CONCEPT PAPER

APPLICATION DEVELOPMENT FOR FITNESS PROGRAM:

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Problems:
Most people nowadays are not physically fit because of which they prefer going to the gym but as being a new gym-goer they don't know how to exercise properly which will not benefit them. They also are unaware of gym equipment and how to use it using a proper body position which may cause injuries. It is also hard for them to manage their fitness routine and keep track of their progress accordingly. Similarly, some people also hire private trainers to train them by providing a lot of money which causes unnecessary expenditure, but sometimes they don't even see the results that are worth the money.

Concepts:
A healthy lifestyle has long been a trend, and it is only set to grow and develop in the near future. As more individuals make a choice from a range of possibilities for fitness, the fitness app is a good way to start their fitness journey. The following app will include the exercise routines based according to requirements and experience of the user. It will also keep track of the user's progress report and the basic physical parameters of the user's body. Similarly, this app advises users on the nutrients they should consume in order to maintain their health and achieve their body objectives. This software, on the other hand, makes it simple for fitness

enthusiasts to attain their goals by just installing an app that will assist them instead of hiring personal trainers.

Looking forward for a positive feedback.

Thank you!