

Fitness recommendation website:

Overview

This project is a web application that uses ReactJS for the frontend and FastAPI for the backend.

Prerequisites

Before you begin, ensure you have the following installed:

- **Python:** [Download and install Python](#)
- **pip:** Comes with Python, but you can [install or upgrade pip](#) if necessary.

Installation

Frontend Setup

1. **Navigate to the frontend directory:**

```
cd my-react-app
```

Install dependencies:

```
npm install
```

2. **Build the frontend (if needed):**

```
npm run build
```

Backend Setup

1. **Navigate to the backend directory:**

```
cd APIs
```

2. **Create a virtual environment (recommended):**

```
python -m venv venv
```

3. **Activate the virtual environment:**

- On Windows:

```
venv\Scripts\activate
```

- On macOS/Linux:

```
source venv/bin/activate
```

4. **Install dependencies:**

```
pip install -r requirements.txt
```

Running the Application

Frontend

1. **Navigate to the frontend directory:**

```
cd my-react-app
```

2. **Start the React development server:**

```
npm start
```

This will start the React development server and open your application in a web browser. By default, it will be available at <http://localhost:3000>.

Backend

1. **Navigate to the backend directory:**

```
cd APIS
```

2. **Start the FastAPI server:**

```
uvicorn main:app --reload
```

This will start the FastAPI server, and it will be available at <http://localhost:8000>.