script>
<script src="..>/bootstrap/js/bootstrap.js"></script>
<script src="..>/denie/denie.js"></script>
</body>
</html>

```

Css :

```

* {
    margin: 0;
    padding: 0;
    box-sizing: border-box;
}
html {
    scroll-behavior: smooth;
}
body {
    overflow-x: hidden;
    font-family: "Roboto", "Arial", "sans-serif";
}
/* section1 */
.section1-noti {
    width: 100%;
    padding: 100px 80px 30px 80px;
}

```

```

background: #fff;
}
.section1-noti p:nth-child(1) {
  font-size: 50px;
  color: #222;
}
.section1-noti p:nth-child(2) {
  font-size: 15px;
  color: #ff8787;
  margin-top: 10px;
  text-align: center;
}
JS :

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault());

// To disable F12 options

document.onkeypress = function (event) {
  event = (event || window.event);
  if (event.keyCode == 123) {
    swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
    return false;
  }
}
document.onmousedown = function (event) {
  event = (event || window.event);
  if (event.keyCode == 123) {
    swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
    return false;
  }
}
document.onkeydown = function (event) {
  event = (event || window.event);
  if (event.keyCode == 123) {
    swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
    return false;
  }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
  $(document).keydown(function(event) {
    var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
    if (event.ctrlKey) {
      swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
      return false;
    }
  });
});

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
  // Condition to disable right click
  if (mouseevent.button == 2) {
    swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
    return false;
  }
}

```

```
    }
}
```

Store

Html :

```
<!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">
  <link rel="stylesheet" type="text/css" href="../index/index.css">
  <title>Store | Fitness Care</title>
  <link rel='stylesheet' href='https://code.ionicframework.com/ionicons/2.0.1/css/ionicons.min.css'>
  <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
  <link rel="icon" type="image/png" href="../logo/logo.png">
<link rel="stylesheet" href="store.css">
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
  <div class="bek-preloader-one-out3"></div>
  <div class="bek-preloader-one-out4"></div>
  <div class="bek-preloader-one-out1">
    
  </div>
  <div class="bek-preloader-one-out2">
    <span style="--i:1;">F</span>
    <span style="--i:2;">I</span>
    <span style="--i:3;">T</span>
    <span style="--i:4;">N</span>
    <span style="--i:5;">E</span>
    <span style="--i:6;">S</span>
    <span style="--i:7;">S</span>
    <span style="--i:8;">&ampnbsp</span>
    <span style="--i:9;">C</span>
    <span style="--i:10;">A</span>
    <span style="--i:11;">R</span>
    <span style="--i:12;">E</span>
  </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
  <div class="container-xl">
    <a class="navbar-brand" href="../index.html">
      
      <span style="color: #ff2b2b;">Fit</span>ness Care
    </a>
    <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
      <span class="navbar-toggler-icon"></span>
    </button>
    <div class="collapse navbar-collapse" id="navbarSupportedContent">
      <ul class="navbar-nav me-auto mb-2 mb-lg-0">
        <li class="nav-item">
```

```

        <span><a class="nav-link bek-link" aria-current="page" href="../index.html" id="home" style="text-
transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../about/about.html" id=""><button class="bek-
dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                <a href="../about/about.html" id="about2">&nbsp;&nbsp;About Us</a>
                <a href="../career/career.html" id="career">&nbsp;&nbsp;Careers</a>
                <a href="../tutorial/tutorial.html" id="tutorial">&nbsp;&nbsp;Tutorials</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                <a href="../meal-plans/meal-plans.html" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                <a href="../food/food.php">&nbsp;&nbsp;Nutrition</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../exercise/exercise.php"><button class="bek-
dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                <a href="../exercise/exercise.php">&nbsp;&nbsp;exercise</a>
                <a href="../yoga/yoga.php">&nbsp;&nbsp;yoga</a>
                <a href="../workout-programs/workout-programs.html" id="workout-programs">&nbsp;&nbsp;workout programs</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../faq/faq.html" id="faq"><button class="bek-
dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                <a href="../faq/faq.html" id="faq2">&nbsp;&nbsp;FAQ</a>
                <a href="../contact/contact.php">&nbsp;&nbsp;Contact Us</a>
            </div>
        </div>
    </li>
    <li class="nav-item">
        <span><a class="nav-link bek-link" aria-current="page" href="store.html" style="text-transform: uppercase; color: #000; margin: 3px 0 0 20px; font-size: 14px;">Store</a></span>
    </li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../login/login.php" id="signin"><button class="bek-
dropbtn" style="margin: 0; ">Sign In <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="../login/login.php" id="signin2"><i class="fas fa-sign-in-alt" style="color: #ff2b2b; "></i>&nbsp;&nbsp;Sign In</a>

```

```

        <a href="../login/signup.php" id="signup"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&ampnbsp&ampnbspSign Up</a>
        <a href="../login/forgot.php" id="forgot" style="margin: 0 0 4px 0;"><i class="fas fa-user-lock" style="color: #ff2b2b;"></i>&ampnbsp&ampnbspForgot Password</a>
            <a href="../join/join.html" class="bek-join"> JOIN</a>
        </div>
    </div>
</li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color: #222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;
<!-- section1 --&gt;
&lt;section class="sectionfaq1"&gt;
    &lt;div class="container"&gt;
        &lt;div class="row bek-out"&gt;
            &lt;div class="bek-col-md-6"&gt;
                &lt;p&gt;&lt;span style="font-weight: 800;"&gt;fitness care e-Gift Cards&lt;/span&gt;&lt;br&gt; Add More to Your Exercise.&lt;/p&gt;
                &lt;p style="font-size: 18px;line-height: 40px;font-weight: 400;"&gt;Give the gift of health and fitness with Fitness Care eGift Cards. Send an electronic card via email and the recipient can log in, redeem your gift and buy any of our Workout Programs, calendar-based Meal Plans, or a membership to Fitness Care Plus!&lt;/p&gt;
                &lt;p style="font-size: 14px;line-height: 40px;font-weight: 400;"&gt;Fitness Care eGift Cards can only be used on &lt;a href="../index.html"&gt; fitnesscare.ultimatefreehost.in&lt;/a&gt; .&lt;/p&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;
<!-- end of section1 --&gt;
<!-- section2 --&gt;
&lt;section class="section2"&gt;
    &lt;div class="container-fluid"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-6"&gt;
                &lt;div class="row"&gt;
                    &lt;div class="col-sm-6 bek-store-box"&gt;
                        &lt;div class="bek-store1"&gt;
                            &lt;img src="card2.png"&gt;
                        &lt;/div&gt;
                        &lt;div class="bek-store2"&gt;
                            &lt;p&gt;&lt;i class="fas fa-rupee-sign"&gt;&lt;/i&gt; 599&lt;/p&gt;
                            &lt;button class="store-btn"&gt;&lt;i class="fas fa-shopping-bag"&gt;&lt;/i&gt; Add to Bag&lt;/button&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                    &lt;div class="col-sm-6 bek-store-box"&gt;
                        &lt;div class="bek-store1"&gt;
                            &lt;img src="card2.png"&gt;
                        &lt;/div&gt;
                        &lt;div class="bek-store2"&gt;
                            &lt;p&gt;&lt;i class="fas fa-rupee-sign"&gt;&lt;/i&gt; 1099&lt;/p&gt;
                            &lt;button class="store-btn"&gt;&lt;i class="fas fa-shopping-bag"&gt;&lt;/i&gt; Add to Bag&lt;/button&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;
</pre>

```

```

        </div>
    </div>
    <div class="col-md-6">
        <div class="row">
            <div class="col-sm-6 bek-store-box">
                <div class="bek-store1">
                    
                </div>
                <div class="bek-store2">
                    <p><i class="fas fa-rupee-sign"></i> 1599</p>
                    <button class="store-btn"><i class="fas fa-shopping-bag"></i> Add to Bag</button>
                </div>
            </div>
            <div class="col-sm-6 bek-store-box">
                <div class="bek-store1">
                    
                </div>
                <div class="bek-store2">
                    <p><i class="fas fa-rupee-sign"></i> 2099</p>
                    <button class="store-btn"><i class="fas fa-shopping-bag"></i> Add to Bag</button>
                </div>
            </div>
        </div>
        </div>
    </div>
</div>

<div class="container-fluid">
    <div class="row">
        <div class="col-md-6">
            <div class="row">
                <div class="col-sm-6 bek-store-box">
                    <div class="bek-store1">
                        
                    </div>
                    <div class="bek-store2">
                        <p><i class="fas fa-rupee-sign"></i> 2599</p>
                        <button class="store-btn"><i class="fas fa-shopping-bag"></i> Add to Bag</button>
                    </div>
                </div>
                <div class="col-sm-6 bek-store-box">
                    <div class="bek-store1">
                        
                    </div>
                    <div class="bek-store2">
                        <p><i class="fas fa-rupee-sign"></i> 3099</p>
                        <button class="store-btn"><i class="fas fa-shopping-bag"></i> Add to Bag</button>
                    </div>
                </div>
            </div>
        </div>
        </div>
    </div>
    <div class="col-md-6">
        <div class="row">
            <div class="col-sm-6 bek-store-box">
                <div class="bek-store1">
                    
                </div>
                <div class="bek-store2">
                    <p><i class="fas fa-rupee-sign"></i> 3599</p>
                    <button class="store-btn"><i class="fas fa-shopping-bag"></i> Add to Bag</button>
                </div>
            </div>
            <div class="col-sm-6 bek-store-box">
                <div class="bek-store1">
                    
                </div>
                <div class="bek-store2">

```



```

<div class="col-sm-6">
    <p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
    <p><a href="../meal-plans/meal-plans.html" id="meal-plans2">meal plans</a></p>
    <p><a href="../food/food.php">nutrition</a></p>
</div>
</div>
<div class="col-md-6">
    <div class="row">
        <div class="col-sm-6">
            <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
            <p><a href="../exercise/exercise.php">exercise</a></p>
            <p><a href="../yoga/yoga.php">yoga</a></p>
            <p><a href="../workout-programs/workout-programs.html" id="workout-programs2">workout
programs</a></p>
        </div>
        <div class="col-sm-6">
            <p><a href="../faq/faq.html" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
            <p><a href="../contact/contact.php">contact us</a></p>
        </div>
        </div>
    </div>
</div>
<div class="container bek-footer-out3">
    <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .( &nbsp;<span class="change-
nm"></span>&nbsp;)</p>
</div>
</div>
<!-- end of footer bar --&gt;
<!-- end of faq section --&gt;
&lt;script src='https://code.jquery.com/jquery-3.2.1.min.js'&gt;&lt;/script&gt;
&lt;script src="store.js"&gt;&lt;/script&gt;
&lt;script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"&gt;&lt;/script&gt;
&lt;script src="../bootstrap/js/bootstrap.js"&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/swiper/swiper-bundle.min.js"&gt;&lt;/script&gt;
&lt;script type='text/javascript'
src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"&gt;&lt;/script&gt;
&lt;script src="../index/index.js"&gt;&lt;/script&gt;
&lt;script src="../denie/denie.js"&gt;&lt;/script&gt;

&lt;/body&gt;
&lt;/html&gt;
</pre>

```

Php :

```

<?php

session_start();
include '../login/dbconn.php';
$name = $_SESSION['username'];
$nameqry = " select * from fitness_table where name='$name' ";
$query = mysqli_query($con,$nameqry);
$userdata = mysqli_fetch_assoc($query);
$useremail = $userdata['email'];
$mobile = $userdata['mobile'];
$id = $userdata['id'];
if(!isset($_SESSION['username'])) {

    header('location:../login/login.php');
}
?>

<!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">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <title>Store | Fitness Care</title>
    <link rel='stylesheet' href='https://code.ionicframework.com/ionicons/2.0.1/css/ionicons.min.css'>
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="icon" type="image/png" href="../logo/logo.png">
    <link rel="stylesheet" href="store.css">
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&ampnbsp</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../dashboard/dashboard.php">
            
            Fitness Care
        </a>
        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="../dashboard/dashboard.php" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="../about/about.php" id="about"><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">

```

```

        <a href="/about/about.php" id="about2">&nbsp;&nbsp;About Us</a>
        <a href="/career/career.php" id="career">&nbsp;&nbsp;Careers</a>
        <a href="/tutorial/tutorial.php" id="tutorial">&nbsp;&nbsp;Tutorials</a>
    </div>
</div>
</li>
<li class="nav-item">
    <div class="bek-dropdown1">
        <span><a class="nav-link bek-link" href="/food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
            <a href="/meal-plans/meal-plans.php" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
            <a href="/food/food.php">&nbsp;&nbsp;Nutrition</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <div class="bek-dropdown1">
        <span><a class="nav-link bek-link" href="/exercise/exercise.php"><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
            <a href="/exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
            <a href="/yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
            <a href="/workout-programs/workout-programs.php" id="workout-programs">&nbsp;&nbsp;workout programs</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <div class="bek-dropdown1">
        <span><a class="nav-link bek-link" href="/faq/faq.php" id="faq"><button class="bek-dropbtn">faq <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
            <a href="/faq/faq.php" id="faq2">&nbsp;&nbsp;faq</a>
            <a href="/contact/contactus.php">&nbsp;&nbsp;contact us</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <span><a class="nav-link bek-link" aria-current="page" href="store.php" style="text-transform: uppercase; color: #000; margin: 3px 0 0 20px; font-size: 14px;">Store</a></span>
</li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="/account/account.php"><button class="bek-dropbtn" style="margin: 0 0; align-items: center; text-align: center; justify-content: center; display: flex; flex-direction: row;"><div style="width: 35px; height: 35px; border-radius: 50%; overflow: hidden;"></div>&nbsp;<span style="width: 100px;"><?php echo $_SESSION['username']; ?></span>&nbsp;<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="/account/account.php" id="account"><i class="fas fa-user-circle" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Account</a>
                <a href="/notifications/notifications.php" id="notifications"><i class="fas fa-bell" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Notifications</a>
                <a href="/calender/calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-calendar-alt"></i></i>&nbsp;&nbsp;Calender</a>
            </div>
        </div>
    </li>

```

```

        <a href="../join/join.php"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Fitness Care+</a>
        <a href="../login/logout.php"><i class="fas fa-sign-out-alt" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign Out</a>
    </div>
</li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color: #222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar -->

<!-- section1 -->
<section class="sectionfaq1">
    <div class="container">
        <div class="row bek-out">
            <div class="bek-col-md-6">
                <p><span style="font-weight: 800;">fitness care e-Gift Cards</span><br> Add More to Your Exercise.</p>
                <p style="font-size: 18px;line-height: 40px;font-weight: 400;">Give the gift of health and fitness with Fitness Care eGift Cards. Send an electronic card via email and the recipient can log in, redeem your gift and buy any of our Workout Programs, calendar-based Meal Plans, or a membership to Fitness Care Plus!</p>
                <p style="font-size: 14px;line-height: 40px;font-weight: 400;">Fitness Care eGift Cards can only be used on <a href="../dashboard/dashboard.php"> fitnesscare.ultimatefreehost.in</a> .</p>
            </div>
        </div>
    </div>
</section>
<!-- end of section1 -->
<!-- section2 -->
<section class="section2">
    <div class="container-fluid">
        <div class="row">
            <div class="col-md-6">
                <div class="row">
                    <div class="col-sm-6 bek-store-box">
                        <div class="bek-store1">
                            
                        </div>
                        <div class="bek-store2">
                            <p><i class="fas fa-rupee-sign"></i> 599</p>
                            <button class="store-btn"><i class="fas fa-shopping-bag"></i> Add to Bag</button>
                        </div>
                    </div>
                    <div class="col-sm-6 bek-store-box">
                        <div class="bek-store1">
                            
                        </div>
                        <div class="bek-store2">
                            <p><i class="fas fa-rupee-sign"></i> 1099</p>
                            <button class="store-btn"><i class="fas fa-shopping-bag"></i> Add to Bag</button>
                        </div>
                    </div>
                </div>
            </div>
        </div>
    </div>
</section>

```

```

        </div>
    </div>
    <div class="col-md-6">
        <div class="row">
            <div class="col-sm-6 bek-store-box">
                <div class="bek-store1">
                    
                </div>
                <div class="bek-store2">
                    <p><i class="fas fa-rupee-sign"></i> 1599</p>
                    <button class="store-btn"><i class="fas fa-shopping-bag"></i> Add to Bag</button>
                </div>
            </div>
            <div class="col-sm-6 bek-store-box">
                <div class="bek-store1">
                    
                </div>
                <div class="bek-store2">
                    <p><i class="fas fa-rupee-sign"></i> 2099</p>
                    <button class="store-btn"><i class="fas fa-shopping-bag"></i> Add to Bag</button>
                </div>
            </div>
        </div>
        </div>
    </div>
</div>

<div class="container-fluid">
    <div class="row">
        <div class="col-md-6">
            <div class="row">
                <div class="col-sm-6 bek-store-box">
                    <div class="bek-store1">
                        
                    </div>
                    <div class="bek-store2">
                        <p><i class="fas fa-rupee-sign"></i> 2599</p>
                        <button class="store-btn"><i class="fas fa-shopping-bag"></i> Add to Bag</button>
                    </div>
                </div>
                <div class="col-sm-6 bek-store-box">
                    <div class="bek-store1">
                        
                    </div>
                    <div class="bek-store2">
                        <p><i class="fas fa-rupee-sign"></i> 3099</p>
                        <button class="store-btn"><i class="fas fa-shopping-bag"></i> Add to Bag</button>
                    </div>
                </div>
            </div>
        </div>
        </div>
    </div>
</div>

<div class="col-md-6">
    <div class="row">
        <div class="col-sm-6 bek-store-box">
            <div class="bek-store1">
                
