FITNESS TRACKER WEBSITE

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OBJECTIVE

Our Main Aim is to help out everyone reaching out to our website for any possible information such a way that the user need not to go to dietician centre to get their diet plan, they can easily access the diet plan through website. There is a need to study and make a system which will make it easy for an end users to go through the fitness app contents and know more about calorific science and be healthy.

ABSTRACT

The project is a responsive website designed/developed using HTML, CSS, JAVASCRIPT and BOOTSTRAP. FITNESS TRACKER 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 Main Aim is to help out everyone reaching out to our website for any possible information..

INTRODUCTION

The development and the incorporation of wireless technologies to promote healthy lifestyle behaviour, specifically healthy eating and weight control, has the potential to address our ultimate goal of enabling healthy lifestyle to prevent obesity and obesity related diseases. A diet is all that we consume in a day. And a balanced diet is a diet that contains an adequate quantity of the nutrients that we require in a day. A balanced diet includes six main nutrients, i.e. Fats, Protein, Carbohydrates, Fiber, Vitamins, and Minerals. All these nutrients are present in the foods that we eat. Different food items have different proportions of nutrients present in them. The requirements of the nutrients depend on the age, gender, and health of a person.

HARDWARE & SOFTWARE REQUIREMENTS

RAM: 4GB
Hard Disk: At least 1GB of free Hard Disk space
Operating System: Windows 7/8/10

Coding Language: HTML, CSS, JAVASCRIPT and BOOTSTRAP

EXISTING SYSTEM

Smartphones and apps have revolutionized fitness training. The days when average consumers only got a training plan in the gym are long gone. Nine percent of all apps on offer are now fitness apps. And they're more popular than ever. The companies initially tried to make a profit with training equipment that matched their app.

PROPOSED SYSTEM

The proposed system of Fitness And healthcare website is that it calculates the BMI of users based on their input height and weight. It also calculates no of grams of calories micro and macro nutrients a person should take according to their age height and weight. It also enables a user to know about the food intake in foodchart.

CONCLUSION

Being fit has so many benefits to your health. It will help you live longer ,it will keep your body strong and gives a good impression of your sense of self worth to those around you. It will show them that you truly care about yourself .It will keep your cardiovascular system functioning without fault even at old age. ▪ As being fit is very much important , we developed a website on fitness healthcare where one can check their BMI, amount of proteins, calories ,fats and carbohydrates they should consume per day and follow their diet plan accordingly .We have also provided a food chart that has amount of calories ,proteins, carbohydrates contained in different food items. So, one can refer to that food chart and follow the diet plan.

REFERENCES

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