

Personal Project Report

Fit 'n Fine

(2021-2022)

(Website for Healthy Living)

Planning



Personal Interest:

"Health is Wealth"

The quote above represents an important message I hope to convey through the end of my project. The famous saying, "health is wealth" signifies the importance of health. Being healthy is required for us to function on a daily-basis. I chose the topic healthy living, since from a young age sports have been a big factor in my life. Almost every single day I would go play outside or play some sort of sports with friends. Playing sports such as American football, Taekwondo, and swimming were just some of my hobbies. I had gained an interest in these sports through regular practice and coaching. Today I still continue to play most of these sports while being active and going to the gym. Within the past year especially, I've been much more conscious about my health with the ongoing pandemic and have been going to the gym regularly as well as following a diet. My growing interest in the gym and fitness is what led me to choose the topic of healthy living. The effects of changing one's lifestyle really impacts how they function and their productivity throughout the day. Before I started fitness seriously, I was not on a proper diet and was a little stout to say the least. After training hard and limiting consuming processed foods while eating mainly organic foods, I definitely started to feel a change both physically and mentally. This topic fascinated me the most since it will stay with me the rest of my life. Being healthy from a young age can benefit you long term and it is important to know the significance of mental and physical health.

Inspiration:

My inspiration for the topic of fitness grew during the pandemic since all of us had to be stuck at home for the most part during the several lockdowns. This was when I realized that I took exercising for granted. I started to notice myself slowly becoming lazier and it made me consider going for daily runs. At the time, I was living in the U.S. and football season was also coming up so this also helped me get back in shape before the season started. Once football practice started, I was also introduced to the weight room(gym). I took what I learned from my many coaches in the U.S. and continued my fitness journey in India.

Learning Goal:

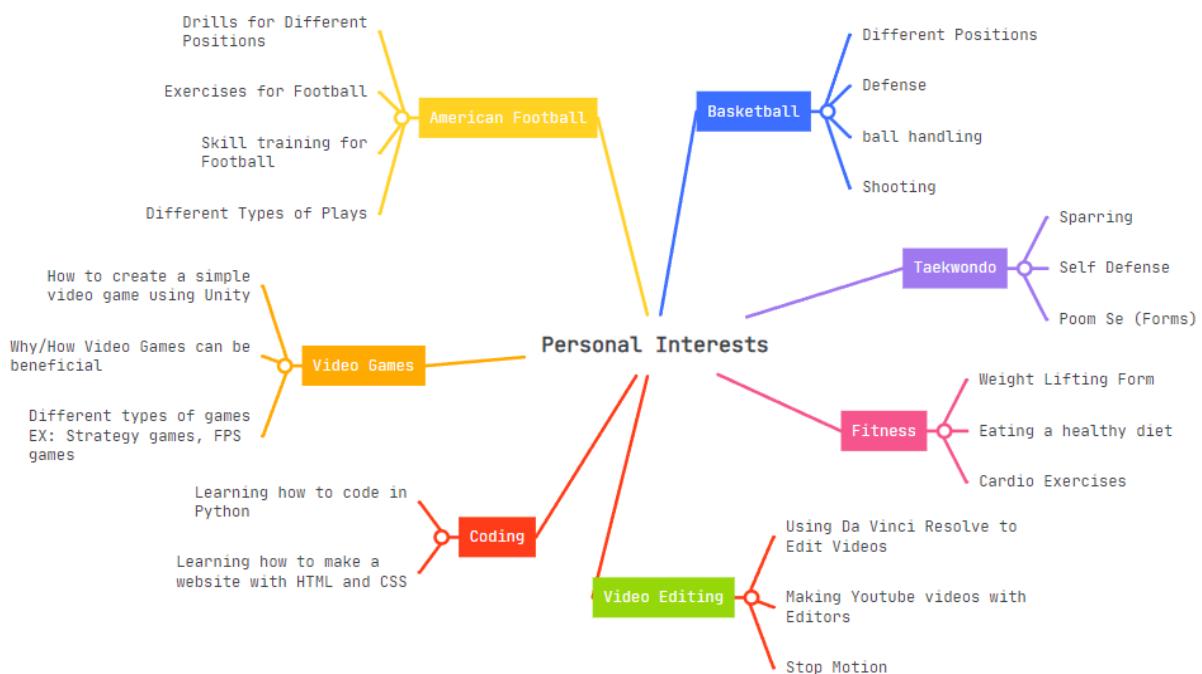
What I want to learn from this project is how to make a website as well as how to be healthier as an individual. This pandemic has been a big factor to people's health as I know many who have

gained a significant amount of weight from it and are now hitting the gym to try and at least come back to the weight they were before. Learning how to be fit according to circumstances like the pandemic is one aspect of what I want to learn and teach to my audience. Having a mindset where you are not lazy and get up everyday for a goal of yours is truly special and motivates you to continue. For my product goal I'd like to learn the basics of coding in HTML from w3schools("HTML Tutorial"), then apply CSS("CSS Tutorial") to make my website aesthetic, and lastly if I have time, add in some Javascript("JavaScript Tutorial") to make my website interactive. To get my knowledge of what to put into my website, I have to interview people such as my gym trainer and also research online about the health benefits of living a healthy lifestyle.

Product Goal:

My goal for my product is for me to make a website that spreads awareness for others to start living healthier. My website will allow me to create informative web pages where I can spread my ideas and help others be conscious of their health. After conducting extensive research where I have enough information to start building my website, I will create sub-pages that go in-depth on physical and mental health topics. During an era where we are all living in a pandemic, it is also important for me to add in fitness methods that people can use at home as well. This product will primarily be focused on helping users on the website understand and motivate them to get into fitness and an overall new lifestyle. Throughout this project I am going to gain some experience and be knowledgeable about web designing, coding in HTML, and fitness. By the end of this product, I must have a thorough understanding of these key components in order for me to be able to produce a quality product that functions properly.