            </div>
            <div class="bek-store2">
                <p><i class="fas fa-rupee-sign"></i> 3599</p>
                <button class="store-btn"><i class="fas fa-shopping-bag"></i> Add to Bag</button>
            </div>
        </div>
        <div class="col-sm-6 bek-store-box">
            <div class="bek-store1">
                
            </div>
            <div class="bek-store2">

```



```

<div class="col-sm-6">
    <p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
    <p><a href="../meal-plans/meal-plans.php" id="meal-plans2">meal plans</a></p>
    <p><a href="../food/food.php">nutrition</a></p>
</div>
</div>
<div class="col-md-6">
    <div class="row">
        <div class="col-sm-6">
            <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
            <p><a href="../exercise/exercise.php">exercise</a></p>
            <p><a href="../yoga/yoga.php">yoga</a></p>
            <p><a href="../workout-programs/workout-programs.php" id="workout-programs2">workout
programs</a></p>
        </div>
        <div class="col-sm-6">
            <p><a href="../faq/faq.php" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
            <p><a href="../contact/contactus.php">contact us</a></p>
        </div>
        </div>
        </div>
        </div>
    </div>
</div>
<div class="container bek-footer-out3">
    <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .( &nbsp;<span class="change-
nm"></span>&nbsp;)</p>
</div>
</div>
<!-- end of footer bar --&gt;

<!-- end of faq section --&gt;
&lt;script src='https://code.jquery.com/jquery-3.2.1.min.js'&gt;&lt;/script&gt;
&lt;script src="store.js"&gt;&lt;/script&gt;
&lt;script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"&gt;&lt;/script&gt;
&lt;script src="../bootstrap/js/bootstrap.js"&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/swiper/swiper-bundle.min.js"&gt;&lt;/script&gt;
&lt;script type='text/javascript'
src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"&gt;&lt;/script&gt;
&lt;script src="../index/index.js"&gt;&lt;/script&gt;
&lt;script src="../denie/denie.js"&gt;&lt;/script&gt;

&lt;/body&gt;
&lt;/html&gt;
</pre>

```

Css :

```

@import url('https://fonts.googleapis.com/css?family=Hind:300,400');
*, *:before, *:after {
    -webkit-box-sizing: inherit;
    box-sizing: inherit;
}
html {
    -webkit-box-sizing: border-box;
    box-sizing: border-box;
}
body {
    margin: 0;
    padding: 0;
    font-family: 'Hind', sans-serif;
}
/* section1 */
.sectionfaq1 {
    width: 100%;
    padding: 60px 90px;
}

```

```

background-color: #fff;
position: relative;
}
.bek-out {
}
.bek-col-md-6 {
width: 100%;
}
.bek-col-md-6 p {
color: #333;
font-size: 30px;
font-weight: 600;
}
.bek-col-md-6 p span {
color: #ff2b2b;
font-size: 60px;
font-weight: 900;
font-style: italic;
text-transform: uppercase;
}
.bek-col-md-6 img {
width: 85%;
}
.bek-downbtn {
position: absolute;
bottom: 0;
left: 50%;
transform: translate(-50%);
font-size: 60px;
color: #aaa;
border: 0;
padding: 0;
background: transparent;
animation: btnrotate 1.5s linear infinite;
}
@keyframes btnrotate {
0% {
bottom: -30px;
}
50% {
bottom: 10px;
}
100% {
bottom: -30px;
}
}

/* section2 */
.section2 {
width: 100%;
padding: 60px;
background: #f6f7d2;
}
.bek-store-box {
padding: 0 5px;
margin-bottom: 20px;
}
.bek-store1 {
padding: 5px;
justify-content: center;
display: flex;
flex-direction: row;
background: -webkit-linear-gradient(to right, #12FFF7, #B3FFAB);
background: linear-gradient(to right, #12FFF7, #B3FFAB);
border-radius: 4px 4px 0 0;
}
.bek-store1 img {

```

```

    width: 100%;
}
.bek-store1 p i {
  font-size: 25px;
}
.bek-store2 p {
  font-size: 20px;
  color: #222;
  margin-bottom: 0;
  margin-left: 10px;
  line-height: 20px;
  position: absolute;
  top: 35px;
}
.bek-store2 p i {
  font-size: 17px;
}
.bek-store2 {
  width: 100%;
  height: 80px;
  padding: 20px 10px;
  background: #fff;
  border-radius: 0 0 4px 4px;
  position: relative;
}
.bek-store2 button {
  padding: 10px 15px;
  background-color: rgb(247, 141, 233);
  position: absolute;
  border: none;
  outline: none;
  border-radius: 5px;
  color: #fff;
  right: 10px;
  transition: .3s;
}
.bek-store2 button:hover {
  background-color: #fc5fe7;
}

/* section3 */
.section3 {
  width: 100%;
  padding: 60px;
  background: #fff;
}
.section3 h1 {
  font-size: 50px;
  margin-bottom: 30px;
}
.section3 p {
  color: #666;
  line-height: 40px;
}
.bek-price {
  margin: 20px;
  background: #fff;
  padding: 15px 40px;
  text-align: center;
  cursor: pointer;
}
.bek-price p {
  color: #000;
  line-height: 30px;
  font-weight: 600;
  margin: 0;
  font-size: 14px;
}

```

```

        text-transform: uppercase;
    }
.bek-btn-div {
    width: 100%;
    padding: 20px;
    align-items: center;
    justify-content: center;
    display: flex;
    flex-direction: row;
}
.bek-other-shop {
    border: none;
    outline: none;
    width: 250px;
    background: #25f79f;
    margin-right: 10px;
    padding: 10px;
    color: #fff;
    transition: .3s;
    border-radius: 4px;
}
.bek-other-shop:hover {
    background: #6bffbe;
}

/* section 4 */
.section4 {
    width: 100%;
    padding: 60px 0;
    align-items: center;
    justify-content: center;
    display: flex;
}
.section4 h1 {
    font-size: 50px;
    font-weight: 700;
}
.section4 p {
    color: #666;
    line-height: 35px;
}

/* media query */
@media only screen and (max-width: 770px) {
    .bek-out {
        flex-direction: column;
    }
    .bek-col-md-6 {
        width: 100%;
    }
    .bek-btn-div {
        flex-direction: column;
    }
    .bek-other-shop {
        width: 280px;
        margin-right: 0px;
        margin-bottom: 15px;
    }
}
JS :
$(".store-btn").click(function(){
    swal("Thank You", "Thank You for Choosing Fitness Care, Stay Connected.", "success");
});

```

```

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault());


// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Tutorial

Html :

```

<!DOCTYPE html>
<html>
<head>
    <meta charset="utf-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <link rel="stylesheet" type="text/css" href="tutorial.css">

```

```

<link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
<link rel="icon" type="image/png" href="../logo/logo.png">
<title>Tutorials | Fitness Care</title>
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
  <div class="bek-preloader-one-out3"></div>
  <div class="bek-preloader-one-out4"></div>
  <div class="bek-preloader-one-out1">
    
  </div>
  <div class="bek-preloader-one-out2">
    <span style="--i:1;">F</span>
    <span style="--i:2;">I</span>
    <span style="--i:3;">T</span>
    <span style="--i:4;">N</span>
    <span style="--i:5;">E</span>
    <span style="--i:6;">S</span>
    <span style="--i:7;">S</span>
    <span style="--i:8;">&ampnbsp</span>
    <span style="--i:9;">C</span>
    <span style="--i:10;">A</span>
    <span style="--i:11;">R</span>
    <span style="--i:12;">E</span>
  </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
  <div class="container-xl">
    <a class="navbar-brand" href="../index.html">
      
      <span style="color: #ff2b2b;">Fit</span>ness Care
    </a>
    <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
      <span class="navbar-toggler-icon"></span>
    </button>
    <div class="collapse navbar-collapse" id="navbarSupportedContent">
      <ul class="navbar-nav me-auto mb-2 mb-lg-0">
        <li class="nav-item">
          <span><a class="nav-link bek-link" aria-current="page" href="../index.html" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
        </li>
        <li class="nav-item">
          <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../about/about.html" id="about"><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
              <a href="../about/about.html" id="about2">&ampnbsp&ampnbspAbout Us</a>
              <a href="../career/career.html" id="career">&ampnbsp&ampnbspCareers</a>
              <a href="tutorial.html" id="tutorial">&ampnbsp&ampnbspTutorials</a>
            </div>
          </div>
        </li>
      </ul>
    </div>
  </div>
</nav>

```

```

        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                    <a href="../meal-plans/meal-plans.html" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                    <a href="../food/food.php">&nbsp;&nbsp;Nutrition</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../exercise/exercise.php"><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                    <a href="../exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
                    <a href="../yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
                    <a href="../workout-programs/workout-programs.html" id="workout-programs">&nbsp;&nbsp;Workout Programs</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../faq/faq.html" id="faq"><button class="bek-dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                    <a href="../faq/faq.html" id="faq2">&nbsp;&nbsp;FAQ</a>
                    <a href="../contact/contact.php">&nbsp;&nbsp;Contact Us</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <span><a class="nav-link bek-link" aria-current="page" href="../store/store.html" style="text-transform: uppercase; color: #000; margin: 3px 0 0 20px; font-size: 14px;">Store</a></span>
        </li>
    </ul>
    <ul class="mb-2 mb-lg-0" style="list-style: none;">
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../login/login.php" id="signin"><button class="bek-dropbtn" style="margin: 0 0;">Sign In <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown7">
                    <a href="../login/login.php" id="signin2"><i class="fas fa-sign-in-alt" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign In</a>
                    <a href="../login/signup.php" id="signup"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign Up</a>
                    <a href="../login/forgot.php" id="forgot" style="margin: 0 0 4px 0;"><i class="fas fa-user-lock" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Forgot Password</a>
                    <a href="../join/join.html" class="bek-join"> JOIN</a>
                </div>
            </div>
        </li>
    </ul>
    <form class="d-flex">
        <div class="bek-dropdown1">
            <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i class="fas fa-search" style="color: #ff2b2b;"></i></span></button></a>
            <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">

```

```

        <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%;outline: none; border: none; border-bottom: 1px solid #fff; background-color:
#222638; border-radius: 0; color: #fff;">
    </div>
</div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar -->
<!-- section1 -->
<section class="section1">
    <div class="section2">
        <h2>tutorials</h2>
        <p class="bek-text1">Fitness Care has a lot of content and powerful features to help you find, organize, and schedule it all. Use the following tutorials to quickly get the most out of the website, so you can stay focused on your fitness and wellness.</p>
    </div>

    <div class="section3">
        <div class="container">
            <div class="row">
                <div class="col-md outbox">
                    <div class="bek-box1"><i class="fas fa-filter"></i></div>
                    <div class="bek-box2">
                        <p class="bek-text2" style="text-transform: uppercase;">finding the right workout</p>
                        <p class="bek-text2" style="font-size: 14px;">Use Filters and Search to quickly find what you're looking for.</p>
                    </div>
                </div>
                <div class="col-md outbox">
                    <div class="bek-box1"><i class="fas fa-user-tag"></i></div>
                    <div class="bek-box2">
                        <p class="bek-text2" style="text-transform: uppercase;">How to Use Tags</p>
                        <p class="bek-text2" style="font-size: 14px;">Organize and quickly find content by tagging your videos.</p>
                    </div>
                </div>
                <div class="col-md outbox">
                    <div class="bek-box1"><i class="fas fa-users-cog"></i></div>
                    <div class="bek-box2">
                        <p class="bek-text2" style="text-transform: uppercase;">Building Routines</p>
                        <p class="bek-text2" style="font-size: 14px;">Create reusable, personalized routines to schedule your workouts with ease.</p>
                    </div>
                </div>
                <div class="col-md outbox" style="margin-right: 0;">
                    <div class="bek-box1"><i class="far fa-chart-bar"></i></div>
                    <div class="bek-box2">
                        <p class="bek-text2" style="text-transform: uppercase;">Track Difficulty and Duration</p>
                        <p class="bek-text2" style="font-size: 14px;">Get more accurate data and track your progress by entering your </p>
                    </div>
                </div>
            </div>
        </div>
    </div>
</section>
<!-- end of section1 -->
<!-- back to top button-->
<a href="#gotop"><button id="myBtn" title="Go to top"></button></a>
<!-- end of back to top button-->
<!-- footer bar -->
<div class="bek-footer-out1">
    <div class="container bek-footer-out2">
        <div class="row">

```

```

<div class="col-md-4">
    
    <p>Your daily workout partner.</p>
</div>
<div class="col-md-8">
    <div class="row">
        <div class="col-md-6">
            <div class="row">
                <div class="col-sm-6">
                    <p><a href="../about/about.html" id="about3" style="color: #fff;font-size: 13px;">about</a></p>
                    <p><a href="../career/career.html" id="career2">careers</a></p>
                    <p><a href="tutorial.html" id="tutorial2">tutorials</a></p>
                </div>
                <div class="col-sm-6">
                    <p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
                    <p><a href="../meal-plans/meal-plans.html" id="meal-plans2">meal plans</a></p>
                    <p><a href="../food/food.php">nutrition</a></p>
                </div>
            </div>
        </div>
        <div class="col-md-6">
            <div class="row">
                <div class="col-sm-6">
                    <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
                    <p><a href="../exercise/exercise.php">exercise</a></p>
                    <p><a href="../yoga/yoga.php">yoga</a></p>
                    <p><a href="../workout-programs/workout-programs.html" id="workout-programs2">workout
programs</a></p>
                </div>
                <div class="col-sm-6">
                    <p><a href="../faq/faq.html" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
                    <p><a href="../contact/contact.php">contact us</a></p>
                </div>
            </div>
        </div>
    </div>
</div>
<div class="container bek-footer-out3">
    <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .( &nbsp;<span class="change-nm">&nbsp;</span>&nbsp;)</p>
    </div>
</div>
<!-- end of footer bar -->
<!-- -----js tags----- -->
<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script src="../bootstrap/js/bootstrap.js"></script>
<script type='text/javascript' src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../index/index.js"></script>
<script src="tutorial.js"></script>
<script src="../denie/denie.js"></script>
</body>
</html>

```

Php :

```

<?php

session_start();
include '../login/dbconn.php';
$name = $_SESSION['username'];
$nameqry = " select * from fitness_table where name='$name' ";
$query = mysqli_query($con,$nameqry);
$userdata = mysqli_fetch_assoc($query);

```

```

$useremail = $userdata['email'];
$mobile = $userdata['mobile'];
$id = $userdata['id'];
if(!isset($_SESSION['username'])) {

    header('location:../login/login.php');
}
?>

<!DOCTYPE html>
<html>
<head>
    <meta charset="utf-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <link rel="stylesheet" type="text/css" href="tutorial.css">
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="icon" type="image/png" href="../logo/logo.png">
    <title>Tutorials | Fitness Care</title>
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&ampnbsp</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../dashboard/dashboard.php">
            
            Fitness Care
        </a>
        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">

```

```

<li class="nav-item">
    <span><a class="nav-link bek-link" aria-current="page" href="..../dashboard/dashboard.php" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
</li>
<li class="nav-item">
    <div class="bek-dropdown1">
        <span><a class="nav-link bek-link" href="..../about/about.php" id="about"><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
            <a href="..../about/about.php" id="about2">&nbsp;&nbsp;About Us</a>
            <a href="..../career/career.php" id="career">&nbsp;&nbsp;Careers</a>
            <a href="..../tutorial.php" id="tutorial">&nbsp;&nbsp;Tutorials</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <div class="bek-dropdown1">
        <span><a class="nav-link bek-link" href="..../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
            <a href="..../meal-plans/meal-plans.php" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
            <a href="..../food/food.php">&nbsp;&nbsp;Nutrition</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <div class="bek-dropdown1">
        <span><a class="nav-link bek-link" href="..../exercise/exercise.php"><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
            <a href="..../exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
            <a href="..../yoga/yoga.php">&nbsp;&nbsp;Yoga</a>
            <a href="..../workout-programs/workout-programs.php" id="workout-programs">&nbsp;&nbsp;workout programs</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <div class="bek-dropdown1">
        <span><a class="nav-link bek-link" href="..../faq/faq.php" id="faq"><button class="bek-dropbtn">faq <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
        <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
            <a href="..../faq/faq.php" id="faq2">&nbsp;&nbsp;faq</a>
            <a href="..../contact/contactus.php">&nbsp;&nbsp;contact us</a>
        </div>
    </div>
</li>
<li class="nav-item">
    <span><a class="nav-link bek-link" aria-current="page" href="..../store/store.php" style="text-transform: uppercase; color: #000; margin: 3px 0 0 20px; font-size: 14px;">Store</a></span>
</li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="..../account/account.php"><button class="bek-dropbtn" style="margin: 0 0; align-items: center; text-align: center; justify-content: center; display: flex; flex-direction: row;"><div style="width: 35px; height: 35px; border-radius: 50%; overflow: hidden;"></div>&nbsp;<span style="width: 100px;"><?php echo
$_SESSION['username']; ?></span>&nbsp;<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
<div class="bek-dropdown7">
    <a href="../account/account.php" id="account"><i class="fas fa-user-circle" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Account</a>
    <a href="../notifications/notifications.php" id="notifications"><i class="fas fa-bell" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Notifications</a>
    <a href="../calender/calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-calendar-alt"></i></i>&nbsp;&nbsp;Calender</a>
    <a href="../join/join.php"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Fitness Care</a>
    <a href="../login/logout.php"><i class="fas fa-sign-out-alt" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign Out</a>
</div>
</div>
</li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color: #222638;border-radius: 0;color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;

<!-- section1 --&gt;
&lt;section class="section1"&gt;
    &lt;div class="section2"&gt;
        &lt;h2&gt;tutorials&lt;/h2&gt;
        &lt;p class="bek-text1"&gt;Fitness Care has a lot of content and powerful features to help you find, organize, and schedule it all. Use the following tutorials to quickly get the most out of the website, so you can stay focused on your fitness and wellness.&lt;/p&gt;
    &lt;/div&gt;

    &lt;div class="section3"&gt;
        &lt;div class="container"&gt;
            &lt;div class="row"&gt;
                &lt;div class="col-md outbox"&gt;
                    &lt;div class="bek-box1"&gt;&lt;i class="fas fa-filter"&gt;&lt;/i&gt;&lt;/div&gt;
                    &lt;div class="bek-box2"&gt;
                        &lt;p class="bek-text2" style="text-transform: uppercase;"&gt;finding the right workout&lt;/p&gt;
                        &lt;p class="bek-text2" style="font-size: 14px;"&gt;Use Filters and Search to quickly find what you're looking for.&lt;/p&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
                &lt;div class="col-md outbox"&gt;
                    &lt;div class="bek-box1"&gt;&lt;i class="fas fa-user-tag"&gt;&lt;/i&gt;&lt;/div&gt;
                    &lt;div class="bek-box2"&gt;
                        &lt;p class="bek-text2" style="text-transform: uppercase;"&gt;How to Use Tags&lt;/p&gt;
                        &lt;p class="bek-text2" style="font-size: 14px;"&gt;Organize and quickly find content by tagging your videos.&lt;/p&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
                &lt;div class="col-md outbox"&gt;
                    &lt;div class="bek-box1"&gt;&lt;i class="fas fa-users-cog"&gt;&lt;/i&gt;&lt;/div&gt;
                    &lt;div class="bek-box2"&gt;
                        &lt;p class="bek-text2" style="text-transform: uppercase;"&gt;Building Routines&lt;/p&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
</pre>

