GET FIT

Project Proposal

The main aim of the website is to provide awareness about fitness and health among the people after the pandemic and connect them to gyms according to their facility.

Key outcomes

Making interactions between people and gyms easier and more beneficial to both parties.

Hypothesis

After the pandemic , concern about fitness and health has been increased among every age group of people. For this we have made a best platform to reach their fitness goals and lead a healthy life.

We will be providing information about gyms , nutrition and overall fitness.

Compared to the 2019 survey where in only 26% of Indians pursued yoga , 11% cardio exercise and only 10% body weight exercise, the 2022 data showed an almost 60% increase in all the activities.

Stake Holders

**Admin** – G Dharma Teja

**Developers** – S Sai Rohit , R Anjali

**Designe**r – G Niteesh Sai

**Research and Marketing** – Ch Likitha

**Content writer** – K Yamini