Mindmap:



Prior Knowledge w/ Evidences:

Prior Learning	How will this knowledge help with my project?	Additional learning needed for project
Python	Me having learned the basics of python for quite some time can impact my project in a positive way. Since I have a little bit of exposure to other programming languages, HTML CSS and a bit of Java will be easier for me since I have an understanding of what a programming language is and how it functions. I have attended a few Python classes in the past	Actually learning HTML, CSS, and some Java is the next step. I do not know these languages now so I must first learn it to start my website.
Unity Summer Camp	Last year 2020, I participated in a 1 month video game development summer camp course. In this summer camp, I learned the basics of how to make a 2D video game from scratch using Unity.	The main way I can learn anything further from this that applies to my project is understanding C# more which may help me understand my code more since it is also a programming language.
Gym training	Going to the gym is what brought me to the topic of fitness as it got me into a healthy lifestyle. There are many accountants that need to be considered such as dieting, sleep and more along with just the exercise.	I can learn the different forms for various exercises that I currently do not know of. This can be beneficial for the targeted audience since I can guarantee more safety by including more forms of exercises. This also helps create a variety of exercises rather than just one. On a diet perspective, I can find out what foods are beneficial
Football Practice (American Football)	Last year in 9th grade, I played American Football for my high school team in the US. I've played the position of running back, offensive lineman, and defensive lineman. During my time playing American football, we used to practice everyday for about 3-4 hours daily after school. I have learned so much about being an athlete after playing football and can definitely share the athletic	I could potentially find out how it is like for D1 players to train compared to regular players. D1 players are the nation's best highschool players. I personally knew a few people who were D1 or former D1 football players. To give a perspective on how valuable that is to be D1, most professional players came from a D1, D2, or D3 player background.

		aspect into my website.
Video Games		I include video games onto my list of prior knowledge, because of the mental aspect it has in living healthy. I've been playing video games since I was a child and it is a fun way to relieve stress.
Taekwondo		Since I am a 3rd degree black belt in Taekwondo, it is fair to say that I am somewhat at an intermediate-expert level in it. Further learning in the martial art can help me develop an even stronger understanding

Product Success Criteria:

To evaluate how my product is by someone else is one of the most important things being, I am essentially creating a rubric for myself containing how my product should work. I need my product to be a guide for healthy living in a website form. To ensure that my product's quality is measured, I made a product success criteria which can help with doing just that. For that, I created a goal that my website must possess some quality attributes such as for it to be aesthetically pleasing, informative, and the code used is efficient. I've included many elements that are present in my product and these qualities will help determine if my product meets my sufficient standards by the end of the project.

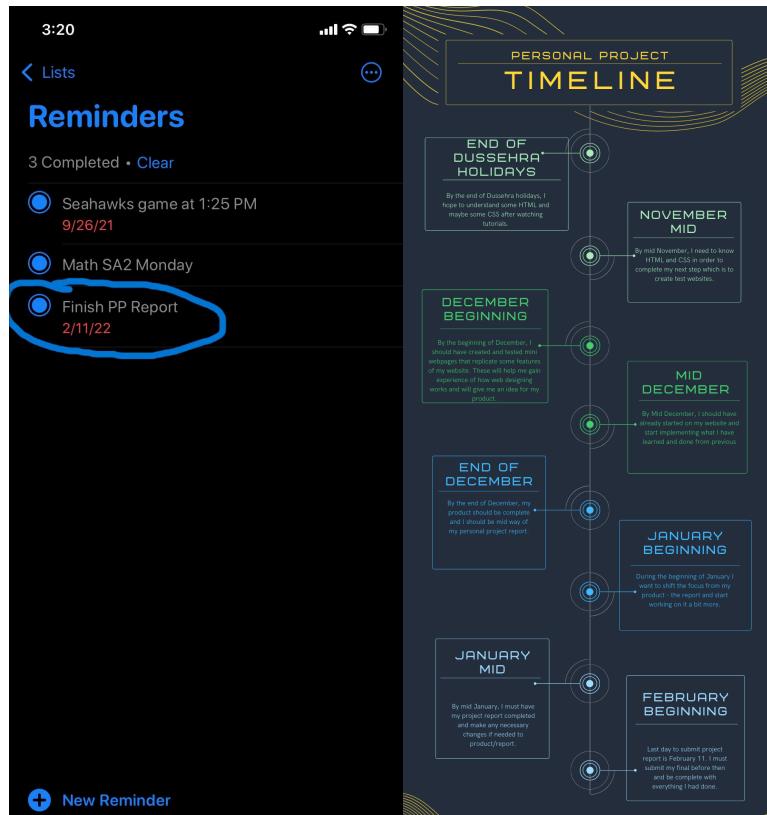
Product Success Criteria (with details)	Justification	Testing Criteria
Aesthetics My product should have a simple yet modern look to it. I want my website to be as understandable as possible. To do this, I will probably use minimalistic designs to help me accomplish this look in my website.	The looks of my website will be what catches the user's attention. Since my website does not have any audio, there are only visuals the user can rely on for judging the looks of the website.	I can determine the aesthetic level of my website by asking a minimum of one expert to evaluate the aesthetic qualities that are present in my website.
Customer The customer of my product should be someone who has not started fitness and is looking to get into it. The customer should be someone who is serious about improving both their current physical and mental ability. The end result should be someone who has been inspired to take initiative by themselves to change their lifestyle and get influenced in some way.	My target audience is important since they are the ones who will benefit from my product. My website targets people who are starting fitness. Keeping my targeted audience in mind, my product should be beneficial for them. This will ensure my product is directed towards the right people.	To check if my website is intended for the correct customers, I can verify this using feedback provided from users that are testing my website. Based on their feedback they provide, I will have an insight as to what the product feels and looks like for someone that is a new user.
Function My website should function as a tool for people to get into living a healthy life. It should show various ways to stay healthy mentally, and physically with ways to do it at home.	It's important my website has a purpose and that it's used for that. If the website does not have a use, then there is no point in creating it. That means my product should solve some sort of problem which in this case is for my website to act as a resource on fitness for others.	Using feedback from an expert, I can ask what they think the purpose or function of my product is. This will help get a clear opinion of what others think of my website's role.
Coding Incorporation of coding must be present in my product. HTML, CSS, and JavaScript are the three coding languages that are used in my website.	Websites can be made in many ways including pre-set apps that allow you to create and design a website with no coding knowledge. I took on the challenge of learning coding on my own. The code I've used must be efficient and understandable by an expert reading the code.	I can evaluate how experts feel about my use of code and the efficiency through their expertise. This is so that the person evaluating must be an expert in coding and understands the code I've written.

