



"THE BODY ACHIEVES WHAT THE MIND BELIEVES."

Abstract

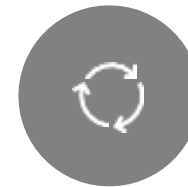
Being fit physically and mentally is every human being's ultimate desire. People are always seeking to have a healthy body fitness and they are somehow engaged in day to day life. So, we believe that our website can solve this problem for our website users, the website can be great relief to people who do not have a trainers and who do not have ideas on workouts, through this website we help users can manage the healthy life system. Many people who have realized the importance of these website in their daily life have started making use of such website.



Workout



Diet



Consistency

Literature Survey

The basic concept behind literature review is to give a brief vision into the very idea of our website. In other words, why did the need arise for the creation of this site. Basically healthcare industry is a rapidly growing industry which has fascinated mankind from an early time, In this present century, there is an extraordinary boom in this field due to remarkable progress in health and fitness world.

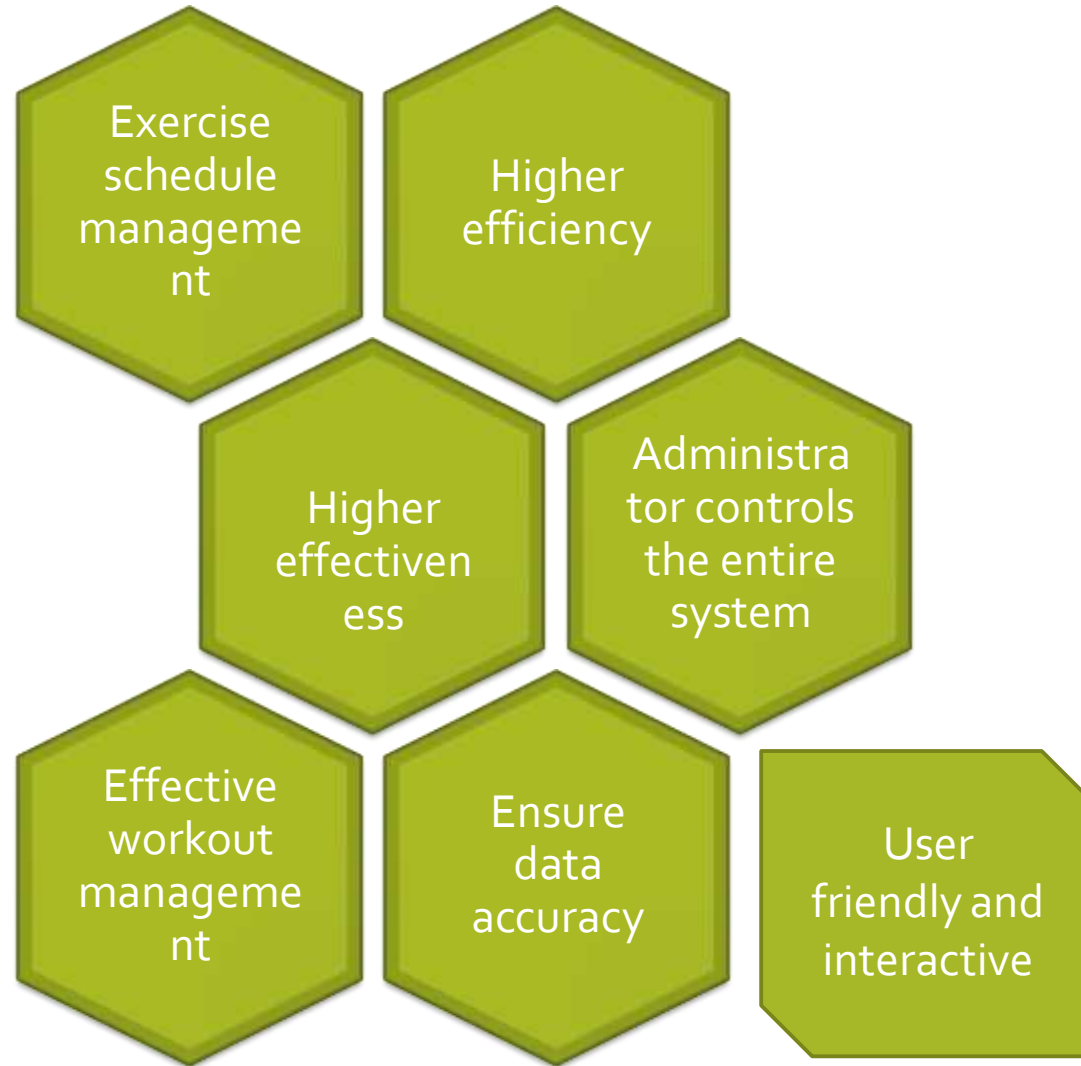
Many people do not understand, and often underrate, the importance of good health. Health, as they say, is wealth. Good health is necessary to carry out daily tasks. An unhealthy mind results in an unhealthy body. To keep the mind healthy is to exercise it as often as possible. The fitness world is expanding every day. From having a muscle bound body for the men, to a slim and trim look for the ladies

Literature Survey

Everybody is on a continuous battle for achieving that perfect body. In order to assemble such a task takes detection, time, goals, a strong mind and, believe it or not, a Role Model. Fitness Club was designed for the people who wants to stay to achieve healthy lifestyle and to stay fit within a budget.

A website can be a great success when you can craft a series of web pages with effective conversational skills that convince, informs, and calls your visitors to take the action even if it is graphically plain. Words are most effective to identify links far better than icons and images. Especially in navigation, you can tell where you are, where you can go, and what you can do. A well-crafted navigation can keep visitors on board that make a critical difference to any website's effectiveness. People want to link to good content. The better your writing, the better your site will...

Proposed System



List of modules



Navigation
menus

Search bars

Image
galleries
and videos

Workout
procedures

Contact
information

References

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- ❑ Markell D & Peterson D. Health and Fitness for Life. MHCC Library Press. Sept 4, 2019.
- ❑ Mayo Clinic, retrieved April 2017, water: How Much Should You Drink Each Day?