

GOLD'S GYM

BY END TERM

NAME OF THE CANDIDATES

RISHU RAJ

PANKAJ KUMAR

SURYANSH SINHA

(KOC38)

ROLL NUMBER=A24,B54,B68



LOVELY
PROFESSIONAL
UNIVERSITY

Department of Intelligent System
School of computer science Engineering
Lovely Professional University,Jalandhar
December 2022

Student Declaration

This is to declare that this report has been written by us . No part of the report is copied from other sources .All information included from other sources have been duly acknowledge .We ever that if any part of the report is found to be copied ,we shall take full responsibility for it.

RISHU RAJ

ROLL NO: 24

PANKAJ KUMAR

ROLL NO: 54

SURYANSH SINHA

ROLL NO: 68

Place- Lovely Professional University , Jalandhar , Punjab

Date- 09/12/2022

TABLE OF CONTENTS

SNO.	CHAPTER	PAGE NO.
1	Introduction	04-05
2	Objective of the project	06-07
3	Features of the project	08
4	Project Screenshot	09-13
5	Future scope of Work	14

TITLE “GOLD GYM”

INTRODUCTION

What is gym system?

Gym and club management systems provides fitness businesses the functionality to manage schedules , membership , and facilities . The capabilities of gym management systems include storing member information in a database , managing financial records , scheduling classes , and reserving facilities.

Project background and motivation :

Many young men with hemophilia engage in physical activity and sport but face challenges to participation because of their hemophilia. Project GYM aimed to investigate the feasibility of a hemophilia-specific fitness program led by a personal trainer (PT) and its impact on gym activity, motivation, and adherence to exercise. Methods This was a nonblinded, randomized feasibility study, recruiting participants aged 18 to 25 years with hemophilia A or B (all severities, \pm inhibitor) from three London hemophilia centers. All participants were given an activity tracker and free gym membership. Participants were randomized to a “gym only” or “gym and PT” arm. Participants completed questionnaires evaluating motivation to exercise, quality of life, physical activity levels, self-efficacy, and self-esteem at study start and study end. Results Of 142 eligible individuals, 19 agreed to participate. Participants were healthy, with mean body mass index and adiposity slightly lower than the UK average. They reported low bleed numbers and had good joint health (median Hemophilia Joint Health Score [HJHS], 0; range, 0-13). The gym and PT

group had more gym attendance than the gym-only group. Seven participants increased their activity levels and nine stayed the same, with no statistical difference between groups. HJHS scores improved in 3 participants and were unchanged in 12. There was no bleeding associated with gym activity.

Conclusion Project GYM has demonstrated the safety and feasibility of a tailored physical training program in young men with hemophilia. Increased gym attendance, with and without support from a PT, is associated with increased physical activity.

But the problem is still same , people still does not take care of their health which motivates us to make a project on gym fitness system .

We have develop this project which will resolve all the above mentioned problems as well as make our body fit .

Platform used:

Visual studio code : Visual studio code provides basic support for HTML programming out of the box . There is syntax highlighting , smart completion with CSS , Java script and customizable VS Code also includes great Emmet support .

Github:

GitHub is an online software development platform . Its used for storing , tracking and collaborating on software projects . It makes it easy for developers to share code files and collaborate with fellow developers on open- source project

OBJECTIVES OF THE PROJECT

- 1) To provide an assortment of activities with an abundance of opportunities for every person to be successful.
- 2) To allow members to give feedback and share ideas to enhance the program.
- 3) To provide physical activity that will enable each person to monitor desired gains.
- 4) To provide activities that relieve emotional strain and tension.
- 5) To provide a safe place where people are accepted no matter what their limitations might be.
- 6) To allow one to experience competitive and non-competitive activities as well as team and individually activities .
- 7) To develop skill, interest and the appreciation for the need of life-long movement, activity, and recreation.
- 8) Improve your ability to think critically in the areas of personal wellness and be able to make proper decisions regarding your overall health .

9) Be able to take knowledge that is learned regarding wellness and use it to help others in Society .

10) To become motivated to take responsibility for oneself and make positive health behavior changes .

11) Increase health awareness by providing health screenings, activities, materials, demonstrations, and information .

