GYM WEBSITE

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Origin of the creative idea

Probelm 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

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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.

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Frontend Implementation

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.

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Backend 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.

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.