

Planning Goals:

.To inspire and empower individuals to achieve their fitness aspirations by providing a supportive community, expert guidance, and a diverse range of training programs tailored to all levels of fitness.

Objective:

To create an engaging and informative online platform for Active Fitness that showcases our commitment to

health and wellness. The website aims to attract and retain members by highlighting our facilities, services while providing easy access to workout resources, nutrition advice, and membership information.

We strive to foster a supportive environment that encourages individuals to push their limits and achieve their fitness goals.

Target Audience:

Individuals of all fitness levels looking to enhance their workout routines.

People interested in adopting a healthier lifestyle through exercise and proper nutrition.

Residents of Peshawar and surrounding areas seeking a supportive gym environment.

Content:

Daily routines for different games will be provided for whole week.

Guidance about diet will also be provided.

A video that will show the effect of gym will also be displayed for motivation purpose.

Contact form will also be there for taking admission or any query sharing.

Additional Feature:

A responsive navigation menu is present at the top. EveryDay routine games info also given.