12) To develop all aspects of oneself physical, social, mental, spiritual.

13) To develop a wellness awareness within our community.

14) To develop a community network for wellness promotion.

15) To give one a sense of purpose .

16) To provide a support group .

17) To teach self-care practices .

18) To increase awareness of local, state, and national health services and resources .

FEATURES OF PROJECT :

- 1) VARIETY OF TRAINING**
- 2) HIGH QUALITY EXERCISE EQUIPMENT**
- 3) THRIVING COMMUNITY**
- 4) WELL DESIGNED SPACE AND FACILITIES**
- 5) MEMBER AMENITIES AND PRIVILEGES**
- 6) DIGITAL FITNESS PLATFORM**
- 7) PERSONAL TRAINING SERVICE**
- 8) CLEANLINESS AND MAINTENANCE**
- 9) OVERALL VALUE**



TRANSFORM YOUR **FITNESS** INTO SHAPE



MEET OUR PROFESSIONAL TRAINER

Nick Mitchell

Harry Rambod



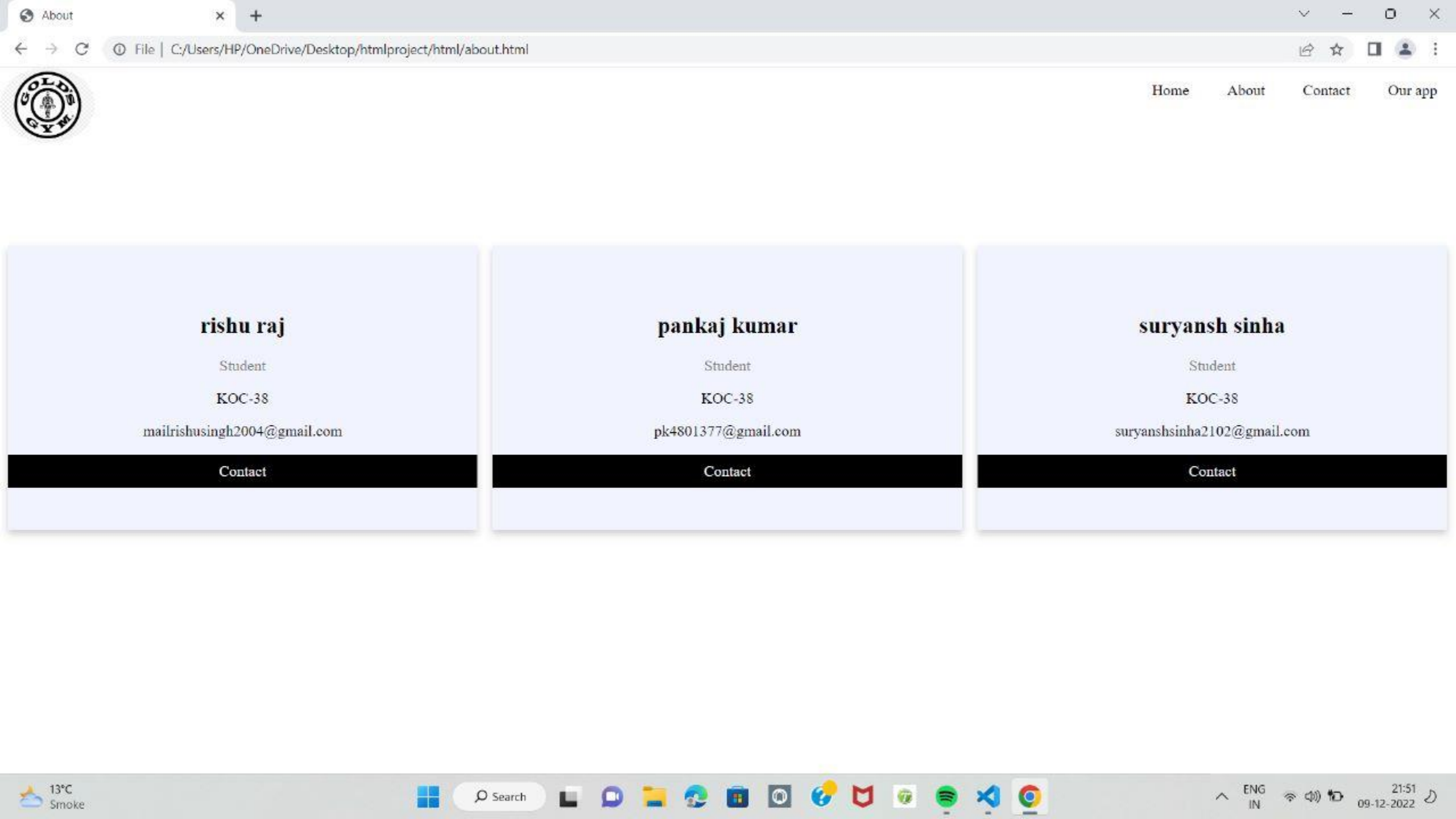
CLASS YOU WILL GET HERE

Be fit be pro

We will provide you your best physique

start





rishu raj

Student

KOC-38

mailrishusingh2004@gmail.com

Contact

pankaj kumar

Student

KOC-38

pk4801377@gmail.com

Contact

suryansh sinha

Student

KOC-38

suryanshsinha2102@gmail.com

Contact



