

GYMFREAK

|FITNESS AND HEALTH|

Submitted By:-


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PROJECT DESCRIPTION

Our project is on the topic “Gym and Fitness”, so we are developing a website which is named ***GYMFREAK***.


For designing the website, we are using HTML and CSS. The website is associated with the fitness group which is offering fitness kits, sessions, coaches. Firstly, the user will access the website and check the sessions. Then, he will register on the website to access the fitness kits, products, the sessions and much more.



USEFULNESS

- Being physically and mentally fit is necessary for an individual to live a happy, longer life. Typically, exercise is one of the best ways to keep a person healthy. Hence, no matter how busy you are, it's always best to find time to do workout routine. With the numerous diseases that spread in the world today, many individuals realized the essence of workout. Specifically, having workout routine will give an individual the greatest benefit in physical, mental and social aspects.
 - As people are now using the internet to access different services and products, crafting a website for businesses becomes a must! With such marketing strategy, we'll be able to reach more people and generate more leads.
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METHODOLOGY

- When we will open the website, on the front page you will get the logo of the website with the buttons for choosing your type of choices in which it will be displayed the benefits of the workout as well as the time utilised per workout.
 - There will be one more option to login on that website as you will be asked your email ID and password or you can also login through facebook, twitter or google plus.
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About the Workout Programs button(linked page):

- Website can be accessed by anyone who wants to access the website, also few workouts will be shown to everyone.
- The timings will be also displayed with the session activities.



- The website will be submitted in the month of April.
- The website is in under development.

THANK YOU!

