**HEALTHCARE NOURISHMENT STRATEGY DECIDER**

Physical ﬁtness is to the human body what ﬁne tuning is to an engine. Regular exercise and physical activity promote strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers. Fitness can be described as a condition that helps us look, feel and do our best. Many people join gym to remain physically ﬁt.

This website will help people to get registered and choose the trainer. In this system there are four entity namely Admin, Member, Trainer and diet plan using AI. Admin can login, Add new members. Admin can also delete the members who left the gym. Admin will add new trainer, Update the information of trainer and delete the trainer. Admin can also modify member’s data and trainers shih.

Member can login using credentials and choose trainers they need. Trainer can login and mark the attendance of the members and physical features of members. In diet recommendation we give a diet plan to the members using AI by analyzing their physical features.

The frontend of this project **Django framework, python 3.8 , CSS, java script**  and the backend is **MySQL server 5.6** which makes it easy for creating and generating code. Windows 10 is used as Operating System and hosting the web application in WSGI.

Advantages

* + Easy to use
  + Reduces the staﬀ requirements
  + Best for communicating with the members
  + This system is user friendly

The project Consist of 4 main modules that are given below

Admin

Member

Trainer

Diet recommendation