```

```

        <p class="bek-text2" style="font-size: 14px;">Create reusable, personalized routines to schedule
your workouts with ease.</p>
        </div>
    </div>
    <div class="col-md outbox" style="margin-right: 0;">
        <div class="bek-box1"><i class="far fa-chart-bar"></i></div>
        <div class="bek-box2">
            <p class="bek-text2" style="text-transform: uppercase;">Track Difficulty and Duration</p>
            <p class="bek-text2" style="font-size: 14px;">Get more accurate data and track your progress by
entering your </p>
            </div>
        </div>
        </div>
    </div>
</section>
<!-- end of section1 -->
<!-- back to top button-->
<a href="#gotop"><button id="myBtn" title="Go to top"></button></a>
<!-- end of back to top button-->
<!-- footer bar -->
<div class="bek-footer-out1">
    <div class="container bek-footer-out2">
        <div class="row">
            <div class="col-md-4">
                
                <p>Your daily workout partner.</p>
            </div>
            <div class="col-md-8">
                <div class="row">
                    <div class="col-md-6">
                        <div class="row">
                            <div class="col-sm-6">
                                <p><a href="../about/about.php" id="about3" style="color: #fff;font-size:
13px;">about</a></p>
                                    <p><a href="../career/career.php" id="career2">careers</a></p>
                                    <p><a href="tutorial.php" id="tutorial2">tutorials</a></p>
                                </div>
                            <div class="col-sm-6">
                                <p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>
                                <p><a href="../meal-plans/meal-plans.php" id="meal-plans2">meal plans</a></p>
                                <p><a href="../food/food.php">nutrition</a></p>
                            </div>
                        </div>
                    </div>
                </div>
                <div class="col-md-6">
                    <div class="row">
                        <div class="col-sm-6">
                            <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>
                            <p><a href="../exercise/exercise.php">exercise</a></p>
                            <p><a href="../yoga/yoga.php">yoga</a></p>
                            <p><a href="../workout-programs/workout-programs.php" id="workout-programs2">workout
programs</a></p>
                        </div>
                    </div>
                <div class="col-sm-6">
                    <p><a href="../faq/faq.php" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
                    <p><a href="../contact/contactus.php">contact us</a></p>
                </div>
            </div>
        </div>
    </div>
</div>
<div class="container bek-footer-out3">
    <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .(&nbsp;<span class="change-
nm"></span>&nbsp;)</p>

```

```

        </div>
    </div>
    <!-- end of footer bar -->
    <!-- -----js tags----- -->
<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script src="../bootstrap/js/bootstrap.js"></script>
<script type='text/javascript' src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../index/index.js"></script>
<script src="tutorial.js"></script>
<script src="../denie/denie.js"></script>
</body>
</html>

```

Css :

```

* {
    margin: 0;
    padding: 0;
    box-sizing: border-box;
}
html {
    scroll-behavior: smooth;
}
body {
    font-family: "Roboto", "Arial", "sans-serif";
}
/* section1 */
.section1 {
    width: 100%;
    background-color: #fff;
}
.section2 {
    width: 100%;
    padding: 100px 80px 0 80px;
    background-color: #fff;
}
.section3 {
    width: 100%;
    padding: 50px 80px;
    background-color: #aabfff;
}
h2 {
    font-size: 2em;
    font-weight: 400;
    text-transform: uppercase;
    color: #000;
}
.bek-text1 {
    color: #888;
    margin: 30px 0 70px 0;
    font-size: 15px;
    font-weight: 500;
    line-height: 40px;
}
.outbox {
    align-items: center;
    justify-content: center;
    display: flex;
    flex-direction: row;
    border-radius: 15px;
    overflow: hidden;
    margin-right: 20px;
    cursor: pointer;
    margin-top: 10px;
    margin-bottom: 10px;
}

```

```

.bek-box1 {
    width: 20%;
    height: 100%;
    background-color: #ff2b2b;
    color: #fff;
    padding: 20px;
    font-size: 20px;
    border-radius: 5px 0 0 5px;
}
.bek-text2 {
    color: #000;
    font-size: 15px;
    font-weight: 500;
}
.bek-box2 {
    width: 80%;
    height: 100%;
    padding: 20px;
    background-color: #fff;
    border-radius: 0 5px 5px 0;
}

JS :
$(".outbox").click(function(){
swal("Oop's Sorry!", "You have not choose any workout.", "error");
});

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault());

// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
$(document).keydown(function(event) {
    var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
    if (event.ctrlKey) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}));

```

```

});;

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Workout-Program

Html :

```

<!DOCTYPE html>
<html>
<head>
    <meta charset="utf-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <link rel="stylesheet" type="text/css" href="workout-programs.css">
    <link rel="icon" type="image/png" href="../logo/logo.png">
    <title>Workout Programs | Fitness Care</title>
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&ampnbsp</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../index.html">

```

```


<span style="color: #ff2b2b;">Fitness Care
</a>
<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
    <span class="navbar-toggler-icon"></span>
</button>
<div class="collapse navbar-collapse" id="navbarSupportedContent">
    <ul class="navbar-nav me-auto mb-2 mb-lg-0">
        <li class="nav-item">
            <span><a class="nav-link bek-link" aria-current="page" href="../index.html" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../about/about.html" id="about"><button class="bek-dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                    <a href="../about/about.html" id="about2">&ampnbsp&ampnbspAbout Us</a>
                    <a href="../career/career.html" id="career">&ampnbsp&ampnbspCareers</a>
                    <a href="../tutorial/tutorial.html" id="tutorial">&ampnbsp&ampnbspTutorials</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../food/food.php" id="Food"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                    <a href="../meal-plans/meal-plans.html" id="meal-plans">&ampnbsp&ampnbspMeal Plans</a>
                    <a href="../food/food.php" id="Food">&ampnbsp&ampnbspNutrition</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../exercise/exercise.php" id="Workouts"><button class="bek-dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                    <a href="../exercise/exercise.php" id="Workouts">&ampnbsp&ampnbspExercise</a>
                    <a href="../yoga/yoga.php" id="Yoga">&ampnbsp&ampnbspYoga</a>
                    <a href="workout-programs.html" id="Workout-Programs">&ampnbsp&ampnbspWorkout Programs</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="../faq/faq.html" id="FAQ"><button class="bek-dropbtn">FAQ <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                    <a href="../faq/faq.html" id="FAQ2">&ampnbsp&ampnbspFAQ</a>
                    <a href="../contact/contact.php" id="Contact">&ampnbsp&ampnbspContact Us</a>
                </div>
            </div>
        </li>
        <li class="nav-item">
    
```

```

        <span><a class="nav-link bek-link" aria-current="page" href="../store/store.html" style="text-
transform: uppercase; color: #000; margin: 3px 0 20px; font-size: 14px;">Store</a></span>
    </li>
</ul>
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../login/login.php" id="signin"><button class="bek-
dropbtn" style="margin: 0 0;">sign in <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="../login/login.php" id="signin2"><i class="fas fa-sign-in-alt" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Sign In</a>
                <a href="../login/signup.php" id="signup"><i class="fas fa-user-plus" style="color:
#ff2b2b;"></i>&nbsp;&nbsp;Sign Up</a>
                <a href="../login/forgot.php" id="forgot" style="margin: 0 0 4px 0;"><i class="fas fa-user-
lock" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Forgot Password</a>
                <a href="../join/join.html" class="bek-join"> JOIN</a>
            </div>
        </div>
    </li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i
class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-
label="Search" style="width: 100%; outline: none; border: none; border-bottom: 1px solid #fff; background-color:
#222638; border-radius: 0; color: #fff;">
        </div>
    </div>
</form>
</div>
</div>
</nav>
<div style="width: 100%; height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;
&lt;section class="section1-account"&gt;
    &lt;p class="account1"&gt;Workout Programs&lt;/p&gt;
    &lt;p class="account2"&gt;Choose your exercise and start now building your health and body.&lt;/p&gt;
&lt;/section&gt;
&lt;section class="section2-account"&gt;
    &lt;div class="bek-container"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-lg-6"&gt;
                &lt;div class="row"&gt;
                    &lt;div class="col-sm bek-center2"&gt;
                        &lt;div class="card" style="width: 18rem; overflow: hidden;"&gt;
                            &lt;div style="overflow: hidden;"&gt;&lt;img src="image1.jpg" class="card-img-top"
alt="aerobic exercise"&gt;&lt;/div&gt;
                            &lt;div class="card-body"&gt;
                                &lt;h5 class="card-title" style="color: #ff2b2b;"&gt;Aerobic Exercise&lt;/h5&gt;
                                &lt;p class="card-text" style="margin-bottom: 30px; font-size: 13px;"&gt; This is the
type of exercise we all tend to think of when we hear the word exercise, and often it is the thought of being
out of breath and sweaty that puts people off starting to exercise.&lt;/p&gt;
                                &lt;p class="card-text" style="margin-bottom: 10px;"&gt; &lt;i class="fas fa-rupee-
sign"&gt;&lt;/i&gt;&amp;nbsp;1,100&lt;/p&gt;
                                &lt;button class="btn btn-primary"&gt;&lt;i class="fas fa-shopping-
bag"&gt;&lt;/i&gt;&amp;nbsp;&amp;nbsp;Buy Now&lt;/button&gt;
                            &lt;/div&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                    &lt;div class="col-sm bek-center2"&gt;
                        &lt;div class="card" style="width: 18rem; overflow: hidden;"&gt;
                            &lt;div style="overflow: hidden;"&gt;&lt;img src="image2.jpg" class="card-img-top"
alt="Strength building exercise"&gt;&lt;/div&gt;
                            &lt;div class="card-body"&gt;
</pre>

```

```

        <h5 class="card-title" style="color: #ff2b2b;">Strength Building Exercise</h5>
        <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> Lots of
activities including pilates, physiotherapy type exercise and other fairly low intensity activities help you
build muscle. Anything as long as you do the activity for long enough.</p>
        <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&nbsp;1,100</p>
        <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&nbsp;&nbsp;Buy Now</button>
    </div>
</div>
</div>
<div class="col-lg-6">
    <div class="row">
        <div class="col-sm bek-center2">
            <div class="card" style="width: 18rem;overflow: hidden;">
                <div style="overflow: hidden;"></div>
                <div class="card-body">
                    <h5 class="card-title" style="color: #ff2b2b;">Balance Training Exercise</h5>
                    <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> Some exercise
helps improve your balance by helping you build up core strength. This is especially helpful for people who
are at risk of falls, including the elderly, but it is good for everyone.Examples of activities that help
with balance include Tai Chi, dance and playing bowls, but there are many others.</p>
                    <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&nbsp;1,100</p>
                    <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&nbsp;&nbsp;Buy Now</button>
                </div>
            </div>
            <div class="col-sm bek-center2">
                <div class="card" style="width: 18rem;overflow: hidden;">
                    <div style="overflow: hidden;"></div>
                    <div class="card-body">
                        <h5 class="card-title" style="color: #ff2b2b;">Endurance Exercise</h5>
                        <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> You can
improve your endurance if you can only walk for 10 minutes you can improve your endurance by walking as far
as you can several times a day, and increasing how far you go over time.</p>
                        <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&nbsp;1,100</p>
                        <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&nbsp;&nbsp;Buy Now</button>
                    </div>
                </div>
            </div>
        </div>
    </div>
</div><div class="bek-container">
    <div class="row">
        <div class="col-lg-6">
            <div class="row">
                <div class="col-sm bek-center2">
                    <div class="card" style="width: 18rem;overflow: hidden;">
                        <div style="overflow: hidden;"></div>
                        <div class="card-body">
                            <h5 class="card-title" style="color: #ff2b2b;">Flexibility Exercise</h5>
                            <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> Flexibility is
really important and much overlooked when people think about exercise. Staying flexible improves your quality
of life, imagine not being able to look over your shoulder to reverse your car.</p>
                            <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&nbsp;1,100</p>

```

```

                <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&ampnbsp&ampnbspBuy Now</button>
            </div>
        </div>
    </div>
    <div class="col-sm bek-center2">
        <div class="card" style="width: 18rem;overflow: hidden;">
            <div style="overflow: hidden;"></div>
            <div class="card-body">
                <h5 class="card-title" style="color: #ff2b2b;">Moderate Intensity Exercise</h5>
                <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> There are many
kinds of activity that fit this description, walking at a steady pace, cycling, dancing, swimming (ok, in
your average swimming pool you might not feel warmer, but you know what we mean).</p>
                <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&ampnbsp1,100</p>
                <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&ampnbsp&ampnbspBuy Now</button>
            </div>
        </div>
    </div>
    <div class="col-lg-6">
        <div class="row">
            <div class="col-sm bek-center2">
                <div class="card" style="width: 18rem;overflow: hidden;">
                    <div style="overflow: hidden;"></div>
                    <div class="card-body">
                        <h5 class="card-title" style="color: #ff2b2b;">Vigorous Exercise</h5>
                        <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> It is easy to
be put off by the thought that the only kind of exercise that is good for you is the vigorous kind, but this
is not true – moderate intensity exercise and low impact exercise are good for you.</p>
                        <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&ampnbsp1,100</p>
                        <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&ampnbsp&ampnbspBuy Now</button>
                    </div>
                </div>
            </div>
            <div class="col-sm bek-center2">
                <div class="card" style="width: 18rem;overflow: hidden;">
                    <div style="overflow: hidden;"></div>
                    <div class="card-body">
                        <h5 class="card-title" style="color: #ff2b2b;">Hatha Yoga</h5>
                        <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> Hatha yoga is
the foundation for all yoga styles and refers to any practice that combines asana, pranayama, and
meditation. Since this type of yoga is the foundation for all yoga.</p>
                        <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&ampnbsp1,500</p>
                        <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&ampnbsp&ampnbspBuy Now</button>
                    </div>
                </div>
            </div>
        </div>
    </div>
</div><div class="bek-container">
    <div class="row">
        <div class="col-lg-6">
            <div class="row">
                <div class="col-sm bek-center2">

```

```

        <div class="card" style="width: 18rem;overflow: hidden;">
            <div style="overflow: hidden;"></div>
            <div class="card-body">
                <h5 class="card-title" style="color: #ff2b2b;">Vinyasa Yoga</h5>
                <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> For most
classes with the word "vinyasa," you can bet on a pretty active class with a fast and continuous flow from
one pose to the next, including a lot of sun salutations.</p>
                <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&nbsp;1,500</p>
                <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&nbsp;&nbsp;Buy Now</button>
            </div>
        </div>
        <div class="col-sm bek-center2">
            <div class="card" style="width: 18rem;overflow: hidden;">
                <div style="overflow: hidden;"></div>
                <div class="card-body">
                    <h5 class="card-title" style="color: #ff2b2b;">Iyengar Yoga</h5>
                    <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> The poses are
generally held longer, but the support of props and attention to alignment make this a great practice for
those overcoming injury.</p>
                    <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&nbsp;1,500</p>
                    <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&nbsp;&nbsp;Buy Now</button>
                </div>
            </div>
        </div>
        <div class="col-lg-6">
            <div class="row">
                <div class="col-sm bek-center2">
                    <div class="card" style="width: 18rem;overflow: hidden;">
                        <div style="overflow: hidden;"></div>
                        <div class="card-body">
                            <h5 class="card-title" style="color: #ff2b2b;">Ashtanga Yoga</h5>
                            <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> It can be
great for the more seasoned practitioner, as it requires strength, endurance, and a commitment to practicing
a few times a week.</p>
                            <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&nbsp;1,100</p>
                            <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&nbsp;&nbsp;Buy Now</button>
                        </div>
                </div>
            </div>
            <div class="col-sm bek-center2">
                <div class="card" style="width: 18rem;overflow: hidden;">
                    <div style="overflow: hidden;"></div>
                    <div class="card-body">
                        <h5 class="card-title" style="color: #ff2b2b;">Kundalini Yoga</h5>
                        <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> Kundalini is
all about awakening your kundalini energy, or shakti, which is the primal energy thought to sit at the base
of the spine.</p>
                        <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&nbsp;1,500</p>
                        <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&nbsp;&nbsp;Buy Now</button>
                    </div>
                </div>
            </div>
        </div>
    
