**Chapter 1**

**Introduction**

We all know health is a wealth. There is no use of a fancy car, big apartment, a doctor degree without being healthy. Being healthy is the first thing we need to keep in mind, because most of the time our attitude depends on how we feel. Being healthy and fit gives us energy to do anything. Physical fitness is very necessary for a healthy and tension free life. Physical fitness includes diet, exercise and sleep. These three basic things have their own importance in each individual's life and everyone should be sensible with regard to these for a healthy life.

**1.1 Overview of the Project**

Our proposed “Smart Fitness Center Management System” is for those who run a fitness business. Before doing anything we did a decent research on major difficulties for fitness center owners. We examined carefully about how to make a huge registering system without failure as well as different functions for different kind of user depending on their privilege.

The Fitness Center Management requires a system that will handle all the necessary and minute details easily and proper database security accordingly to the user. They requires software, which will store data about members, employees, products, payroll, receipts of members & all transactions that occur in the Fitness Center.

**1.2 Objectives**

The objectives of this study are summarized below:

 The main objective of the project is to design and develop a user friendly efficient computerized Fitness Center Management System.

 An accurate system without any data redundancy.

 Secured data storage for Authority end.

 Secure the user ends data by providing each users own personal credentials.

 A flexible system which can maneuver the customer-staff relationship in an effective manner.

 To provide better graphical user interface.

 Computerization can be helpful as means of saving time & money.