

FITNESS TRACKER WEBSITE

G.Harsha Vardhan Rao

19P61A0575

hv5744577@gmail.com

G.Harsha vardhan

19p61a0566

ghvy999@gmail.com

Harshith.S

19p61a0581

suryawanshiharshith@gmail.com

Vignana Bharathi Institute of Technology
Department of Computer Science & Technology

ABSTRACT:

The project is a responsive website designed/developed using frontend technologies include HTML, CSS, JavaScript and Bootstrap.

FITNESS HEALTH CARE WEBSITE is a website that looks around the nutrition and wellness of the users. Users can visit the website and check for the calorific science and much more nutritional information. Fitness is the emerging trend throughout the world. Getting into a good physique has become a motive for most of the youth and also different age groups. Because of the increased stress and indulging into

unhealthy food habits, people are suffering from obesity and various diseases at very younger ages. Regular physical activity helps avoid weight gain and plays a part in increasing wellbeing by reducing stress, anxiety, and feelings of depression. People are unaware of the calorific and nutritional sciences. People now-a-days are very much interested in getting into a good physique as it makes the person look good as well as makes him confident as per some studies.

So, Our Aim is to help out everyone reaching out to our website for any possible information.

Supervisor Sign

Coordinator Sign