# Get fit with accountaFit

Version 1.0.0

Are you ready to take your well-being to another level with accountFit?

(Where you can) Achieve your health goals by discovering fitness enthusiasts near you.

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## Contributors

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## Run Code

1. Clone Repo
2. Install Django
3. Install Python3
4. CD to getFit folder
5. Type “python3 manage.py runserver”
6. Open Browser
7. Type the text after “Starting development server at” (I have http://127.0.0.1:8000/) (Can be found in the terminal)

You should be at the welcome screen

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## Studies show

* Having social support is an upgrade or advantage when dealing with health and exercise. Rates such as morbidity and mortality have shown to decrease with an increase in social support. [[1]](#endnote-1)
* Those with greater social connections have lower rates of morbidity and mortality (Holt-Lunstad, Smith, & Layton, 2010; House, Landis, & Umberson, 1988) and engage in more healthy behaviors. [[2]](#endnote-2)

1. <https://academic.oup.com/innovateage/article/2/1/igy007/4962182> [↑](#endnote-ref-1)
2. <https://academic.oup.com/innovateage/article/2/1/igy007/4962182> [↑](#endnote-ref-2)