SMART Analysis:

Specific	I want to create a website that informs users about the importance of leading a healthy lifestyle. This is for their own good as there are many benefits to it.
Measurable	To measure the success of my product, my ACCESS FM or product success criteria charts can be used as a way to assess the different parts of my website.
Achievable	Since my product is about healthy living, gaining knowledge about this topic can be through online and people who specialize in fitness and other healthy living related jobs. To create my product, the only resources I need are my laptop to code on VSCode(software), Udemy("The Web Developer Bootcamp"), and W3schools("W3Schools Free Online Web Tutorials"). If I do need any additional help I can ask my parents for help to learn how to code if only necessary.
Relevant	Specifically towards my project, I've chosen a topic that people are struggling with on a day-day basis. The pandemic has made it worse by making it harder for people to lead a healthy life living inside for the most part. This is where my website comes in handy and helps those who need help needing exercises they can use, pandemic or not.
Time-Bound	My timeline I created can help me be time-bound and set a goal to complete my project within a time frame. If I follow the timeline properly, and have little roadblocks along the way, my work will be organized and be easier to complete. Also, I have created reminders on my phone for when personal project related work has to be done by. These tools can help me be time-bound and increase productivity while staying organized.

Plan for achieving the product:

To make sure I start creating my product and know what is a realistic goal, I've created a timetable to help me set timed goals in order to make my product. A timetable is one way will be ready to submit my final report and produce my website on time. There are many attributes I need to include in my product which will require some time and for that, this time table is useful in the sense that it will help me be more productive by giving myself deadlines to work with.



Sl No.	Date	Task	Successful or Not	Challenges	Materials	Success Criteria	Stage:
1	Oct. 14	By the end of Autumn break, I hope to understand some HTML, and possibly some CSS after watching tutorials on Youtube as well as Udemy.	Yes	During this time, I went on vacation to Madurai and there were many power cuts that prevented me from working	Laptop VScode Udemy W3schools	Materials	Planning
2	Nov. 15	By mid November, I need to know HTML and CSS in order to complete my next step which is to create test websites.	Yes	By this stage, I had to have known at least the fundamentals of CSS, Javascript, and HTML	Laptop VScode Udemy W3schools	Materials	Research
3	Dec. 7	By the beginning of December, I should have created and tested mini web pages that replicate some features of my website. These will help me gain experience of how web designing works and will give me an idea for my product.	Yes	While starting to experiment with HTML, I found it a little tricky at first to understand the difference between the body and head sections.	Laptop VScode Udemy W3schools	Aesthetics	Testing
4	Dec. 15	By Mid December, I should have already started on my website and start implementing what I have learned and done from previous	Yes	Some challenges I had were to start animating the navigation bar. This required me to	Laptop VScode Udemy W3schools	Function	Designing
5	Dec. 31	By the end of December, my product should be complete and I should be midway through my personal project report.	Yes	No challenges during this time period	Laptop VScode Udemy W3schools	Function	Designing
6	Jan. 10	During the beginning of January I want to shift the focus from my product - the report and start working on it a bit more.	Yes	I was able to finish coding my website but there were many details that were added later	Laptop Google Docs	Function	Documenting
7	Jan. 17	By mid January, I must have my project report ready to submit by Feb. 11. This is so I can be prepared and have a rough outline of the report.	Yes	Around this time, I caught Covid and I was not able to work on my report. This was a big challenge since I was hoping to finish a rough report by this time.	Laptop Google Docs	Function	Planning
8	Feb. 11	February 11 is the day I need to turn in the draft of my report. The I give time till around April to make any changes to the report.	Yes	I had already finished my report during Jan. however, many changes were made since then	Laptop Google Docs	Function	Draft Submission
9	Apr. 30	By the end of April, I should be completely finished with my personal project report and have it submitted	Yes	There were no challenges faced during this stage since I had already been prepared to submit my doc. And made sufficient changes.	Laptop Google Docs	Function	Final Submission

Applying Skills

Research Skill:

To get information about my topic on healthy living, I first reviewed my prior knowledge I've gained from before starting my personal project. The first being that I've got information from people around me such as my friends and other strangers I've met while working out. They have given me a foundation to learn more about fitness. The next step is to understand what I need to research that will be relevant to my topic. Since I am making my project on healthy living, I firstly need to gain information on physical and mental health. I can learn more about these by going online and digging a bit deeper into both physical and mental health. Then, I can learn from others such as my gym trainer, basketball coach, and taekwondo master. These are

people who specialize in fitness and have degrees such as sports medicine. Since I am also pretty social, I talk to my friends who also do fitness related stuff and gain information from them. An example was when one of my friends suggested not using clips when using the bench press when I first started going to the gym. This was a huge tip from him since it adds to my safety just in case if I am unable to push the bar up, I can slide off the weights on the sides. The last method I used to extend my knowledge on healthy living was the internet. A few google searches led me to find out much more information about fitness such as the many articles there are. To further my research on healthy living, I can gain knowledge from:

- People around me such as friends
- Coaches & trainers
- Fitness events
- Trustable websites online
- Youtube videos
- Personal experience
- W3schools
- Udemy

Communication Skills

Cooperating with other people who know more about a topic than you do is a key component in something you want to learn. For me, I wanted to know more about fitness so I sought out my gym trainer. I was going to the gym almost 6 days a week and knew that if there was anyone knowledgeable about fitness, it would be my own trainer. So everyday we talked to each other about fitness and he helped guide me through what to do for at least 15 minutes. The next way is from my own friends. Communicating with my friends definitely helped since some of them also go to the gym and some even with me. I've made many friends going to the gym. One memorable experience was when after gym hours, we were talking for about 45 minutes about gym and he gave a ton of information that day.

Interview with Gym Trainer

Interview Q&A:

Q: What is a good diet to follow?

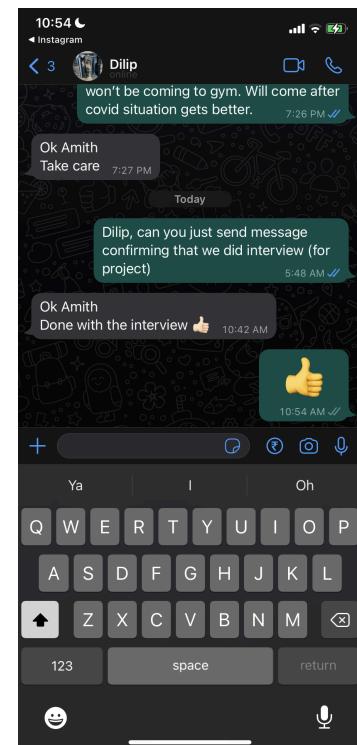
A: Around 40% of your meals should be protein and the rest should be things like carbs and other nutrients. Also recommend eating around 6 eggs a day if going to gym regularly.

Q: How often should you workout?

A: You should workout around 6 days a week and have 1 off-day

Q: How much protein should I eat to gain muscle?

A: You should roughly eat as much protein(), as your body weight(in lb or 2.2 x kg)



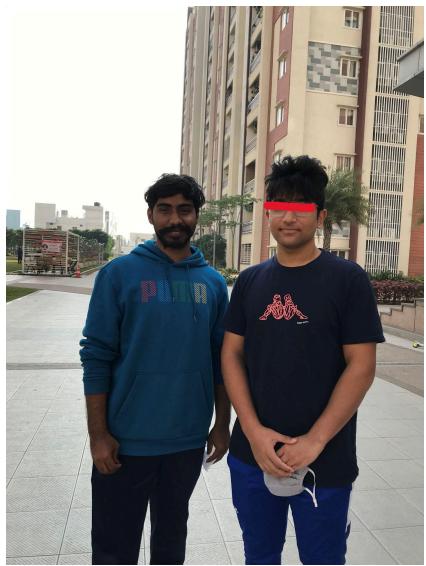
(Rathod)

Q: Is it safe for me to drink protein shakes?

A: Yes it is, but it is more recommended after you're at an intermediate level

Advice/tips:

One of the best things to do if you are working out is to not go your maximum limit every time. This can cause damage to your body and be bad for you. Recommended time to workout is 1-2 hours continuously.



(Deepak)

Caption: Me(right) standing next to 4x Guiness World record holder B. Sai Deepak(Left)

Interview with Taekwondo Master

Interview Q&A:

Q: How does Taekwondo Correlate to one's Physical Health?

A: Taekwondo relates to a person's physical health since it helps with conditioning the body

Q: How does Taekwondo Correlate to one's Mental Health?