```

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                </div>
            </div>
        </div>
    </div>
</section>

<script src="../bootstrap/js/bootstrap.js"></script>
<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script type='text/javascript' src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../index/index.js"></script>
<script src="workout-programs.js"></script>
<script src="../denie/denie.js"></script>

```

```

</body>
</html>
Php :
<?php

session_start();
include '../login/dbconn.php';
$name = $_SESSION['username'];
$namequery = " select * from fitness_table where name='$name' ";
$query = mysqli_query($con,$namequery);
$userdata = mysqli_fetch_assoc($query);
$useremail = $userdata['email'];
$mobile = $userdata['mobile'];
$id = $userdata['id'];
if(!isset($_SESSION['username'])) {

    header('location:../login/login.php');
}
?>

<!DOCTYPE html>
<html>
<head>
<meta charset="utf-8">
<meta http-equiv="X-UA-Compatible" content="IE=edge">
<link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
<meta name="viewport" content="width=device-width, initial-scale=1">
<link rel="stylesheet" type="text/css" href="../index/index.css">
<link rel="stylesheet" type="text/css" href="workout-programs.css">
<link rel="icon" type="image/png" href="../logo/logo.png">
<title>Workout Programs | Fitness Care</title>
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
<div class="bek-preloader-one-out3"></div>
<div class="bek-preloader-one-out4"></div>
<div class="bek-preloader-one-out1">
    
</div>
<div class="bek-preloader-one-out2">
    <span style="--i:1;">F</span>
    <span style="--i:2;">I</span>
    <span style="--i:3;">T</span>
    <span style="--i:4;">N</span>
    <span style="--i:5;">E</span>
    <span style="--i:6;">S</span>
    <span style="--i:7;">S</span>
    <span style="--i:8;">&ampnbsp</span>
    <span style="--i:9;">C</span>
    <span style="--i:10;">A</span>
    <span style="--i:11;">R</span>
    <span style="--i:12;">E</span>
</div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">

```

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Fitness Care
</a>
<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
<span class="navbar-toggler-icon"></span>
</button>
<div class="collapse navbar-collapse" id="navbarSupportedContent">
<ul class="navbar-nav me-auto mb-2 mb-lg-0">
- <span><a class="nav-link bek-link" aria-current="page" href="#">


<span><a class="nav-link bek-link" href="#">


<span><a class="nav-link bek-link" href="#">


<span><a class="nav-link bek-link" href="#">


<span><a class="nav-link bek-link" href="#">



262


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        </li>
        <li class="nav-item">
            <span><a class="nav-link bek-link" aria-current="page" href="..../store/store.php" style="text-transform: uppercase;color: #000; margin: 3px 0 0 20px;font-size: 14px;">Store</a></span>
        </li>
    </ul>
    <ul class="mb-2 mb-lg-0" style="list-style: none;">
        <li class="nav-item">
            <div class="bek-dropdown1">
                <span><a class="nav-link bek-link" href="..../account/account.php"><button class="bek-dropbtn" style="margin: 0 0;align-items: center;text-align: center;justify-content: center;display: flex;flex-direction: row;"><div style="width: 35px;height: 35px; border-radius: 50%; overflow: hidden;"></div>&nbsp;<span style="width: 100px;"><?php echo $_SESSION['username']; ?></span>&nbsp;<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                <div class="bek-dropdown7">
                    <a href="..../account/account.php" id="account"><i class="fas fa-user-circle" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Account</a>
                    <a href="..../notifications/notifications.php" id="notifications"><i class="fas fa-bell" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Notifications</a>
                    <a href="..../calender/calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-calendar-alt"></i></i>&nbsp;&nbsp;Calender</a>
                    <a href="..../join/join.php"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Fitness Care</a>
                    <a href="..../login/logout.php"><i class="fas fa-sign-out-alt" style="color: #ff2b2b;"></i>&nbsp;&nbsp;Sign Out</a>
                </div>
            </div>
        </li>
    </ul>
    <form class="d-flex">
        <div class="bek-dropdown1">
            <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i class="fas fa-search"></i></span></button></a>
            <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
                <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-label="Search" style="width: 100%;outline: none; border: none; border-bottom: 1px solid #fff; background-color: #222638; border-radius: 0; color: #fff;">
            </div>
        </div>
    </form>
</div>
</div>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar --&gt;

&lt;section class="section1-account"&gt;
    &lt;p class="account1"&gt;Workout Programs&lt;/p&gt;
    &lt;p class="account2"&gt;Choose your exercise and start now building your health and body.&lt;/p&gt;
&lt;/section&gt;
&lt;section class="section2-account"&gt;
    &lt;div class="bek-container"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-lg-6"&gt;
                &lt;div class="row"&gt;
                    &lt;div class="col-sm bek-center2"&gt;
                        &lt;div class="card" style="width: 18rem;overflow: hidden;"&gt;
                            &lt;div style="overflow: hidden;"&gt;&lt;img src="image1.jpg" class="card-img-top" alt="aerobic exercise"&gt;&lt;/div&gt;
                            &lt;div class="card-body"&gt;
                                &lt;h5 class="card-title" style="color: #ff2b2b;"&gt;Aerobic Exercise&lt;/h5&gt;
                                &lt;p class="card-text" style="margin-bottom: 30px;font-size: 13px;"&gt; This is the type of exercise we all tend to think of when we hear the word exercise, and often it is the thought of being out of breath and sweaty that puts people off starting to exercise.&lt;/p&gt;
                                &lt;p class="card-text" style="margin-bottom: 10px;"&gt; &lt;i class="fas fa-rupee-sign"&gt;&lt;/i&gt;&amp;nbsp;1,100&lt;/p&gt;
                            &lt;/div&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                &lt;/div&gt;
            &lt;/div&gt;
        &lt;/div&gt;
    &lt;/div&gt;
&lt;/section&gt;
</pre>

```

```

        <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&ampnbsp&ampnbspBuy Now</button>
        </div>
        </div>
    </div>
    <div class="col-sm bek-center2">
        <div class="card" style="width: 18rem;overflow: hidden;">
            <div style="overflow: hidden;"></div>
            <div class="card-body">
                <h5 class="card-title" style="color: #ff2b2b;">Strength Building Exercise</h5>
                <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> Lots of
activities including pilates, physiotherapy type exercise and other fairly low intensity activities help you
build muscle. Anything as long as you do the activity for long enough.</p>
                <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&ampnbsp1,100</p>
                <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&ampnbsp&ampnbspBuy Now</button>
                </div>
            </div>
        </div>
        <div class="col-lg-6">
            <div class="row">
                <div class="col-sm bek-center2">
                    <div class="card" style="width: 18rem;overflow: hidden;">
                        <div style="overflow: hidden;"></div>
                        <div class="card-body">
                            <h5 class="card-title" style="color: #ff2b2b;">Balance Training Exercise</h5>
                            <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> Some exercise
helps improve your balance by helping you build up core strength. This is especially helpful for people who
are at risk of falls, including the elderly, but it is good for everyone.Examples of activities that help
with balance include Tai Chi, dance and playing bowls, but there are many others.</p>
                            <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&ampnbsp1,100</p>
                            <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&ampnbsp&ampnbspBuy Now</button>
                            </div>
                        </div>
                    </div>
                    <div class="col-sm bek-center2">
                        <div class="card" style="width: 18rem;overflow: hidden;">
                            <div style="overflow: hidden;"></div>
                            <div class="card-body">
                                <h5 class="card-title" style="color: #ff2b2b;">Endurance Exercise</h5>
                                <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> You can
improve your endurance if you can only walk for 10 minutes you can improve your endurance by walking as far
as you can several times a day, and increasing how far you go over time.</p>
                                <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&ampnbsp1,100</p>
                                <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&ampnbsp&ampnbspBuy Now</button>
                                </div>
                            </div>
                        </div>
                    </div>
                </div>
            </div>
        </div><div class="bek-container">
            <div class="row">
                <div class="col-lg-6">
                    <div class="row">
                        <div class="col-sm bek-center2">

```

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        <div class="card" style="width: 18rem;overflow: hidden;">
            <div style="overflow: hidden;"></div>
            <div class="card-body">
                <h5 class="card-title" style="color: #ff2b2b;">Flexibility Exercise</h5>
                <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> Flexibility is
really important and much overlooked when people think about exercise. Staying flexible improves your quality
of life, imagine not being able to look over your shoulder to reverse your car.</p>
                <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&nbsp;1,100</p>
                <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&nbsp;&nbsp;Buy Now</button>
            </div>
        </div>
        <div class="col-sm bek-center2">
            <div class="card" style="width: 18rem;overflow: hidden;">
                <div style="overflow: hidden;"></div>
                <div class="card-body">
                    <h5 class="card-title" style="color: #ff2b2b;">Moderate Intensity Exercise</h5>
                    <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> There are many
kinds of activity that fit this description, walking at a steady pace, cycling, dancing, swimming (ok, in
your average swimming pool you might not feel warmer, but you know what we mean).</p>
                    <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&nbsp;1,100</p>
                    <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&nbsp;&nbsp;Buy Now</button>
                </div>
            </div>
        </div>
        <div class="col-lg-6">
            <div class="row">
                <div class="col-sm bek-center2">
                    <div class="card" style="width: 18rem;overflow: hidden;">
                        <div style="overflow: hidden;"></div>
                        <div class="card-body">
                            <h5 class="card-title" style="color: #ff2b2b;">Vigorous Exercise</h5>
                            <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> It is easy to
be put off by the thought that the only kind of exercise that is good for you is the vigorous kind, but this
is not true - moderate intensity exercise and low impact exercise are good for you.</p>
                            <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&nbsp;1,100</p>
                            <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&nbsp;&nbsp;Buy Now</button>
                        </div>
                    </div>
                </div>
                <div class="col-sm bek-center2">
                    <div class="card" style="width: 18rem;overflow: hidden;">
                        <div style="overflow: hidden;"></div>
                        <div class="card-body">
                            <h5 class="card-title" style="color: #ff2b2b;">Hatha Yoga</h5>
                            <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> Hatha yoga is
the foundation for all yoga styles and refers to any practice that combines asana, pranayama, and
meditation. Since this type of yoga is the foundation for all yoga.</p>
                            <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&nbsp;1,500</p>
                            <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&nbsp;&nbsp;Buy Now</button>
                        </div>
                    </div>
                </div>
            </div>
        </div>
    
```

```

        </div>
    </div>
    </div>
</div><div class="bek-container">
    <div class="row">
        <div class="col-lg-6">
            <div class="row">
                <div class="col-sm bek-center2">
                    <div class="card" style="width: 18rem;overflow: hidden;">
                        <div style="overflow: hidden;"></div>
                    <div class="card-body">
                        <h5 class="card-title" style="color: #ff2b2b;">Vinyasa Yoga</h5>
                        <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> For most
classes with the word "vinyasa," you can bet on a pretty active class with a fast and continuous flow from
one pose to the next, including a lot of sun salutations.</p>
                        <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&ampnbsp1,500</p>
                        <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&ampnbsp&ampnbspBuy Now</button>
                    </div>
                </div>
            <div class="col-sm bek-center2">
                <div class="card" style="width: 18rem;overflow: hidden;">
                    <div style="overflow: hidden;"></div>
                <div class="card-body">
                    <h5 class="card-title" style="color: #ff2b2b;">Iyengar Yoga</h5>
                    <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> The poses are
generally held longer, but the support of props and attention to alignment make this a great practice for
those overcoming injury.</p>
                    <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&ampnbsp1,500</p>
                    <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&ampnbsp&ampnbspBuy Now</button>
                </div>
            </div>
        </div class="col-lg-6">
            <div class="row">
                <div class="col-sm bek-center2">
                    <div class="card" style="width: 18rem;overflow: hidden;">
                        <div style="overflow: hidden;"></div>
                    <div class="card-body">
                        <h5 class="card-title" style="color: #ff2b2b;">Ashtanga Yoga</h5>
                        <p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> It can be
great for the more seasoned practitioner, as it requires strength, endurance, and a commitment to practicing
a few times a week.</p>
                        <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-
sign"></i>&ampnbsp1,100</p>
                        <button class="btn btn-primary"><i class="fas fa-shopping-
bag"></i>&ampnbsp&ampnbspBuy Now</button>
                    </div>
                </div>
            <div class="col-sm bek-center2">
                <div class="card" style="width: 18rem;overflow: hidden;">
                    <div style="overflow: hidden;"></div>
                <div class="card-body">
                    <h5 class="card-title" style="color: #ff2b2b;">Kundalini Yoga</h5>

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```
<p class="card-text" style="margin-bottom: 30px;font-size: 13px;"> Kundalini is  
all about awakening your kundalini energy, or shakti, which is the primal energy thought to sit at the base  
of the spine.</p>  
        <p class="card-text" style="margin-bottom: 10px;"> <i class="fas fa-rupee-  
sign"></i>&nbsp;1,500</p>  
        <button class="btn btn-primary"><i class="fas fa-shopping-  
bag"></i>&nbsp;&nbsp;Buy Now</button>  
    </div>  
    </div>  
    </div>  
    </div>  
    </div>  
    </div>  
</div>  
</div>  
<!-- back to top button-->  
<a href="#gotop"><button id="myBtn" title="Go to top"></button></a>  
<!-- end of back to top button-->  
<!-- footer bar -->  
<div class="bek-footer-out1">  
    <div class="container bek-footer-out2">  
        <div class="row">  
            <div class="col-md-4">  
                  
                <p>Your daily workout partner.</p>  
            </div>  
            <div class="col-md-8">  
                <div class="row">  
                    <div class="col-md-6">  
                        <div class="row">  
                            <div class="col-sm-6">  
                                <p><a href="../about/about.php" id="about3" style="color: #fff;font-size:  
13px;">about</a></p>  
                                <p><a href="../career/career.php" id="career2">careers</a></p>  
                                <p><a href="../tutorial/tutorial.php" id="tutorial2">tutorials</a></p>  
                            </div>  
                            <div class="col-sm-6">  
                                <p><a href="../food/food.php" style="color: #fff;font-size: 13px;">food</a></p>  
                                <p><a href="../meal-plans/meal-plans.php" id="meal-plans2">meal plans</a></p>  
                                <p><a href="../food/food.php">nutrition</a></p>  
                            </div>  
                        </div>  
                    </div>  
                    <div class="col-md-6">  
                        <div class="row">  
                            <div class="col-sm-6">  
                                <p><a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;">workout</a></p>  
                                <p><a href="../exercise/exercise.php">exercise</a></p>  
                                <p><a href="../yoga/yoga.php">yoga</a></p>  
                                <p><a href="workout-programs.php" id="workout-programs2">workout programs</a></p>  
                            </div>  
                            <div class="col-sm-6">  
                                <p><a href="../faq/faq.php" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>  
                                <p><a href="../contact/contactus.php">contact us</a></p>  
                            </div>  
                        </div>  
                    </div>  
                </div>  
            </div>  
        </div>  
        <div class="container bek-footer-out3">  
            <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .(&nbsp;<span class="change-  
nm"></span>&nbsp;)</p>  
        </div>  
</div>
```

```

<!-- end of footer bar -->
<!-- -----js tags----- -->
<script src="../bootstrap/js/bootstrap.js"></script>
<script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"></script>
<script type='text/javascript' src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'></script>
<script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
<script src="../index/index.js"></script>
<script src="workout-programs.js"></script>
<script src="../denie/denie.js"></script>
</body>
</html>

```

Css :

```

* {
  margin: 0;
  padding: 0;
  box-sizing: border-box;
}
html {
  scroll-behavior: smooth;
}
body {
  overflow-x: hidden;
  font-family: "Roboto", "Arial", "sans-serif";
  background: linear-gradient(180deg, rgba(255,43,43,0.4598214285714286) 0%, rgba(255,255,255,1) 95%);
}
p {
  margin: 0;
}
/* section1 */
.section1-account {
  width: 100%;
  padding: 80px;
}
.account1 {
  font-size: 45px;
  color: #222;
  font-weight: 400;
}
.account2 {
  font-size: 20px;
  color: #fff;
  font-weight: 400;
}
.section2-account {
  width: 100%;
  padding: 30px;
}
.bek-center2 {
  justify-content: center;
  display: flex;
  margin-bottom: 20px;
}
.card:hover {
  transition: .3s;
  border: 1px solid #ff2b2b;
}
.card img {
  transition: .5s;
}
.card:hover img {
  transform: scale(1.2);
}

```

JS :

```

$(".btn-primary").click(function(){
    swal("Thank You", "Thank You for Choosing Fitness Care, Stay Connected.", "success");
});

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault());


// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Yoga/Pranayama

Php :

```

<?php

session_start();
include '../login/dbconn.php';

```

```

$name = $_SESSION['username'];
$nameqry = " select * from fitness_table where name='$name' ";
$query = mysqli_query($con,$nameqry);
$userdata = mysqli_fetch_assoc($query);
$useremail = $userdata['email'];
$mobile = $userdata['mobile'];
$id = $userdata['id'];
if(!isset($_SESSION['username'])) {
    header('location:../login/login.php');
}
?>

<!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">
    <link rel="stylesheet" type="text/css" href="../index/index.css">
    <title>Yoga | Fitness Care</title>
    <link rel='stylesheet' href='https://code.ionicframework.com/ionicons/2.0.1/css/ionicons.min.css'>
    <link type="text/css" href="../bootstrap/css/bootstrap.css" rel="stylesheet">
    <link rel="icon" type="image/png" href="../logo/logo.png">
<link rel="stylesheet" href="yoga.css">
</head>
<body>
<!--preloader section-->
<link rel="stylesheet" type="text/css" href="../preloader/preloader.css">
<section class="bek-preloader-one">
    <div class="bek-preloader-one-out3"></div>
    <div class="bek-preloader-one-out4"></div>
    <div class="bek-preloader-one-out1">
        