Full Name

Email Address

Number

Message

LET'S GO

Gold's Gym

GOLD'S GYM

2.4★

1.69T reviews

1L+

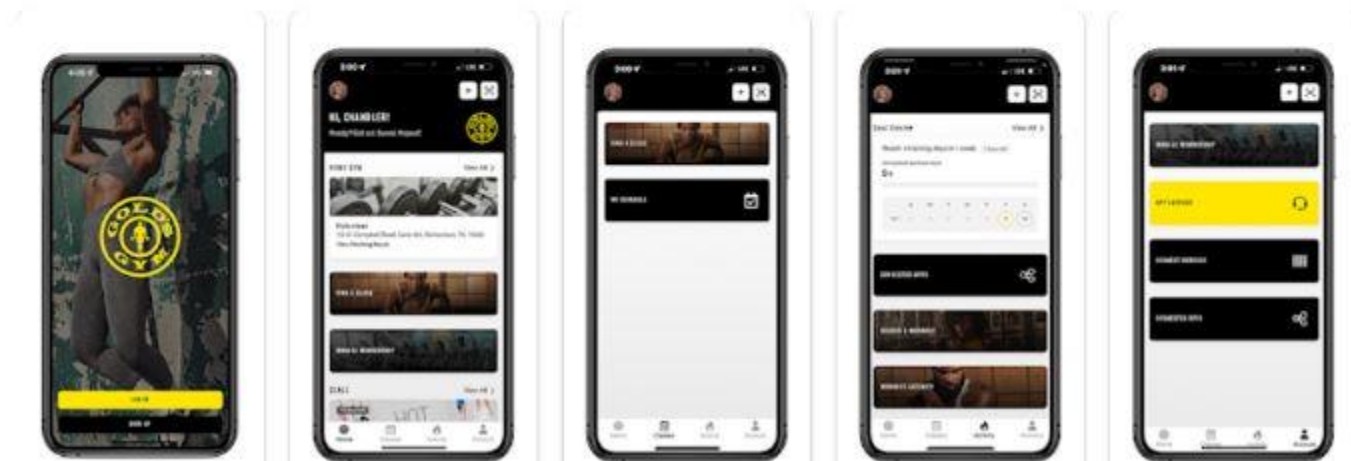
Downloads

E

Everyone

Install

Add to wishlist



Developer contact ▾

Similar apps →



GuruWalk - Free tours
GuruWalk
2.4★



NETFIT Netball
Jeanieboy PTY LTD

FUTURE SCOPE OF PROJECT:

You must first define the future scope of your gym management system before investing in software. You're looking for a tool that will instantly benefit your business while also allowing you to scale and grow. If you don't know what you want to achieve, you can end up spending money on software that isn't the appropriate match for your company and won't help you achieve these lofty goals . As a gym owner, there are numerous benefits to having the correct club management software and many options to select from. By leveraging your software to engage members smoothly, you can cut hours spent on admin, collect fees, send out invoices, automate communications, and enhance member retention. Here, we'll go future scope of gym management system goals and how to pick the best software for your fitness business .