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A Project
On
“E-Fitness”
[Code No: COMP 207]

(For partial fulfillment of COMP 207 II/II in Computer Science)

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Submission Date: 01/07/2020

Abstract

We, humans, especially in the developing country like ours often don't realize the importance and consequences of healthy living in our everyday lives. Also keeping in mind that, smartphones and tablets are slowly but steadily changing the way we look after our health and fitness. Today, many high quality mobile apps are available for users and health professionals cover the whole health care chain. With this pandemic going on around the world, we have now come to the realization how correlated these both point are. Considering this, we came up with this project entitled to 'E- Fitness'. The main objective of our project is to make health and fitness attainable, approachable and affordable. Through this project, those who are interested in maintaining themselves fit and healthy, we provide them certain guidelines for workout and exercises based on their requirements. We also provide a platform where people can share each other's experience, their own workout routines and exercises or tips so that it could inspire or be helpful to others. With the completion of this project, it might help people to live a better, happier and healthier life.