    </div>
    <div class="bek-preloader-one-out2">
        <span style="--i:1;">F</span>
        <span style="--i:2;">I</span>
        <span style="--i:3;">T</span>
        <span style="--i:4;">N</span>
        <span style="--i:5;">E</span>
        <span style="--i:6;">S</span>
        <span style="--i:7;">S</span>
        <span style="--i:8;">&ampnbsp</span>
        <span style="--i:9;">C</span>
        <span style="--i:10;">A</span>
        <span style="--i:11;">R</span>
        <span style="--i:12;">E</span>
    </div>
</section>
<script src="https://code.jquery.com/jquery-3.2.1.js"></script>
<script src="../preloader/preloader.js"></script>
<!--end of preloader section-->

<!-- mouse circle -->
<div id="bek-mouse-circle" class="bek-mouse-circle"></div>
<!-- end of mouse circle -->
<!-- nav bar -->
<nav class="navbar navbar-expand-lg navbar-light bg-light fixed-top bek-nav1" style="border-bottom: 1px solid #ffe0e0;">
    <div class="container-xl">
        <a class="navbar-brand" href="../dashboard/dashboard.php">
            
            Fitness Care
        </a>

```

```

        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-
target="#navbarSupportedContent" aria-controls="navbarSupportedContent" aria-expanded="false" aria-
label="Toggle navigation">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarSupportedContent">
            <ul class="navbar-nav me-auto mb-2 mb-lg-0">
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="..../dashboard/dashboard.php" id="home" style="text-transform: uppercase; color: #000; margin: 3px 0 0 10px; font-size: 14px;">Home</a></span>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="..../about/about.php" id="about"><button class="bek-
dropbtn">About <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown3 bek-dropdown-in">
                            <a href="..../about/about.php" id="about2">&nbsp;&nbsp;About Us</a>
                            <a href="..../career/career.php" id="career">&nbsp;&nbsp;Careers</a>
                            <a href="..../tutorial/tutorial.php" id="tutorial">&nbsp;&nbsp;Tutorials</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="..../food/food.php"><button class="bek-dropbtn">Food <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown4 bek-dropdown-in">
                            <a href="..../meal-plans/meal-plans.php" id="meal-plans">&nbsp;&nbsp;Meal Plans</a>
                            <a href="..../food/food.php">&nbsp;&nbsp;Nutrition</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="..../exercise/exercise.php"><button class="bek-
dropbtn">Workouts <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown5 bek-dropdown-in">
                            <a href="..../exercise/exercise.php">&nbsp;&nbsp;Exercise</a>
                            <a href="yoga.php">&nbsp;&nbsp;Yoga</a>
                            <a href="..../workout-programs/workout-programs.php" id="workout-programs">&nbsp;&nbsp;workout programs</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <div class="bek-dropdown1">
                        <span><a class="nav-link bek-link" href="..../faq/faq.php" id="faq"><button class="bek-
dropbtn">faq <i class="fas fa-caret-down bek-rotate"></i></button></a></span>
                        <div class="bek-dropdown2 bek-dropdown6 bek-dropdown-in">
                            <a href="..../faq/faq.php" id="faq2">&nbsp;&nbsp;faq</a>
                            <a href="..../contact/contactus.php">&nbsp;&nbsp;contact us</a>
                        </div>
                    </div>
                </li>
                <li class="nav-item">
                    <span><a class="nav-link bek-link" aria-current="page" href="..../store/store.php" style="text-
transform: uppercase; color: #000; margin: 3px 0 0 20px; font-size: 14px;">Store</a></span>
                </li>
            </ul>

```

```
<ul class="mb-2 mb-lg-0" style="list-style: none;">
    <li class="nav-item">
        <div class="bek-dropdown1">
            <span><a class="nav-link bek-link" href="../account/account.php"><button class="bek-dropbtn" style="margin: 0 0;align-items: center;text-align: center;justify-content: center;display: flex;flex-direction: row;"><div style="width: 35px;height: 35px;border-radius: 50%;overflow: hidden;"></div>&ampnbsp<span style="width: 100px;"><?php echo $_SESSION['username']; ?></span>&ampnbsp<i class="fas fa-caret-down bek-rotate"></i></button></a></span>
            <div class="bek-dropdown7">
                <a href="../account/account.php" id="account"><i class="fas fa-user-circle" style="color: #ff2b2b;"></i>&ampnbsp&ampnbspAccount</a>
                <a href="../notifications/notifications.php" id="notifications"><i class="fas fa-bell" style="color: #ff2b2b;"></i>&ampnbsp&ampnbspNotifications</a>
                <a href="../calender/calender.php" id="calender"><i style="color: #ff2b2b;" class="fas fa-calendar-alt"></i></i>&ampnbsp&ampnbspCalender</a>
                <a href="../join/join.php"><i class="fas fa-user-plus" style="color: #ff2b2b;"></i>&ampnbsp&ampnbspFitness Care</a>
                <a href="../login/logout.php"><i class="fas fa-sign-out-alt" style="color: #ff2b2b;"></i>&ampnbsp&ampnbspSign Out</a>
            </div>
        </div>
    </li>
</ul>
<form class="d-flex">
    <div class="bek-dropdown1">
        <a class="nav-link bek-link" href="#"><button class="bek-dropbtn" style="margin: 0;"><span><i class="fas fa-search"></i></span></button></a>
        <div class="bek-dropdown2 bek-dropdown8 bek-dropdown-in">
            <input class="form-control me-2 bek-search" type="search" placeholder="SEARCH PRODUCT" aria-label="Search" style="width: 100%;outline: none;border: none;border-bottom: 1px solid #fff;background-color: #222638;border-radius: 0;color: #fff;">
        </div>
    </div>
    </form>
</div>
</div>
</nav>
<div style="width: 100%;height: 80px;" id="gotop"></div>
<!-- end of nav bar -->
<!-- section1 -->
<section class="sectionfaq1">
    <div id="carouselExampleCaptions" class="carousel slide carousel-fade" data-bs-ride="carousel">
        <div class="carousel-indicators">
            <button type="button" data-bs-target="#carouselExampleCaptions" data-bs-slide-to="0" class="active" aria-current="true" aria-label="Slide 1" style="width: 5px;height: 6px;border-radius: 50%;border: 2px solid #009dff;"></button>
            <button type="button" data-bs-target="#carouselExampleCaptions" data-bs-slide-to="1" aria-label="Slide 2" style="width: 5px;height: 6px;border-radius: 50%;border: 2px solid #009dff;"></button>
        </div>
        <div class="carousel-inner">
            <div class="carousel-item active bek-back1">
                <div class="carousel-caption bek-yoga-center">
                    <p>Yoga is a Light</p>
                    <h1>Which Once Lit Will Never Dim</h1>
                    <a href="#yoga"><button>yoga</button></a>
                </div>
            </div>
            <div class="carousel-item bek-back2">
                <div class="carousel-caption bek-yoga-center">
                    <p>pranayam takes you into a present moment</p>
                    <h1>The Only Place Where Life Exits</h1>
                    <a href="#pranayam"><button>pranayam</button></a>
                </div>
            </div>
        </div>
    </div>
</section>
```

```

<!-- end of section1 -->
<!-- pranayam section -->
<section id="pranayam">
  <h1>Pranayama</h1>
  <div class="container">
    <!-- 1st row -->
    <div class="row">
      <div class="col-md-4">
        
        <h3>Bhastrika Pranayama</h3>
        <p class="bek-muted">The forceful breathing exercise clears up your respiratory system and is characterised by sounds like a flame burning below a furnace.</p>
        <hr class="dropdown-divider">
        <p class="bek-active">What dose it do?</p>
        <p class="bek-muted">Perform this breathing technique to strengthen your lungs, burn excess fat, improve physical and mental ability and clear the windpipe.</p>
        <hr class="dropdown-divider">
        <p class="bek-active">Do it!</p>
        <p class="bek-muted">Take a deep breath in, inhaling as much air as you can, and expand your stomach. Exhale the air out with force and try to pull your navel in towards the backbone.</p>
        <hr class="dropdown-divider">
        <p class="bek-muted"><span class="bek-muted-half">Reps:</span> Repeat for 1-2 minutes and rest for a while afterward</p>
      </div>
      <div class="col-md-4">
        
        <h3>Kapalbhathi Pranayama</h3>
        <p class="bek-muted">Known as the skull shining breathing technique, this strong deep breathing exercise is synonymous with Baba Ramdev for most of us!</p>
        <hr class="dropdown-divider">
        <p class="bek-active">What dose it do?</p>
        <p class="bek-muted">This pranayama can improve the functioning of all abdominal organs, reduces belly fat, lead to quick weight loss, and balances sugar levels in your body.</p>
        <hr class="dropdown-divider">
        <p class="bek-active">Do it!</p>
        <p class="bek-muted">This breathing technique involves passive inhalation and active exhalation. So inhale normally, breathing in as much air as you can, and exhale forcefully. Try to pull your stomach muscles as closely as you can towards the backbone during exhalation.</p>
        <hr class="dropdown-divider">
        <p class="bek-muted"><span class="bek-muted-half">Reps:</span> Perform for 2-5 minutes</p>
      </div>
      <div class="col-md-4">
        
        <h3>Anulom-vilom Pranayama</h3>
        <p class="bek-muted">Also known as Nadi Shodhana (alternate nostril breathing)</p>
        <hr class="dropdown-divider">
        <p class="bek-active">What dose it do?</p>
        <p class="bek-muted">This pranayama helps normalize blood pressure, aids in blood purification, reduced the risk of heart disease, and can also improve sight.</p>
        <hr class="dropdown-divider">
        <p class="bek-active">Do it!</p>
        <p class="bek-muted">Close your eyes and sit in Padmasana. Use the right thumb to close the right nostril. Inhale slowly through the left nostril, taking in as much air as you can to fill your lungs. Remove the thumb from your right nostril and exhale. While exhaling, use the middle finger to close your left nostril and inhale with your right nostril. Remove the thumb from the right nostril and exhale.</p>
        <hr class="dropdown-divider">
        <p class="bek-muted"><span class="bek-muted-half">Reps:</span> Perform for 2-5 minutes</p>
      </div>
    </div>
    <!-- 2nd row -->
    <div class="row">
      <div class="col-md-4">
        
        <h3>Bhramari Pranayama</h3>
        <p class="bek-muted">This pranayama derives its name from the Bhramari, the black Indian bee. The exhalation resembles the typical humming sound of a bee!</p>
        <hr class="dropdown-divider">
      </div>
    </div>
  </div>
</section>

```

```

<p class="bek-active">What dose it do?</p>
<p class="bek-muted">It can calm your mind down instantly and is one of the best breathing exercises for distress as it rids the mind of frustration, anxiety, anger, or agitation.</p>
<hr class="dropdown-divider">
<p class="bek-active">Do it!</p>
<p class="bek-muted">Close your ears with your thumbs and place your index fingers on the temple. Close your eyes with the other three fingers. Gently inhale through the nose and hold for a few seconds. Keeping the mouth closed, exhale by making a humming sound.</p>
<hr class="dropdown-divider">
<p class="bek-muted"><span class="bek-muted-half">Reps:</span> 5 Times</p>
</div>
<div class="col-md-4">

<h3>Ujjayi Pranayama</h3>
<p class="bek-muted">Also known as victorious breath or ocean breath, this breathing technique involves a soft hissing sound during inhalation.</p>
<hr class="dropdown-divider">
<p class="bek-active">What dose it do?</p>
<p class="bek-muted">The sound vibrations that are a part of this pranayama sharpen the focus of your mind can help cure thyroid and reduce snoring.</p>
<hr class="dropdown-divider">
<p class="bek-active">Do it!</p>
<p class="bek-muted">Begin by inhaling and exhaling naturally. Bend down your head, blocking the free flow of air, and inhale as long as you can, making a sound from your throat. Hold for 2-5 seconds. Close your right nostril with your right thumb while exhaling, and breathe out through the left nostril.</p>
<hr class="dropdown-divider">
<p class="bek-muted"><span class="bek-muted-half">Reps:</span> 10-12 times in as much time you need</p>
</div>
<div class="col-md-4">

<h3>Udgeeth Pranayama</h3>
<p class="bek-muted">The Udgeeth Pranayama is most easy and common pranayama among all the daily Practice Pranayama. It is the art of conscious breathing.</p>
<hr class="dropdown-divider">
<p class="bek-active">What dose it do?</p>
<p class="bek-muted">It calms the mind and brings stability. It also relieves tension, anger and anxiety. It is the Excellent breathing exercises for meditation. Effective against hypertension. It curesproblems related to sleep (Insomnia) and bad dreams. Control the high blood pressureand cure it.</p>
<hr class="dropdown-divider">
<p class="bek-active">Do it!</p>
<p class="bek-muted">Sit on the Padmasana and Close your eyes, Your spine should be straight. Breathe deeply through your nose till diapgram is full with air, and exhale. While exhaling chant the word Om. Make sure to keep the sound of "O" long and the "M" short (0000000m). Udgeeth Pranayama is very simplest pranayama among to all pranayama.</p>
<hr class="dropdown-divider">
<p class="bek-muted"><span class="bek-muted-half">Reps:</span> Repeat this 3 to 5 minutes</p>
</div>
</div>
<div style="width: 100%;align-items: center;justify-content: center;display: flex;margin: 30px 0;"><button class="more"><i class="fas fa-arrow-down"></i>&ampnbsp&ampnbspload more</button></div>
</div>
</section>
<!-- end of pranayam section -->

<!-- yoga section -->
<section id="yoga">
<h1>Yoga</h1>
<div class="container">
<!-- 1st row -->
<div class="row">
<div class="col-md-4">

<h3>Naukasana</h3>
<p class="bek-muted">Naukasana is a posture in which our body takes the shape of a boat.</p>
<hr class="dropdown-divider">
<p class="bek-active">What dose it do?</p>

```

<p class="bek-muted">This asana increases the efficiency of abdominal muscles, is good for digestion, and reduces belly fat. It also strengthens organs in the abdomen and leg muscles.</p>
 <hr class="dropdown-divider">
 <p class="bek-active">Do it!</p>
 <p class="bek-muted">Lie down on your back with your legs together. Keep your hands on the thighs or next to the thighs on the floor. Inhale and raise your head, arms and head in a straight line off the floor at a 30-degree angle. Keep the toes pointing upward.</p>
 <hr class="dropdown-divider">
 <p class="bek-muted">Reps: Duration 3-4 repetitions daily but should not overdo.</p>
 </div>
 <div class="col-md-4">

 <h3>Paschimottanasana</h3>
 <p class="bek-muted">Paschimottanasana (forward bend) is a simple and traditional Hatha Yoga Asana.</p>
 <hr class="dropdown-divider">
 <p class="bek-active">What dose it do?</p>
 <p class="bek-muted">Paschimottanasana stretches the calf and hamstring muscles, which helps for better circulation. It elongates the spine and gives a good stretch to it. It also regulates vital energy to the nervous system and ensures good circulation to internal abdominal organs.</p>
 <hr class="dropdown-divider">
 <p class="bek-active">Do it!</p>
 <p class="bek-muted">Sit with your outstretched legs and flexed toes. Inhale and raise your arms. Exhale and pull the navel in. Stretch the spine forward from the hips. Hold the toes with your hands, bending the elbow outward or downward. In the final position, your awareness should be on your abdominal breathing.</p>
 <hr class="dropdown-divider">
 <p class="bek-muted">Reps: Perform for 2-5 minutes</p>
 </div>
 <div class="col-md-4">

 <h3>Ardha Matsyendrasana</h3>
 <p class="bek-muted">Ardha Matsyendrasana Increases the elasticity of the spine and tones the spinal nerves.</p>
 <hr class="dropdown-divider">
 <p class="bek-active">What dose it do?</p>
 <p class="bek-muted">This asana makes your spine more flexible and strengthens your side muscles. It also tones the abdominal muscles and opens up the chest area.</p>
 <hr class="dropdown-divider">
 <p class="bek-active">Do it!</p>
 <p class="bek-muted">Sit straight, stretching your legs in front of you. Bend your left leg and try to touch your feet to your right buttock. Bring your right leg outside of the left knee. Touch your feet to the ground. Keep your spine erect. Exhale and turn your upper body to the right. Hold your right feet with the left hand and place your right hand on the spine.</p>
 <hr class="dropdown-divider">
 <p class="bek-muted">Reps: Duration 3-4 repetitions daily.</p>
 </div>
 </div>
 <!-- 2nd row -->
 <div class="row">
 <div class="col-md-6">

 <h3>Dwi Pada Uttanasana</h3>
 <p class="bek-muted">Dwi Pada Uttanasana works on your gluteus and quadricep muscles.</p>
 <hr class="dropdown-divider">
 <p class="bek-active">What dose it do?</p>
 <p class="bek-muted">This asana strengthens the core and is an efficient practice to release the extra fat around the abdomen. "It works on the gluteus and quadricep muscles."</p>
 <hr class="dropdown-divider">
 <p class="bek-active">Do it!</p>
 <p class="bek-muted">Lie down on your spine, with hands placed next to the buttocks or under the buttock (palms downward). The legs should be straight and toes flexed. Inhale and raise both legs at a 90-degree angle while expanding the abdomen out. Exhale and raise both legs to a 45 or 30-degree angle while contracting the abdomen.</p>
 <hr class="dropdown-divider">

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    <p class="bek-muted"><span class="bek-muted-half">Reps:</span> Do 5-8 movements and then hold the
legs at each angle for 5-7 abdominal breaths.</p>
</div>
<div class="col-md-6">
    
    <h3>Viparita Karni</h3>
    <p class="bek-muted">Viparita Karni has anti-aging effects on the body.</p>
    <hr class="dropdown-divider">
    <p class="bek-active">What dose it do?</p>
    <p class="bek-muted">Your digestive system will get strengthened by regular practice of this
exercise. Your appetite will increase. It can prevent premature graying of hair and cure diseases like the
swelling of the feet, goitre, blood-related diseases like boils, pimples and itching.</p>
    <hr class="dropdown-divider">
    <p class="bek-active">Do it!</p>
    <p class="bek-muted">Lie straight on your back. Join both the legs and lift them up. Take the legs
slightly behind to lift your lower back. Support the back by placing the palms on the lower back with elbows
on the ground. Keep the legs perpendicular to the floor and your back inclined at an angle of 45-60 degrees
with the floor. Breathe normally.</p>
    <hr class="dropdown-divider">
    <p class="bek-muted"><span class="bek-muted-half">Reps:</span> Begin with 1-minute and then slowly
increase the duration of practice to 10 minutes.</p>
</div>
</div>
<div style="width: 100%;align-items: center;justify-content: center;display: flex;margin: 30px
0;"><button class="more"><i class="fas fa-arrow-down"></i>&ampnbsp&ampnbspload more</button></div>
</div>
</section>
<!-- end of yoga section --&gt;

<!-- back to top button--&gt;
&lt;a href="#gotop"&gt;&lt;button id="myBtn" title="Go to top"&gt;&lt;img src="../index/arrow.png" width="30"&gt;&lt;/button&gt;&lt;/a&gt;
<!-- end of back to top button--&gt;
<!-- footer bar --&gt;
&lt;div class="bek-footer-out1"&gt;
    &lt;div class="container bek-footer-out2"&gt;
        &lt;div class="row"&gt;
            &lt;div class="col-md-4"&gt;
                &lt;img src="../logo/Logo.png" width="80"&gt;
                &lt;p&gt;Your daily workout partner.&lt;/p&gt;
            &lt;/div&gt;
            &lt;div class="col-md-8"&gt;
                &lt;div class="row"&gt;
                    &lt;div class="col-md-6"&gt;
                        &lt;div class="row"&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../about/about.php" id="about3" style="color: #fff;font-size:
13px;"&gt;about&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../career/career.php" id="career2"&gt;careers&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../tutorial/tutorial.php" id="tutorial2"&gt;tutorials&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../food/food.php" style="color: #fff;font-size: 13px;"&gt;food&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../meal-plans/meal-plans.php" id="meal-plans2"&gt;meal plans&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../food/food.php"&gt;nutrition&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                        &lt;/div&gt;
                    &lt;/div&gt;
                    &lt;div class="col-md-6"&gt;
                        &lt;div class="row"&gt;
                            &lt;div class="col-sm-6"&gt;
                                &lt;p&gt;&lt;a href="../exercise/exercise.php" style="color: #fff;font-size: 13px;"&gt;workout&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../exercise/exercise.php"&gt;exercise&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="yoga.php"&gt;yoga&lt;/a&gt;&lt;/p&gt;
                                &lt;p&gt;&lt;a href="../workout-programs/workout-programs.php" id="workout-programs2"&gt;workout
programs&lt;/a&gt;&lt;/p&gt;
                            &lt;/div&gt;
                            &lt;div class="col-sm-6"&gt;
</pre>