A: Taekwondo helps relieve stress

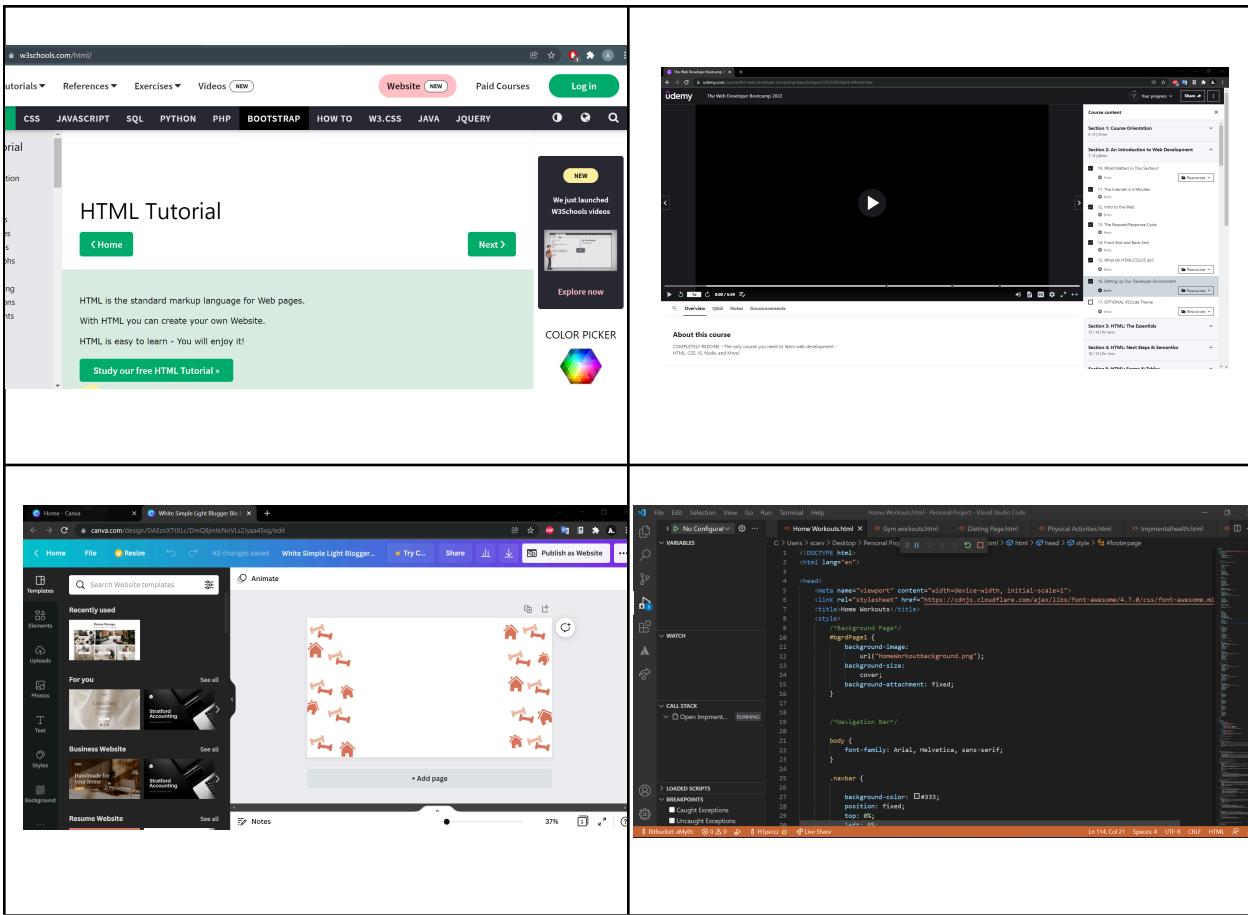
Q: How did you achieve 4 Guinness world records?

A: I dedicated around 6 months of training to beat my latest record. The main thing is practice. I've failed 6 times but have succeeded 4.

Applying Skills to create the product:

Thinking skills(Critical Thinking, creative thinking and transfer)

Here is where all the stuff I have learned gets formed into my product. Starting with my code, I have learned all the fundamentals of HTML, CSS, and some Javascript. HTML is the foundation of a website being that it is the way the website is structured. It is also known as the skeleton of a website and known as a "static webpage". CSS is the design language for HTML. What this means is that when you go to a website, it will look attractive rather than plain and boring. Javascript is what makes a website interactive for the user. Another word for this is "dynamic webpage". For instance, if you've implemented a calculator into your website, you are able to click buttons and get a result from the computer. W3schools and Udemy helped me understand what goes in code to achieve my website. Other skills I applied to make my website was the knowledge I gained through meeting new people(social skills) and information online



Instructing Taekwondo Class

One of the most memorable moments of this project was when I instructed a Taekwondo class. I helped master B. Sai Deepak conduct a Taekwondo class and we worked together to teach children Taekwondo and the importance of it. Doing so helped me gain some experience in teaching others about Taekwondo.

Video of instructing Taekwondo Class: Instructing a Taekwondo Class

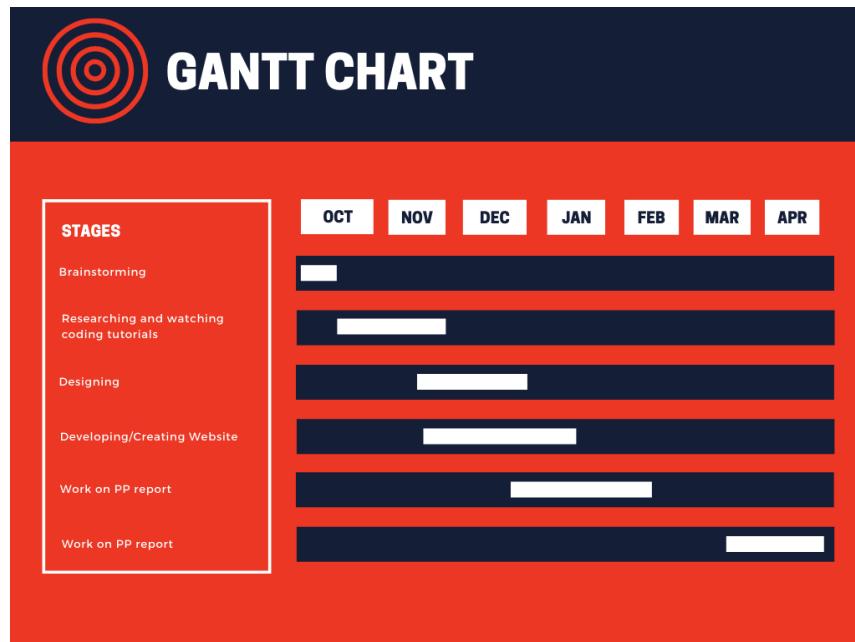
Self-Management Skills:

Managing this project with everything else going on can be a bit hard to do, however what I did was I planned certain days where I would work on my project and then take a break. Along with that one of the interviews I did, the Taekwondo master interview, I set an alarm at around 7:00a.m. on a Sunday morning to go meet up with him for the very first time. There were many instances where I managed my time efficiently like this but there were a few



times where I was not able to work on my project when I had planned, such as during the past January break. My plan was to finish all my personal project work during my break, however I got covid around when our break started and I was unable to do anything during the break. This caused me a delay in finishing up my work and I worked hard to get back on track. This project improved my organizational skills making me more time-manageable.

