

# GYM WEBSITE

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# Origin of the creative idea

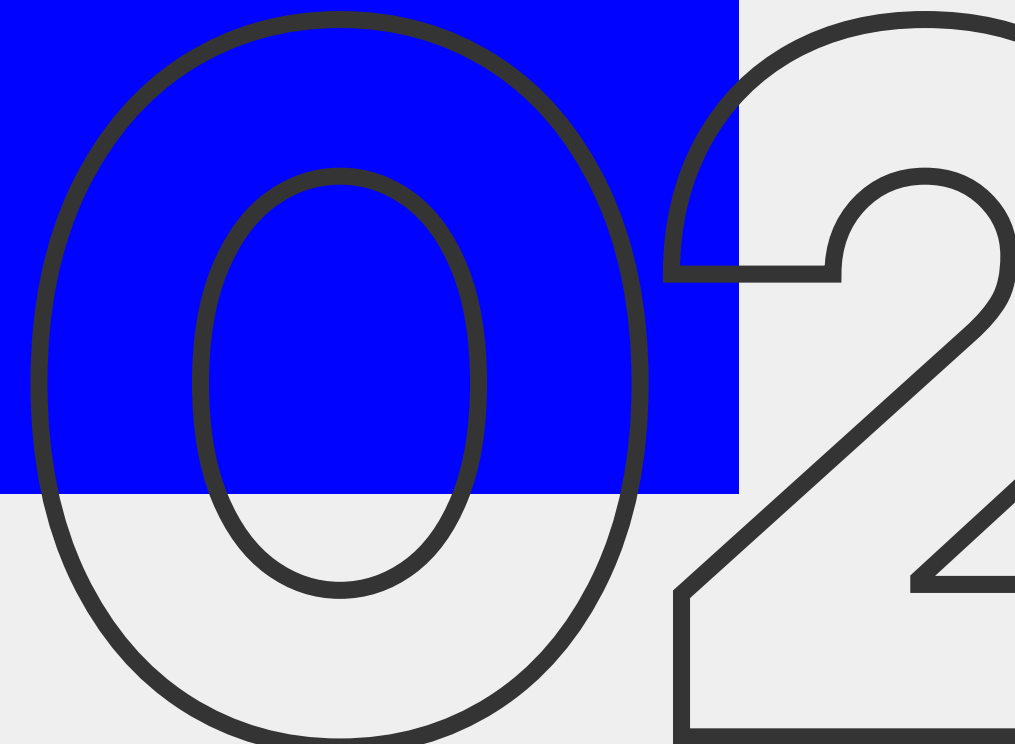
Problem statement: John opened a gym center called "SUPER GYM CENTER" and wants to create a website through which users can submit registrations to the gym center. It also includes bootcamps, fitness plans, BMI calculator and many more.

# Project vision and mission

The SUPER GYM CENTRE website is a comprehensive fitness platform designed to cater to the needs of individuals seeking to improve their health and fitness. Developed using modern web technologies, the website offers a seamless experience for users to explore fitness plans, calculate their BMI, and register for the center's services.

## Technologies Used

- Frontend: React.js
- Backend: Node.js, Express.js
- Styling: CSS
- Data Format: JSON



## Key Features

1. User Registration: Users can register by providing their name, email, and a message. This data is sent to the backend for processing and storage.
2. Fitness Plans: The website provides detailed information on various fitness plans, including costs for quarterly, half-yearly, and yearly subscriptions.
3. BMI Calculator: An integrated BMI calculator allows users to input their height and weight to determine their Body Mass Index.
4. Responsive Design: The website is designed to be fully responsive, ensuring a great user experience on both desktop and mobile devices.





- **01** React Components: The frontend is built using React components, making the user interface modular and reusable. Components include the registration form, fitness plans display, and BMI calculator.
- **02** State Management: State management in React ensures that data is efficiently passed between components and updates are reflected in real-time.
- **03** CSS Styling: Custom CSS is used to style the components, providing a clean and professional look to the website.

# Frontend Implementation



- **01** Express.js Server: The backend is powered by an Express.js server that handles API requests and responses.
- **02** Endpoints: Various endpoints are created for user registration and fetching fitness plans. These endpoints handle GET and POST requests to interact with the frontend.
- **03** Data Handling: JSON is used for data transfer between the frontend and backend, ensuring a lightweight and efficient communication format.

# Backend Implementation



# Workflow

## 1. User Registration:

- The user fills out the registration form.
- The data is sent to the backend via a POST request.
- The backend processes the data and stores it in the database.
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## 3. BMI Calculator:

- Users input their height and weight.
- The calculator processes the input and displays the BMI result.
- The result helps users understand their fitness level.

## 2. Fitness Plans:

- Users can view detailed descriptions of available fitness plans.
- Plans are categorized by duration: quarterly, half-yearly, and yearly.
- Cost details and benefits of each plan are clearly outlined.

"Join SUPER GYM CENTRE today  
and embark on your journey to a  
healthier, fitter you."