```

```

        <p><a href="../faq/faq.php" style="color: #fff;font-size: 13px;" id="faq3">faq</a></p>
        <p><a href="../contact/contactus.php">contact us</a></p>
    </div>
    </div>
    </div>
    </div>
    </div>
    </div>
    </div>
<div class="container bek-footer-out3">
    <p>Copyright <i class="far fa-copyright"></i> 2021 . Designed By Group - H .&nbsp;<span class="change-nm"></span>&nbsp;</p>
    </div>
</div>
<!-- end of footer bar --&gt;
<!-- end of faq section --&gt;
&lt;script src='https://code.jquery.com/jquery-3.2.1.min.js'&gt;&lt;/script&gt;
&lt;script src="yoga.js"&gt;&lt;/script&gt;
&lt;script src="https://kit.fontawesome.com/72c6e5ab9f.js" crossorigin="anonymous"&gt;&lt;/script&gt;
&lt;script src="../bootstrap/js/bootstrap.js"&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/swiper/swiper-bundle.min.js"&gt;&lt;/script&gt;
&lt;script type='text/javascript'
src='http://ajax.googleapis.com/ajax/libs/jquery/1.3.2/jquery.min.js?ver=1.3.2'&gt;&lt;/script&gt;
&lt;script src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"&gt;&lt;/script&gt;
&lt;script src="../index/index.js"&gt;&lt;/script&gt;
&lt;script src="../denie/denie.js"&gt;&lt;/script&gt;

&lt;/body&gt;
&lt;/html&gt;
</pre>

```

Css :

```

@import url('https://fonts.googleapis.com/css?family=Hind:300,400');
*, *:before, *:after {
    -webkit-box-sizing: inherit;
    box-sizing: inherit;
    margin: 0;
    padding: 0;
}
html {
    -webkit-box-sizing: border-box;
    box-sizing: border-box;
}
body {
    margin: 0;
    padding: 0;
    font-family: 'Hind', sans-serif;
}
/* section1 */
.sectionfaq1 {
    width: 100%;
    min-height: 100vh;
}
.bek-back1 {
    width: 100%;
    min-height: 100vh;
    background: url(r.jpeg);
    background-position: center;
    background-size: cover;
    position: relative;
}
.bek-back2 {
    width: 100%;
    min-height: 100vh;
    background: url(r1.jpg);
    background-position: top center;
    background-size: cover;
    position: relative;
}

```

```

}

.bek-yoga-center {
  width: 100%;
  position: absolute;
  top: 50%;
  left: 50%;
  transform: translate(-50%, -50%);
  text-shadow: 0 0 5px #222;
}
.bek-yoga-center p {
  text-transform: uppercase;
}
.bek-yoga-center h1 {
  font-size: 60px;
  font-weight: 800;
}
.bek-yoga-center button {
  border: none;
  outline: none;
  padding: 10px 25px;
  background: #ff6060;
  color: #fff;
  text-transform: uppercase;
  margin-top: 30px;
  transition: .3s;
}
.bek-yoga-center button:hover {
  background: #fff;
  color: #000;
  margin-top: 25px;
}

/* pranayam section */
#pranayam {
  width: 100%;
  padding: 40px;
}
#pranayam h1 {
  font-weight: 800;
  margin-bottom: 40px;
}
#pranayam .col-md-4 img {
  width: 100%;
  margin-top: 30px;
}
#pranayam .col-md-4 h2 {
  margin-bottom: 30px;
}
#pranayam .col-md-4 .bek-muted {
  color: #999;
  font-weight: 400;
}
#pranayam .col-md-4 .bek-muted-half {
  color: #666;
  font-weight: 400;
}
#pranayam .col-md-4 .bek-active {
  color: #000;
  font-weight: 400;
}
#pranayam button {
  border: none;
  outline: none;
  padding: 10px 35px;
  background: #ffaaaa;
  transition: .3s;
  color: #fff;
}

```

```

    text-transform: uppercase;
}
#pranayam button:hover {
    background: #ff8787;
}

/* yoga section */
#yoga {
    width: 100%;
    padding: 40px;
}
#yoga h1 {
    font-weight: 800;
    margin-bottom: 40px;
}
#yoga .col-md-4 img {
    width: 100%;
    margin-top: 30px;
}
#yoga .col-md-4 h2 {
    margin-bottom: 30px;
}
#yoga .col-md-4 .bek-muted {
    color: #999;
    font-weight: 400;
}
#yoga .col-md-4 .bek-muted-half {
    color: #666;
    font-weight: 400;
}
#yoga .col-md-4 .bek-active {
    color: #000;
    font-weight: 400;
}
#yoga button {
    border: none;
    outline: none;
    padding: 10px 35px;
    background: #ffaaaa;
    transition: .3s;
    color: #fff;
    text-transform: uppercase;
}
#yoga button:hover {
    background: #ff8787;
}

/* media query */
@media only screen and (max-width: 770px) {
    .bek-out {
        flex-direction: column;
    }
    .bek-col-md-6 {
        width: 100%;
    }
}

Js :
$(".more").click(function(){
    swal("Oop's Sorry !", "You are not a FITNESS CARE+ member, Thank You.", "error");
});

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault());

```

```

// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Js

Js :

```

// To disable right click

document.addEventListener('contextmenu', event => event.preventDefault();

// To disable F12 options

document.onkeypress = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {

```

```

        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onmousedown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}
document.onkeydown = function (event) {
    event = (event || window.event);
    if (event.keyCode == 123) {
        swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
        return false;
    }
}

//Disable ctrl+c, ctrl+u, ctrl+v

jQuery(document).ready(function($){
    $(document).keydown(function(event) {
        var pressedKey = String.fromCharCode(event.keyCode).toLowerCase();
        if (event.ctrlKey) {
            swal("Oop's Sorry!", "Your Browser Denied This Function", "error");
            return false;
        }
    });
});

//mouse right click

document.onmousedown = click
// click function called
function click(mouseevent) {
    // Condition to disable right click
    if (mouseevent.button == 2) {
        swal("Oop's Sorry!", "Your Broser Denied This Function", "error");
        return false;
    }
}

```

Preloader

Css :

```

* {
    margin: 0;
    padding: 0;
}
.bek-preloader-one {
    position: fixed;
    width: 100%;
    height: 100vh;
    align-items: center;
    justify-content: center;
    display: flex;
    transition: 1s;
    flex-direction: column;
    z-index: 999999999;
    background: #fff0;
    backdrop-filter: blur(2px);
}
.bek-preloader-one.complete {

```

```

        display: none;
    }
.bek-preloader-one-out3 {
    position: absolute;
    left: 0%;
    top: 0%;
    width: 50%;
    height: 100vh;
    background: #000;
    transition: 1s;
}
.bek-preloader-one-out3.completeleft {
    left: -50%;
}
.bek-preloader-one-out4 {
    position: absolute;
    right: 0%;
    top: 0%;
    width: 50%;
    height: 100vh;
    background: #000;
    transition: 1s;
}
.bek-preloader-one-out4.completeright {
    right: -50%;
}
.bek-preloader-one-out1 {
    width: 120px;
    height: 120px;
    border-radius: 50%;
    background: ;
    padding: 20px;
    border-bottom: 6px solid #ff2b2b;
    border-right: 6px solid #ff2b2b;
    align-items: center;
    justify-content: center;
    display: flex;
    transition: 1s;
    animation: preloaderrotate 1s linear infinite;
}
@keyframes preloaderrotate {
    0% {
        transform: rotate(0deg);
    }
    100% {
        transform: rotate(360deg);
    }
}
.bek-preloader-one-out1 img {
    width: 80%;
    animation: preloaderrotateimg 1s linear infinite;
}
.bek-preloader-one-out1.completeimg {
    opacity: 0;
    visibility: hidden;
    pointer-events: none;
}
@keyframes preloaderrotateimg {
    0% {
        transform: rotate(0deg);
    }
    100% {
        transform: rotate(-360deg);
    }
}
.bek-preloader-one-out2 {
    background: ;

```

```

width: 200px;
margin-top: 30px;
padding: 10px 0;
text-align: center;
position: relative;
}
.bek-preloader-one-out2 span {
    position: relative;
    color: #fff;
    font-family: consolas;
    display: inline-block;
    animation: bektextanimation 1s ease-in-out infinite;
    animation-delay: calc(0.1s * var(--i));
}
@keyframes bektextanimation {
    0%,40%,100% {
        transform: translateY(0);
        color: #fff;
    }
    20% {
        transform: translateY(-10px);
        color: #ff2b2b;
    }
}
.bek-preloader-one-out2.completespan {
    opacity: 0;
    visibility: hidden;
    pointer-events: none;
}

```

JS :