GANTT Chart:



Reflecting

Impact of the project on myself and learning

My project was a really nice learning experience for me as it brought me an experience I will never forget. There were a few key takeaways of my project. The first being that I learned a lot about web development. Throughout the course of a few months, I was able to create my first website which in my opinion turned out to be great. I learned 3 different programming languages for this project and will continue to further develop my



Before going to gym



After going to gym

knowledge in web development. Additionally, I learned a lot about fitness and the different ways people are getting fit whether it be at your own home, outside on a field, or at the gym. There are many different ways you can stay fit and I will definitely follow them knowing the consequences an unhealthy lifestyle can bring. My project has impacted many peoples' lives including mine through the information I gained and shared. An example was me getting my friend into fitness. I introduced my friend to the gym a few months back and since then, both of us go regularly together since then, we have both improved ourselves significantly.

Evaluating Product based on Success Criteria

Product Images (web pages from website):

1	abcdefu	2:48
2	GAYLE	
3	Shivers	3:27
4	Ed Sheeran	
5	Ghost	2:33
6	Justin Bieber	
7	Light Switch	3:05
8	Charlie Puth	
9	Heartbreak Anthem (with Da...	3:03
10	Galantis, David Guetta, Little...	
11	Heat Waves	3:58
12	Glass Animals	

1	INDUSTRY BABY (feat. Jack ...	3:32
2	Lil Nas X, Jack Harlow	
3	pushin' P (feat. Young Thug)	2:16
4	Gunna, Future, Young Thug	
5	Lemonade (feat. Gunna, Do...)	3:15
6	Internet Money, Gunna, Don...	
7	Knife Talk (with 21 Savage ft...)	4:02
8	Drake, 21 Savage, Project Pat	
9	RAPSTAR	2:45
10	Polo G	
11	Ball If I Want To	1:52
12	DaBaby	

1	Goosebumps - Remix	2:42
2	Travis Scott, HVME	
3	The Motto	2:44
4	Tiesto, Ava Max	
5	INDUSTRY BABY (feat. Jac...)	3:32
6	Lil Nas X, Jack Harlow	
7	Goodbye	2:24
8	Imanbek, Goodboys	
9	Going Dumb	2:48
10	Alesso, CORSAK	
11	Tell It To My Heart	2:45
12	MEDUZA, Hozier	

About

Healthy living is essential to sustain a long living life. There are many benefits of living a healthy life such as improving cardio vascular health (a healthy heart), increased energy, and fewer health problems. I have chosen this topic of living a healthy lifestyle because I myself developed an unhealthy lifestyle which I solved by myself. During the pandemic, I found myself lazier than usual staying inside most of the time and not really having something to keep me active. That's when I decided to change my lifestyle and to make the most of what I had. Before my football season had started, I was finding myself slouching around in my chair all day doing nothing but school work or watching TV. That's when one day around a year back, I felt really guilty of doing this and decided to go for a run. I made this a habit to go run for 3.5 km everyday and for the first few weeks, my feet were ached really badly. I didn't know why they were aching

Home Workouts

What are Home Workouts?

Home workouts are basically exercises that you can do by yourself at home. Instead of going to a gym to workout, you are working out at your house. They consist of many body-weight exercises (you don't have a personal gym) that you can follow in a routine basis. They are a great gateway to the fitness world teaching the basics first.

Why are Home Workouts Beneficial?

Home workouts are a great way to stay fit while being at home. During a time when as many people as possible, while not everyone has the proper gym equipment to do them, have no access to gyms or other places to go to work out. This is where home workouts come in. They are a great way for people to get fit without starting off with body-weight exercises. Using this knowledge can show you that you are strong and fit or may need to make the switch.

Different exercises

Pushups

Pushups are amongst the most common body-weight exercises. It is an exercise that is globally known all around the world. The pushup targets your upper body. If it involves the chest (middlepectoralis), it is considered a strength exercise. If it involves the triceps (triceps brachii), they can't get past 5 and give up. This is very common however, if you practice this exercise long enough, you are bound to increase the number of reps you can do.

How to do the pushup

1. Lie down on your stomach on top of a flat surface
2. Place your feet and knees together with apart touching your whole palm onto the surface
3. get on your toes and push with your arms to get in a triangle-like shape
4. slowly go down with your elbows facing inward till you almost touch the floor
5. push back up and repeat the process (from step 4)

Situps

Situps are an exercise that people use to gain muscle in the abdominal area. Ever wanted a six-pack? Well there you go, this exercise definitely helps you to obtain one right. Not only does it help to tone your abdominal muscles, but it also serves as well as cardio to help a great addition to your next workout. Not only does it help to tone your abdominal muscles, but it also serves as well as cardio to help a great addition to your next workout. Not only does it help to tone your abdominal muscles, but it also serves as well as cardio to help a great addition to your next workout.

Steps to do situps

1. First lie on your backside facing the ceiling
2. place your feet and knees together and bend them towards your body keeping your feet flat on the surface
3. keep your hands behind your head and your back straight
4. bend only your upper body towards your knees
5. straighten your upper body back down using your abdominal muscles
6. repeat the process (from step 3)

Lunges

Lunges are a great exercise for leg day. They target many the quads, hamstrings, and the hips. This exercise also offers additional perks like toning the abdominal muscles. Due to the benefits of this exercise many athletes include lunges into their workouts.

