**Title :** *FitGeek : Interactive Fitness Website with multiple recommendation systems and disease predictors.*

**Objectives:**

1. To obtain right guidance regarding fitness conveniently and economically.

2. To learn exercises with the help of right instructions and animations.

3. To create awareness about the recent updates in healthcare.

4. To provide the user with access to the exercises and disease predictors remotely.

**Technology Stack:**

**Frontend:**

1. HTML : for structure
2. CSS : for styling
3. JavaScript : for interactive elements
4. Bootstrap : CSS framework for responsive and attractive designs.

**Backend:**

1. Django : framework for web application development
2. Python : for backend logic

Libraries:

* + - 1. Pandas
      2. numpy

**For AI related features:**

1. Scikit-learn : for building disease prediction models.
2. TensorFlow or PyTorch : For building recommendation and machine learning models.

**Scope:**

1. Enhanced Fitness Progress:

* AI-powered recommendations adapt as users progress, ensuring optimal workout plans and diet suggestions.

1. Holistic Wellness Approach:

* Recommendation systems can consider physical activity, nutrition, sleep, and mental health for a comprehensive wellness approach.

1. Wellness Challenges:

* Wellness challenges incorporating AI-based recommendations to promote healthy habits.

1. Mental Health Integration:

* Expand recommendations to include mindfulness practices, stress management, and mental wellness activities.