```

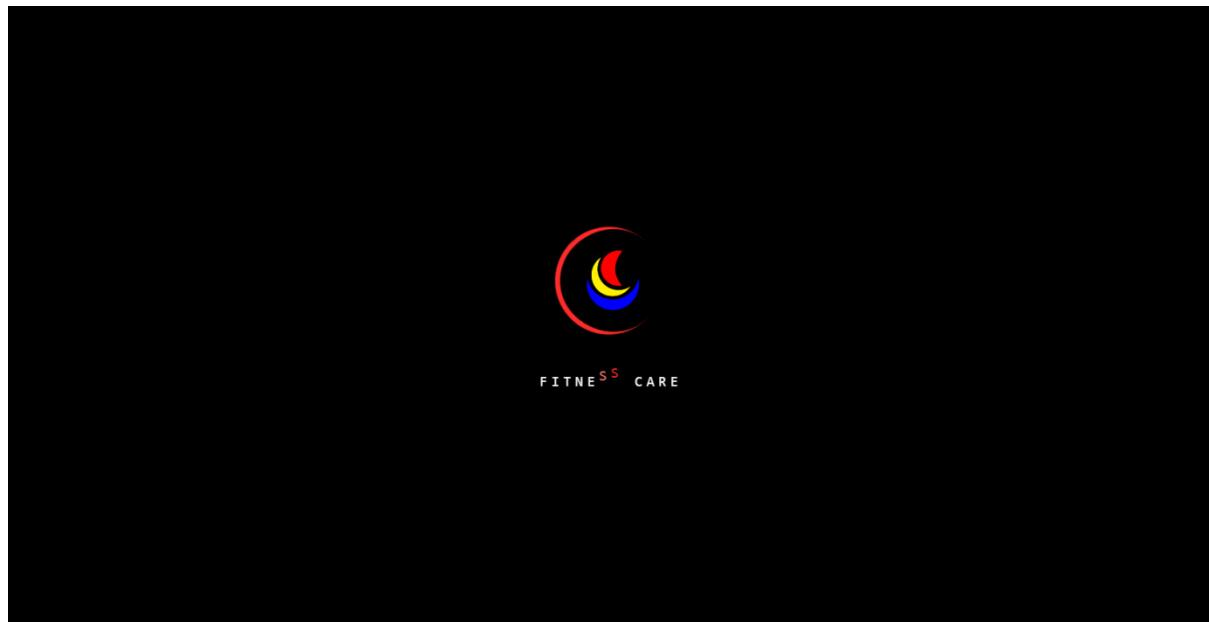
$(window).on('load',function() {
    $('.bek-preloader-one-out3').addClass('completeleft');
    $('.bek-preloader-one-out4').addClass('completeright');
    $('.bek-preloader-one-out2').addClass('completespan');
    $('.bek-preloader-one-out1').addClass('completeimg');
    setTimeout(function(){ $('.bek-preloader-one').css("display", "none"); }, 1100);
})

```

OUTPUTS

12. SCREENSHOTS OF APPLICATION:

Preloader



Home Page

Fitness Care HOME ABOUT FOOD WORKOUTS FAQ STORE SIGN IN

We Believe
WE'RE A FAMILY.

In This Website You Will Get Workout Videos, Exercises, Meal Plan Absolutely Free.

Get your Workout Program™.

[Join Us](#)

Meal Plans
Plans with dietitians and nutritionists
[Let's Go →](#)

Workout
Access to some workout videos.
[Let's Go →](#)

Workout Programs
Make your own workout program
[Let's Go →](#)

Fitness Care Plus
Full access to our website.
[Let's Go →](#)

What makes us
DIFFERENT?

- Progress Result
Our approaches are scientific that why we offer a Money Back Guarantee.
- Human Touch
Our Coaches will reach at Your Door for You.
- Community
Stay Connected with Us and with other Peoples on the Same Journey.
- Service
For this Corona Condition we are working from home through online.



We are **REDEFINING FITNESS** for You.



13,000+
Body Transformation



11,300+
People Lose Their Weight



50+
Certified Coaches

What we do
ABOUT FITNESS CARE

This is a fitness website. We made this website FITNESS CARE for the major project of our college. We all belongs to George College Seaford. It is basically a part of our graduation course. We are seven students working as a team. To see more about us click the following button.

[Read More](#)



Ready to try **FITNESS CARE** ? [Get Start Now](#)



 YOUR DAILY WORKOUT PARTNER

ABOUT CAREERS TUTORIALS

FOOD MEAL PLANS NUTRITION

WORKOUT EXERCISE YOGA WORKOUT PROGRAMS

FAQ CONTACT US

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About Page

The image consists of two parts. On the right is a photograph of a muscular man in a black tank top and shorts, crouching on a paved surface and stretching his legs. On the left is a semi-transparent banner with the text "ABOUT FITNESS CARE AND IT'S TEAM MEMBERS" at the top. Below it, in red text, is "Our Target is to Make your health healthy and maintain your fitness and make it affordable."



WE CREATED THIS WEBSITE FOR A MAJOR PROJECT FOR OUR COLLEGE. BUT IT CAN HELP YOU TO LIVE A BETTER LIFE, HEALTHY AND HAPPIER LIFE

We believe fitness should be accessible to everyone, everywhere, regardless of income level or access to a gym. That's why we offer hundreds of free, full-length workout videos, the most affordable and effective workout programs on the web, meal plans, and helpful health, nutrition and fitness information.

Group Members

A circular slider interface showing a portrait of a young man wearing a dark blue face mask. He is wearing a light-colored shirt with a tropical leaf pattern. The portrait is framed by a green diamond shape. To the left and right of the main image are circular arrows for navigating through more members.

The footer is a dark horizontal bar. At the top left is the Fitness Care logo with the tagline "YOUR DAILY WORKOUT PARTNER". To the right are four columns of links: "ABOUT", "FOOD", "WORKOUT", and "FAQ", each with sub-links like "CAREERS", "MEAL PLANS", "EXERCISE", etc. At the bottom center is a copyright notice: "COPYRIGHT © 2021. DESIGNED BY GROUP - H (BEKROM)". On the far right is a small red square icon with a white phone receiver symbol.

Career Page

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IT'S TIME TO
JOIN **FITNESS CARE**
AS A COACH.

Health & fitness has grown tremendously and is projected to become one of the largest job creators.



CAREERS@FITNESSCARE

Select Coach Type

Certified Physical Trainer

Candidate Name

Email id

Mobile Number

Submit



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Tutorial Page

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TUTORIALS

Fitness Care has a lot of content and powerful features to help you find, organize, and schedule it all. Use the following tutorials to quickly get the most out of the website, so you can stay focused on your fitness and wellness.



FINDING THE RIGHT WORKOUT

Use Filters and Search to quickly find what you're looking for.



HOW TO USE TAGS

Organize and quickly find content by tagging your videos.



BUILDING ROUTINES

Create reusable, personalized routines to schedule your workouts with ease.



TRACK DIFFICULTY AND DURATION

Get more accurate data and track your progress by entering your

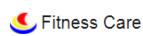


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Account Page

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Account Profile

User Account Id	User Name
<input type="text" value="1"/>	<input type="text" value="bekromroy"/>
User Email	User Mobile No.
<input type="text" value="200bekromroy@gmail.com"/>	<input type="text" value="2142483644"/>



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Calender Page

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< 2021 > 

JUNE 2021							
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
January			1	2	3	4	5
February							
March							
April							
May	6	7	8	9	10	11	12
June	13	14	15	16	17	18	19
July	20	21	22	23	24	25	26
August	27	28	29	30			

June 24, 2021
No event for today.. so take a rest! :)



YOUR DAILY WORKOUT PARTNER.

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Dashboard Page

Fitness Care HOME ABOUT FOOD WORKOUTS FAQ STORE BEKROM ROY

We Believe
WE'RE A FAMILY.

We Believe we are a family. In This Website You Will Get Workout Videos, Exercises, Meal Plan Absolutely Free.

Get your Workout Program™.

[JOIN US](#)

Meal Plans
Plans of diets and nutritions.
[Let's Go →](#)

Workout
Access to some workout videos.
[Let's Go →](#)

Workout Programs
Make your own workout program.
[Let's Go →](#)

Fitness Care Plus +
Full access to our website.
[Let's Go →](#)

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Stay Connected with Us and with other Peoples on the Same Journey.
- **Service**
For this Corona Condition we are working from home through online.

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13,000+
Body Transformation

11,300+
People Lose Their Weight

50+
Certified Coaches

What we do

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This is a fitness website. We made this website FITNESS CARE for the major project of our college. We it belongs to George College Sectoral. It is basically a part of our graduation course. We are seven students working as a team. To see more about us click the following button.

[Read More](#)

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[Get Start Now](#)

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Exercise Page



ABS Exercise



JUMPING JACKS

00:30 seconds

Start with your feet together and your arms by your sides, then jump up with your feet apart and your hands overhead.

Return to the start position then do the next exp.

This exercise provides a full body workout and

works all your large muscle groups.

Abdominal Crunches

x10

Lie on your back with knees bent and your arms stretched forward. Then lift your upper body off the floor. Hold for a few seconds and slowly return.

It primarily works the rectus abdominis muscle and obliques.

RUSSIAN TWIST

x10

Lie on the floor with your knees bent, feet lifted a little bit and back tilted backwards.

Then hold your hands together and twist from side to side.

[+ LOAD MORE](#)

Chest Exercise



WIDE ARM PUSH UPS

x10

Lie in the regular push-up position but with your hands spread wider than your shoulders.

Then push your body up and down. Remember to keep your body straight.

TRICEPS DIPS

x10

For the start position, sit on the chair. Then move your feet off the chair with your hands holding the edge of the chair.

Slowly bend and stretch your arms to make your body go up and down. This is a great exercise for the triceps.



COBRA STRETCH

00:30 seconds

Lie down on your stomach and bend your elbows with your hands beneath your shoulders.

Then push your chest up off the ground as far as possible. Hold this position for seconds.

[+ LOAD MORE](#)

ARM Exercise



WALL PUSH UPS

x10

Start in the straight arm plank position. Lift your right arm and left leg until they are parallel with the ground.

Return to the start position and repeat with the other side.

INCHWORMS

x10

Start with your feet shoulder apart.

Bend your body and walk your hands in front of you as he or she can, then walk your hands back. Repeat the exercise.



PUNCHES

00:30 seconds

Stand with your one leg forward and your knees bent slightly. Bend your elbows and clench your fists in front of your face.

Extend one arm forward with the palm facing the floor. Take the arm back and repeat with the other arm.

[+ LOAD MORE](#)

LEG Exercise



BACKWARD LUNGE

x12

Stand with your feet shoulder width apart and your hands held in front of you.

Step a big step backward with your right leg and lower your body until your left thigh is parallel to the floor. Return and repeat with the other side.



Donkey Kicks

x12

Start on all fours with your knees under your butt and your hands under your shoulders.

Then lift your left leg and squeeze your butt as much as you can. Go back to the start position and repeat the exercise. Do the same with your right leg.



Leg Stretch

00:30 seconds

Stand with your one leg bent and bend your knee and hold your ankle with your hand.

This improves the muscle flexibility.

[+ LOAD MORE](#)



FAQ Page

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HELP AND SUPPORT

For Your Every Question.



Frequently Asked Questions (FAQs)

How often should I train? How hard? How long?	(+)
What factors affect aerobic training?	(+)
How much should I weigh?	(+)
What is aerobic exercise?	(+)
What's the best way to determine Body Fat Percentage?	(+)
Is it better to break up my exercise sessions?	(+)
What should I eat as my meal before an aerobic workout?	(+)
How soon and how much should I eat after an aerobic workout?	(+)
How do I know when I am burning fat?	(+)
What other methods are used for judging workout intensity?	(+)
What is proper stepping technique?	(+)
How can I increase intensity?	(+)
What is the best time of day to exercise?	(+)
Why is warm-up an important part of aerobic activity?	(+)
Do Crunches and Bun work slim those areas down?	(+)
Are abdominal exercises effective if I want to lose extra fat around my stomach?	(+)
How many calories are burned while walking or jogging one mile?	(+)
I have been working out for a while now and stopped losing weight. What is happening?	(+)
How many calories does it take to burn one pound of fat?	(+)
I have no time to exercise, what can I do?	(+)



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[YOGA](#)
[WORKOUT PROGRAMS](#)

FAQ

[CONTACT US](#)

Nutrition Page



Stamina Booster



Yoghurt

'Yoghurt or 'dahi has calcium and protein. But that's not all it does. Since it is soothing for your stomach and easy to digest, it is a great food to have before your workout or even on an empty stomach. Adding some fruit to your yoghurt can give you an extra boost of nutrition and stamina.'



Banana



Oatmeal

Oatmeal is one of the best things you can start your day with. Being nutrient-dense and rich in fibre, oatmeal provides your body with the much-needed energy it needs to allow you to go about your day if stamina is what you are after. Add in some nuts and seeds to make it even better!

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Weight Loss



Leafy Greens

Leafy greens include kale, spinach, collards, Swiss chard and a few others. They have several properties that make them perfect for a weight loss diet, such as being low in carbohydrates and containing a lot of water. Eating leafy greens is a great way to increase the volume of your meals, without increasing the calories. Leafy greens are also incredibly nutritious and very high in many vitamins, antioxidants and minerals, including calcium, which has been shown to aid fat burning.



Salmon

Salmon is incredibly healthy and very satisfying, keeping you full for many hours with relatively few calories. Salmon is also loaded with omega-3 fatty acids, which have been shown to help reduce inflammation, which is known to play a major role in obesity and metabolic disease.



Cruciferous Vegetables

Cruciferous vegetables include broccoli, cauliflower, several types of mustard greens, Brussels sprouts, turnips and radishes. They're high in fiber and tend to be incredibly filling. A combination of protein, fiber and low energy density makes cruciferous vegetables the perfect foods to include in your meals if you need to lose weight. They're also highly nutritious and contain cancer-fighting substances.

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Weight Gain



Home Made Protein Smoothies

Drinking homemade protein smoothies can be a highly nutritious and quick way to gain weight. It also gives you fullness and energy gains and reduces fatigue. Here are just a few tasty variations you can try. You can combine each with 2 cups (470 mL) of dairy milk or soy milk if you have lactose intolerance. Both have more nutrients and calories than other alternative milks.

Chocolate banana nut shake : Combine 1 banana, 1 scoop of chocolate whey protein, and 1 tablespoon (15 mL) of peanut or another nut butter.

Vanilla berry shake : Combine 1 cup (237 mL) of fresh or frozen mixed berries, ice, 1 cup (237 mL) of high protein, full fat Greek yogurt, and 1 scoop of vanilla whey protein.



Milk

Milk has been used as a weight gainer or muscle builder for decades. It provides a good source of proteins, carbs, and fats and is a good source of calcium, as well as other vitamins and minerals. For those who are looking to gain more muscle, milk is an excellent protein source that provides both casein and whey proteins.

Try drinking one or two glasses of whole milk (490 mL per cup) as a snack, with a meal, or before and after a workout if you're training.



Rice

Rice is a convenient, low cost source to help you gain weight. Just 1 cup (56 grams) of cooked white rice contains approximately 44 grams of carbs, which is very little fat. Rice is also fairly low in protein, meaning you can easily obtain a high amount of carbs and Calories from a single serving. This helps you eat more food, especially if you have a poor appetite or get full quickly.

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CAREERS
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FOOD
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WORKOUT
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Meal-Plan Page

Fitness Care HOME ABOUT FOOD WORKOUTS FAQ STORE SIGN IN 

Meal Plans

Calender Based Plans

These programs utilize Fitness Blenders online calendar system allowing you to access your meal plan from anywhere you have access to Fitness Blenders website.



Meal Plan Details

Plan Length : 4 Weeks

Meal Type : Omnivore

Format : Calender

₹ 2,200

 Buy Now



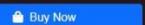
Meal Plan Details

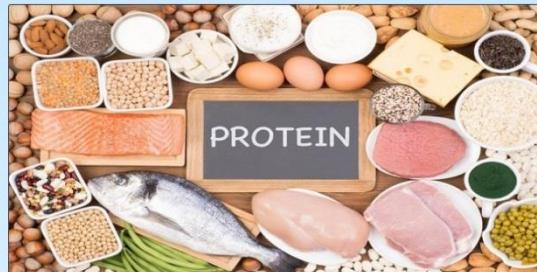
Plan Length : 4 Weeks

Meal Type : Carbohydrate

Format : Calender

₹ 1,800

 Buy Now