Steps to do lunges

1. Start up straight with your feet together
2. place your front leg forward while keeping your back leg straight
3. bend your back leg almost to the floor and wait 1 second
4. Use your heels to get back into neutral position and repeat with other leg

Jump Rope

Jump rope is a great way to shed off that fat you've been wanting to get rid of. This exercise is great cardio and is good for a healthy heart. One commonly used scenario of jump ropes is boxing. The sport of boxing heavily includes jump roping so that fighters can maintain a good stamina.

Steps to do Jump Rope

1. Stand up straight with your feet together
2. Keep Jump rope to the side of your waist with your

Dieting

Healthy foods	Junkfoods
	breakfast cereals (cereals, bootloops, etc.)
smoothies	chips
greek yogurt	ice cream
grilled chicken	fried chicken
brown rice	white rice
granola bar	chocolate
hummus	mayonnaise

Why is Dieting important?

Eating a balanced diet is just as important, if not even more important than getting your exercise. Eating healthy food will provide you with proper nutrition that your body needs in order to function on a daily basis. A meal should consist of lots of vegetables, whole grain food, meat or any type of protein, dairy, and water. If you've ever thought of growing taller, eating a balanced diet can help you significantly grow. There are several different types of diets such as paleo diet, vegan diet, and keto diet. Following these diets are really not necessary at all, however it is important to be aware of what you eat and how it affects your body. These diets are often used to combat certain diseases or combat malnutrition such as deficiencies, weight loss, and sometimes even diseases. One of the most common things people forget to do is drink water. Not drinking water will keep you from growing, it will also make you gain weight, gain energy, and boost your metabolism. Drinking water is very important for your health. They could also increase the risk of heart disease and the overall risk of cancer. In our world, children are marketed heavily towards many processed foods, it is better to teach them what is good for them and what's not. The effects of eating healthy will have a noticeable change as you will feel more energetic and active throughout the day.

Home Physical Health ▾ Mental Health ▾ About

Mental Health

Why is Mental Health Important?

Mental health is important to all of us because it will not only decide our mood, but our actions, and our social life. It is important to maintain a good mental health so that you do not suffer from mental disorders such as depression. Depression is caused by stress which tensions the brain and messes you up mentally. The main causes of depression are linked to work/school and other sources of distress. Avoiding these mental illnesses can be tough and for some, they even leads to suicide.

Effects video games can have towards mental health

For many generations, it is believed that video games are bad for you and ruin kids eyesights, this is true if used excessively. However if video games are played in a controlled manner, they can actually help you cope with depression, anxiety, and mental disorders such as ADHD, and PTSD. This is because video games distract you from what's going on and let you have some fun. There are some consequences if played too much such as you'd get addicted, can mess with your sleep, can create more stress. So it is important to note that video games can help with mental health if used properly.

My product:

My website on Healthy Living worked out even better than I thought it would. I am very happy with the results and the work I put into this project. The knowledge I gained from multiple sources allowed me to create this informative website for others to use. I used HTML, CSS, and Javascript to code my website. My website includes many different features/attributes such as **spotify playlists**, a **navigation bar**, **GIFs**, minimalistic **web page themes**, and more. I put a lot of thought into my product to make sure it looks appealing to people using it. What's special about my website is that each webpage has its own theme which is made by me using graphic designing skills. The navigation bar at the top of the page is what is used to switch between different information. When you load in, you are automatically directed to the home page and you are free to choose from the options of Physical Health - (sub-pages: Home Workouts, Gym Workouts, Dieting, Physical Activities) and Mental Health - (sub-pages: Importance of mental health, Music) and an about page. I wish to soon publish my website and hopefully get other people online to use it as well.

Gym Workouts

What are Gym Workouts?

Gym workouts are similar to home workouts, however they involve using weights and machines to perform exercises. This can be more beneficial than home workouts since you can set a weight that's desired rather than only using your body's weight. There are a range of options from cardio machines such as treadmill, elliptical, bicycle, to weight machines like the fly machine, leg press, sit up/down machine, etc. Because of the effectiveness of machines, getting a gym membership is one you will not regret. There are many benefits to lifting weights such as:

- 1. stronger & bigger muscles
- 2. fat loss
- 3. better mood
- 4. improved confidence levels
- 5. stronger bones & joints
- 6. higher levels of cognitive functions
- 7. helps with people who have higher blood sugar

Benchpress

The bench press is among the most common exercise done at the gym. The bench press is similar to pushups targeting the chest, shoulders and triceps. There are several variations to the bench press such as a light modification to the incline decline of the bench.

How to do the benchpress

1. setup the bar on rack with desired weight
2. Lie down on the bench with your body perpendicular to the bar
3. reach for the bar with your hands and keep still looking at the bar
4. create an arch in your back
5. slowly use your arms to unlock the bar
6. control the bar and lower it till the bar touches around the middle part of your chest

Squat

The squat is a great leg workout that is essential in any lifting routine. The main muscles it works are hamstrings, quads, and calves. This exercise improves stability and improves strength in both the joints in the leg and the muscles in the leg. This exercise also improves hip mobility and knee stability which is important for performance in their sport. One example is in basketball, jump squats are a common exercise professional players use to improve their vertical jumping ability.