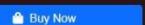
Meal Plan Details

Plan Length : 4 Weeks

Meal Type : Protein

Format : Calender

₹ 1,800

 Buy Now

The majority of gym-goers will be well aware that consuming protein is important. The reason why protein is so important is that, it plays a key role in recovery and repair. During exercise, the body is exposed to strains and stresses which cause damage to occur to the muscles at a microscopic level. In order for the damage to be repaired, protein is needed. Without it, recovery periods will be extended and chronic fatigue may become a factor. Protein is found most highly in animal produce such as lean meats, eggs & dairy. It can also be found in smaller quantities in foods such as seeds, nuts, legumes, beans, and soy.



ABOUT
CAREERS
TUTORIALS

FOOD
MEAL PLANS
NUTRITION

WORKOUT
EXERCISE
YOGA
WORKOUT PROGRAMS

FAQ
CONTACT US

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Membership Page



HOME

ABOUT ▾

FOOD ▾

WORKOUTS ▾

FAQ ▾

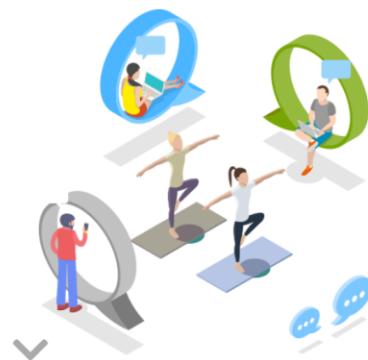
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FITNESS CARE +

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All Membership Features

Fitness Care Features

	Free	FC+
Hundreds of Professionally-Built Workouts	✓	✓
Wide Selection of Healthy Living Articles	✓	✓
Healthy and Convenient Recipes	✓	✓
Positive and Encouraging Community	✓	✓
Interactive Workout Calendar	✓	✓
Save Your Favorite Videos	✓	✓
Ads-Free Website and Videos		✓
Statistics for Your Activities		✓
Trackers to See Your Progress		✓
Exclusive Workouts		✓
Exclusive Workout Challenges		✓
Tagging to Help Organize Videos		✓
Create Personal Routines		✓
Ability to Mark Rest Day Complete		✓

₹ Pricing

Fitness Care Plus gives you access to exclusive workouts, challenges, and recipes, as well as a constantly growing set of features as a part of a monthly or yearly subscription. If you still aren't sure if Fitness Care Plus is right for you, new memberships start with a one week free trial.

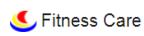


ABOUT
CAREERS
TUTORIALS
FOOD
MEAL PLANS
NUTRITION
WORKOUT
EXERCISE
YOGA
FAQ
CONTACT US
WORKOUT PROGRAMS

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Notification Page

[HOME](#)[ABOUT ▾](#)[FOOD ▾](#)[WORKOUTS ▾](#)[FAQ ▾](#)[STORE](#)

Notifications

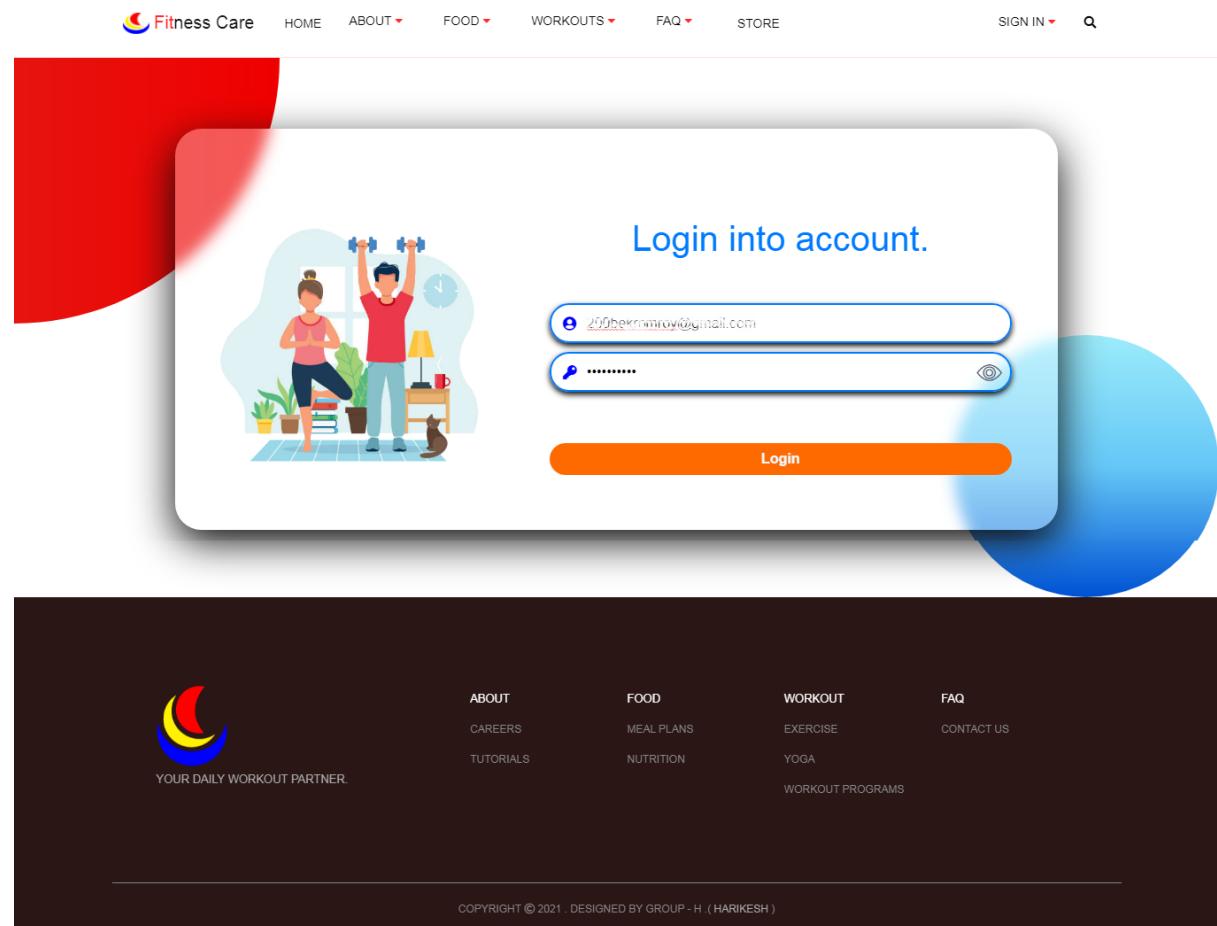
There is no new notifications for you, bekrom roy.

The footer section features a dark background with white text and icons. On the left is the Fitness Care logo and the tagline "YOUR DAILY WORKOUT PARTNER.". To the right are four columns of links:

ABOUT	FOOD	WORKOUT	FAQ
CAREERS	MEAL PLANS	EXERCISE	CONTACT US
TUTORIALS	NUTRITION	YOGA	WORKOUT PROGRAMS

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Login Page



The image shows the login page of the Fitness Care website. At the top, there is a navigation bar with links for HOME, ABOUT, FOOD, WORKOUTS, FAQ, STORE, SIGN IN, and a search icon. Below the navigation bar is a large, semi-transparent red and blue graphic element. In the center, there is a white rectangular form for logging in. On the left side of the form is a cartoon illustration of a man and a woman exercising at home. The main text on the right says "Login into account." Below this are two input fields: one for email (containing "200bekromroy@gmail.com") and one for password (containing "....."). To the right of the password field is an "eye" icon for password visibility. At the bottom is a large orange "Login" button.

Fitness Care

HOME ABOUT ▾ FOOD ▾ WORKOUTS ▾ FAQ ▾ STORE SIGN IN ▾ 

Login into account.

 200bekromroy@gmail.com

Login


YOUR DAILY WORKOUT PARTNER.

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Register Page

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Create a free account.

Enter full name here

Enter email here

Enter mobile number

Create password more than 6 characters

Enter confirm password

Create



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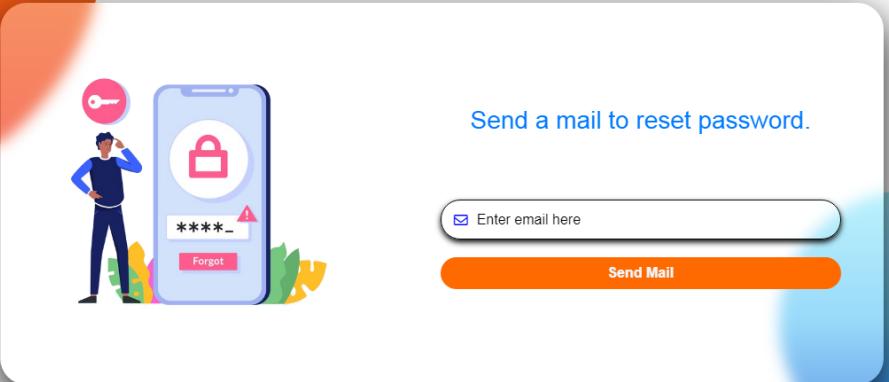
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Forgot Page

Fitness Care

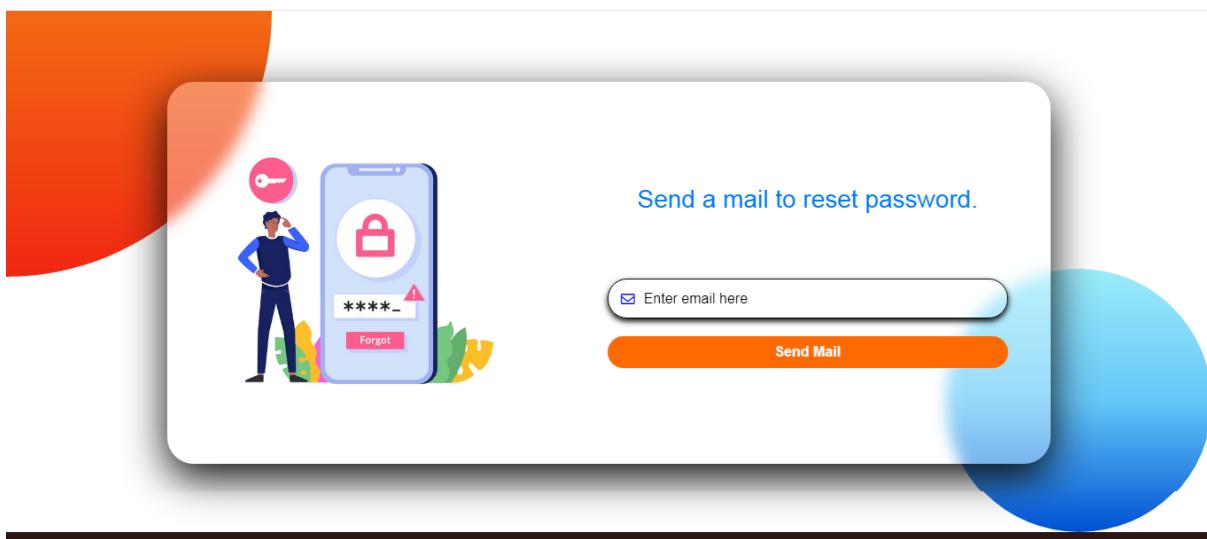
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Send a mail to reset password.

Enter email here

Send Mail



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ABOUT

CAREERS
TUTORIALS

FOOD

MEAL PLANS
NUTRITION

WORKOUT

EXERCISE
YOGA
WORKOUT PROGRAMS

FAQ

CONTACT US

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Reset Page

The image shows a screenshot of the Fitness Care website. At the top, there is a navigation bar with the logo 'Fitness Care' and links for 'HOME', 'ABOUT ▾', 'FOOD ▾', 'WORKOUTS ▾', 'FAQ ▾', 'STORE', 'SIGN IN ▾', and a search icon. Below the navigation bar is a large, semi-transparent circular graphic with a purple-to-blue gradient. In the center of this graphic is a white rounded rectangular form for password reset. The form features a small illustration of a person sitting at a desk with a laptop, surrounded by icons of a key, a user profile, and a lock. The text 'Reset your password here.' is displayed above the input fields. There are two input fields with validation messages: 'Create password more than 6 characters' and 'Enter confirm password', both with eye icon placeholders. A large orange button labeled 'Reset Password' is at the bottom of the form. At the bottom of the page, there is a dark footer section with the 'Fitness Care' logo and the tagline 'YOUR DAILY WORKOUT PARTNER.'. The footer also contains links for 'ABOUT', 'CAREERS', 'TUTORIALS', 'FOOD', 'MEAL PLANS', 'NUTRITION', 'WORKOUT', 'EXERCISE', 'YOGA', 'FAQ', 'CONTACT US', and 'WORKOUT PROGRAMS'. A copyright notice at the very bottom reads 'COPYRIGHT © 2021. DESIGNED BY GROUP - H.(MALLIK)'.

Workout –Programs Page



HOME

ABOUT

FOOD

WORKOUTS

FAQ

STORE



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Workout Programs

Choose your exercise and start now building your health and body.



Aerobic Exercise

This is the type of exercise we all tend to think of when we hear the word exercise, and often it is the thought of being out of breath and sweaty that puts people off starting to exercise.

₹ 1,100

[Buy Now](#)



Strength Building Exercise

Lots of activities including pilates, physiotherapy type exercise and other fairly low intensity activities help you build muscle. Anything as long as you do the activity for long enough.

₹ 1,100

[Buy Now](#)



Balance Training Exercise

Some exercise helps improve your balance by helping you build up core strength. This is especially helpful for people who are at risk of falls, including the elderly, but it is good for everyone. Examples of activities that help with balance include Tai Chi, dance and playing bowls, but there are many others.

₹ 1,100

[Buy Now](#)



Endurance Exercise

You can improve your endurance if you can only walk for 10 minutes you can improve your endurance by walking as far as you can several times a day, and increasing how far you go over time.

₹ 1,100

[Buy Now](#)



Flexibility Exercise

Flexibility is really important and much overlooked when people think about exercise. Staying flexible improves your quality of life, imagine not being able to look over your shoulder to reverse your car.

₹ 1,100

[Buy Now](#)



Moderate Intensity Exercise

There are many kinds of activity that fit this description, walking at a steady pace, cycling, dancing, swimming (ok, in your average swimming pool you might not feel warmer, but you know what we mean).

₹ 1,100

[Buy Now](#)



Vigorous Exercise

It is easy to be put off by the thought that the only kind of exercise that is good for you is the vigorous kind, but this is not true – moderate intensity exercise and low impact exercise are good for you.

₹ 1,100

[Buy Now](#)



Hatha Yoga

Hatha yoga is the foundation for all yoga styles and refers to any practice that combines asana, pranayama, and meditation. Since this type of yoga is the foundation for all yoga.

₹ 1,500

[Buy Now](#)



Vinyasa Yoga

For most classes with the word "vinyasa," you can bet on a pretty active class with a fast and continuous flow from one pose to the next, including a lot of sun salutations.

₹ 1,500

[Buy Now](#)



Iyengar Yoga

The poses are generally held longer, but the support of props and attention to alignment make this a great practice for those overcoming injury.

₹ 1,500

[Buy Now](#)



Ashtanga Yoga

It can be great for the more seasoned practitioner, as it requires strength, endurance, and a commitment to practicing a few times a week.

₹ 1,100

[Buy Now](#)



Kundalini Yoga

Kundalini is all about awakening your kundalini energy, or shakti, which is the primal energy thought to sit at the base of the spine.

₹ 1,500

[Buy Now](#)



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ABOUT

CAREERS
TUTORIALS

FOOD

MEAL PLANS
NUTRITION

WORKOUT

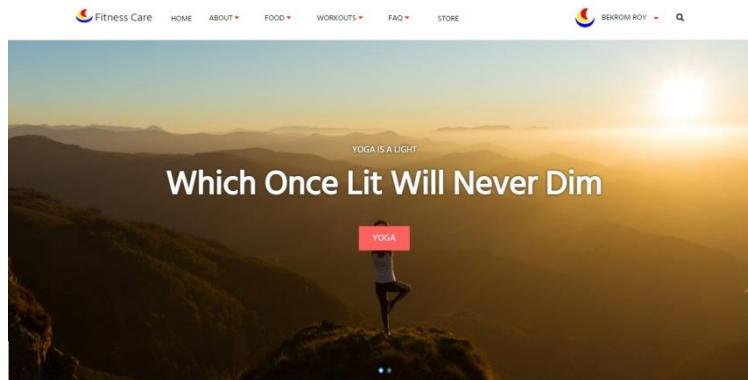
EXERCISE
YOGA
WORKOUT PROGRAMS

FAQ

CONTACT US



Yoga Page



Pranayama



Bhastrika Pranayama

The forceful breathing exercise clears up your respiratory system and is characterised by sounds like a flame burning below a furnace.

What dose it do?

Perform this breathing technique to strengthen your lungs, burn excess fat, improve physical and mental ability and clear the windpipe.

Do it!

Take a deep breath in, inhaling as much air as you can, and expand your stomach. Exhale the air out with force and try to pull your navel in towards the backbone.

Reps: Repeat for 1-2 minutes and rest for a while afterward



Kapalbhati Pranayama

Known as the skull shining breathing technique, this strong deep breathing exercise is synonymous with Baba Ramdev for most of us!

What dose it do?

This pranayama can improve the functioning of all abdominal organs, reduces belly fat, lead to quick weight loss, and balances sugar levels in your body.

Do it!

This breathing technique involves passive inhalation and active exhalation. So inhale normally, breathing in as much air as you can, and exhale forcefully. Try to pull your stomach muscles as closely as you can towards the backbone during exhalation.

Reps: Perform for 3-5 minutes



Anulom-vilom Pranayama

Also known as Nadi Shodhana (alternate nostril breathing)

What close it do?

This pranayama helps normalize blood pressure, aids in blood purification, reduced the risk of heart disease, and can also improve sight.

Do it!

Close your eyes and sit in Padmasana. Use the right thumb to close the right nostril. Inhale slowly through the left nostril, taking in as much air as you can to fill your lungs. Remove the thumb from your right nostril and close the left nostril. While exhaling, use the middle finger to close your left nostril and inhale with your right nostril. Remove the thumb from the right nostril and exhale.

Reps: Perform for 2-5 minutes

◀ LOAD MORE

Yoga



Naukasana

Naukasana is a posture in which our body takes the shape of a boat.

What dose it do?

This asana increases the efficiency of abdominal muscles, is good for digestion, and reduces belly fat. It also strengthens organs in the abdomen and leg muscles.

Do it!

Lie down on your back with your legs together. Keep your hands on the thighs or next to the thighs on the floor. Inhale and raise your head, arms and head in a straight line off the floor at a 30-degree angle. Keep the toes pointing upward.

Reps: Duration 3-4 repetitions daily but should not overdo.



Paschimottanasana

Paschimottanasana (forward bend) is a simple and traditional Hatha Yoga Asana.

What dose it do?

Paschimottanasana stretches the calf and hamstring muscles, which helps for better circulation. It elongates the spine and gives a good stretch to it. It also regulates vital energy to the nervous system and ensures good circulation to internal abdominal organs.

Do it!

Sit with your outstretched legs and flexed toes. Inhale and raise your arms. Exhale and pull the knee in. Stretch the spine forward from the hips. Hold the toes with your hands, bending the elbow outward or downward. In the final position, your awareness should be on your abdominal breathing.

Reps: Perform for 2-5 minutes



Ardha matsyendrasana

Ardha Matsyendrasana Increases the elasticity of the spine and tones the spinal nerves.

What dose it do?

This asana makes your spine more flexible and strengthens your side muscles. It also tones the abdominal muscles and opens up the chest area.

Do it!

Sit straight, stretching your legs in front of you. Bend your left leg and try to touch your foot to your right buttock. Bring your right leg outside of the left knee. Touch your foot to the ground. Keep your spine erect. Exhale and turn your upper body to the right. Hold your right feet with the left hand and place your right hand on the spine.

Reps: Duration 3-4 repetitions daily.

◀ LOAD MORE



Store Page



Fitness Care

HOME

ABOUT ▾

FOOD ▾

WORKOUTS ▾

FAQ ▾

STORE

SIGN IN ▾

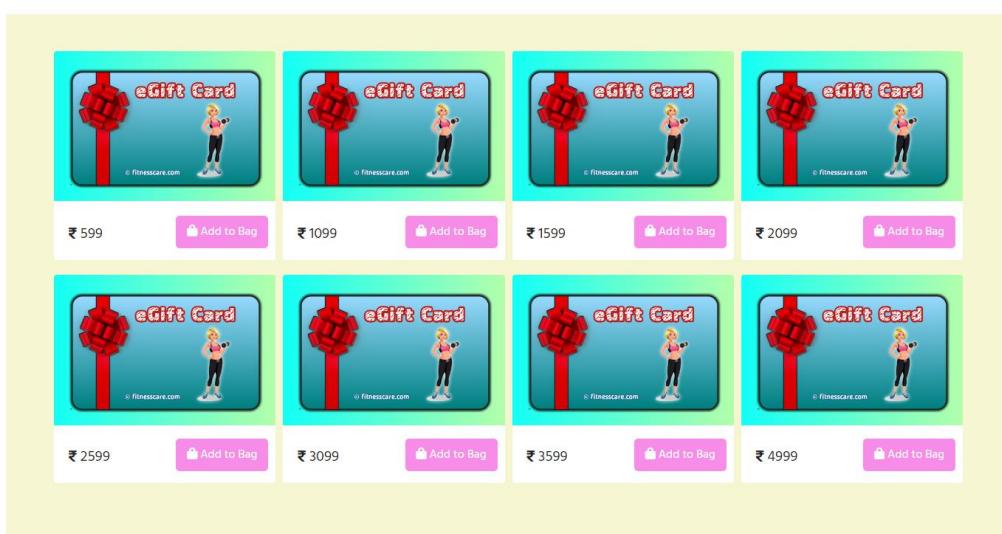


FITNESS CARE E-GIFT CARDS

Add More to Your Exercise.

Give the gift of health and fitness with Fitness Care eGift Cards. Send an electronic card via email and the recipient can log in, redeem your gift and buy any of our Workout Programs, calendar-based Meal Plans, or a membership to Fitness Care Plus!

Fitness Care eGift Cards can only be used on fitnesscare.ultimatefreehost.in.



Fitness Care Gear

Team Fitness Care

New Fitness Care gear and clothing are still in the works, but as you might suspect, COVID significantly impacted our original plans. Unfortunately, we still don't have a solid timeline we can share, but we'll keep you up-to-date as the situation changes.

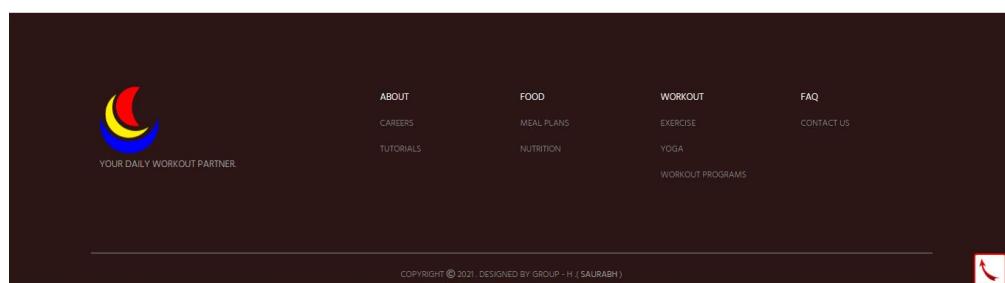
We intend to re-launch starting with casual clothing, following up with gear and other apparel if all goes well. If you've already filled out the gear survey, thank you! If not, it only takes about two minutes and will let us know what is most important to you.

[Let us know your gear style.](#)



Other Shopping Options

Explore Workout Programs, Meal Plans, and FB Plus memberships.

[Meal Plans](#)[Workout Programs](#)[Fitness Care Plus](#)

13. FUTURE SCOPE OF THE PROJECT:

In a nutshell, it can be summarized that the future enhancement of the project can be implemented by the followings:

- 1)We will host the platform on online servers to make it accessible worldwide.
- 2)We can give more advance software for this project including more facilities.

14. LIMITATION OF THE PROJECT:

Although we have put our best efforts to make the software flexible, easy to operate but limitations cannot be ruled out by us. Though the software presents a broad range of options to its users some intricate options could not be covered into it.

List of limitations which is available in the fitness care :

- ❖ User cann't buy eGift cards without premium membership.
- ❖ For better access and more exercise user need to take membership plan.
- ❖ For better experience we suggest to use desktop, Ip and tabs.

15. CONCLUSION:-

In the modern world, the use of Computer and Mobile phone is becoming rampant. As many people cannot get help many times. So this platform make them comfort and they can use this application easily. This reporting system has presented a simple, convenient, but efficient Fitness Care with user friendly, sensitive and intelligible web interface.

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