How to do the squat

1. setup the bar on rack with desired weight
2. stand under bar with legs a little more than shoulder width apart and toes pointing slightly outward
3. reach for the bar with your upper trap muscles
4. keep back straight while going as vertically down as possible for best ROM
5. push using thighs back up and repeat for desired number of reps

Shoulder press

The shoulder press as the name suggests, is an exercise for the shoulder. It is quite similar to the incline bench press however the bench is at a 90° and the motion is a little different. There are a few different ways you can do this exercise depending upon your preference. Here are some of the different types of shoulder presses:

dumbbell shoulderpress
barbell shoulderpress

How to do the shoulder press

1. setup the bar on rack with desired weight
2. Lie down on the bench with your body perpendicular to the bar
3. reach for the bar with your hands and keep still looking at the bar
4. create an arch in your back
5. slowly use your arms to unlock the bar
6. control the bar and lower it till the bar touches around the middle part of your chest

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Product Success Criteria:

Weaknesses	Product Success Criteria	Strengths
	Aesthetics (Based off use of colors, themes, animation)	A lot of the people that reviewed my website have said the same thing that it looks really nice and they are more impressed when I tell them I designed the designs for the pages as well. The elements I added such as the use of animations combined with the correct colors made my website stand out which impressed most if not all the people I've shown my website to.
	Customer (People who are getting into fitness or looking into it)	The people who have used my website say they have learned a lot more about fitness and it is a great tool that they would use.
Although not a major flaw, a few users were requesting for there to be some interaction such as a diet tracker.	Function (Should function as a fitness resource for people to use as a fitness starting guide)	
	Coding (Use of HTML, CSS, and JavaScript)	I used all the materials I said I would use and have incorporated them efficiently to create my product.

Feedback From Survey(after reviewing website):

[Google Form Link](#)

Criteria Evaluation (From 2 experts):

Key:	■ - Expert 1 (Arvin - Currently Lead data engineer has 25+ yrs experience in IT)	■ - Expert 2 (Jeyakala has 5+ yrs of experience in IT and currently works at Microsoft)	■ - By both experts				
Evaluated Criteria Level	Specification 1 (Aesthetics)	Specification 2 (Content)	Specification 3 (Nav Bar)	Specification 4 (Understandable)	Specification 5 (Media)	Specification 6 (Coding)	
0 None	Website is plain & does not contain any sort of aesthetic look	Website has no information on physical and mental health	Website does not contain a navigation bar	Website isn't understandable and is very confusing and messy	Website doesn't have any videos/pictures	There is no code used in website(made with 3rd party app)	
1-2 Limited	Website has a little bit of design such as a picture	Website has little information with no visual representation	Website has non-functional navigation bar	Website is somewhat understandable	Has 1-3 pictures and videos in website and are somewhat related to the given sub-topic	Code is not very understandable and efficient	
3-4 Adequate	Website looks little work has been put in	Website has inadequate information but some visuals to help understand	Navigation bar is functional however it is plain	Info in website is shown however it does not clearly correlate to the purpose of the site	4-5 pictures and videos used and is somewhat relevant to what is written	Code used is understandable however not efficient	
5-6 substantial	Website looks neat but graphics do not match sub-topics	Website has good information and decent amount of details and visuals but need little more information	Navigation bar is functional and contains some design to it yet,	Website is understandable and is relevant to sub-topic however user still has some doubts	5-6 pictures and videos that are relevant to what is in the website	Code is understandable and is somewhat efficient but not quite at an above avg. standard	
7 Excellent	Website contains an appealing theme as well as lots of pictures that match the theme of every webpage. is also related to the sub-topic.	Website is well informative and is filled with details and information to help understand	Website has well developed navigation bar with animations and works smoothly	Website is clear and understandable to user and includes an about page to go further in detail about healthy living	Contains lots of pictures and videos(6+) for users to take a look at. Videos and pictures are relevant to the webpage.	Code is readable + understandable. Code used is efficient and is at a high level.	
Self Evaluation	7 For all the pages I have created for my website, each one <u>have</u> their own colored themes which I designed through my graphic designing skills. This is through a	6 The content I have provided through each page contains useful information on each of the topics. However, there is room for improvement such as adding a database of information where others can add in their own info.	7 My navigation toolbar is smooth since I have added animation that makes the experience more satisfying. All the buttons work properly with no errors.	7 The content I have given is clear for readers and provided with info. such as steps to do exercises, tips, and more.	7 The website contains many pictures and does include 6+ images and videos	7 I have efficiently coded my website in a manner where it is readable and understandable by both the experts.	

Product Reviews:

I also asked a set of random people from whom I don't know to review my website and provide some feedback. Here are the responses they had to provide:

- Feedback
- "Good UI designs are nice"
 - "Looks great and is informative"
 - "Designs are cool"
 - "Nice website"
 - "Could add a way to connect with a community"
 - "Lots of information about fitness"
 - "Looks very nice and could add something like a diet tracker"

Conclusion:

Overall, I am very satisfied with my website. There were many roadblocks along the way while making my project such as the limited resources I had after moving to a different country. I moved to India from the USA during the end of 2021 with almost nothing but my laptop and some other few items. This was a major challenge I had to work with while traveling to many different places in between including, back to the USA for a few weeks and to Madurai a few times. I also ended up getting Covid-19 during the beginning of 2022 which was another setback. Facing all these challenges were difficult but now I can say I've completed my project successfully. I also learned various skills in the process such as 3 programming languages which was a difficult task as it took time to understand and apply into my project as well as instructing a Taekwondo class which made me step up and become a leader while teaching people something I am passionate about. Using the skills I gained, I was able to create my first website with the information gained through experience. The overall reaction to my project from others was a very positive reaction. I will continue to follow a healthy lifestyle using what I've learnt and will further improve my website so that it is open to the general public soon.

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