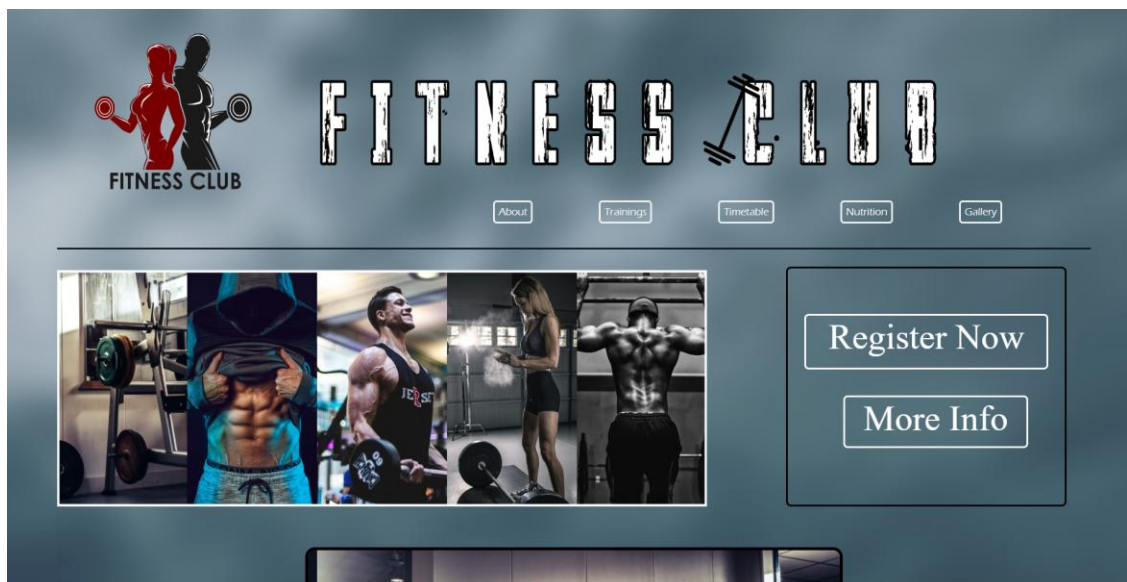


CSE 326

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➤ OUTPUT :

1] HOME PAGE :



2] ABOUT :

About

Fitness club means a building where facilities, machines and equipment are provided for use by the public or to members, for a fee, for the purposes of physical training and improving physical health and fitness. The gym that makes fitness totally accessible to everybody. It helps people from all walks of life achieve their individual health and fitness goals - no matter their shape, size, age, experience level, schedule, or budget. Fitness First specialises in safe cardiovascular exercise programmes to enable you to improve your lifestyle, health and general wellbeing. Exercise is great for weight loss, shaping and toning and is in fact the only way to lose weight in the right places and keep it off! Our spacious, air-conditioned gymnasiums are fully equipped With a comprehensive range of cardio equipments such as treadmills, steppers and elipticals per club, and over 3 tons of free for weight equipment as well as the stretch area, we can provide you with all the encouragement you need to achieve your goals. Exercise is more fun with personalised audio visual entertainment. Whether you enjoy watching music videos, news or the latest sporting event, the cardio theatre will make that 5 mile run just fly by! Exercise need no longer be boring with cardio theatre, giving you a choice of 5 to 6 Astro channels to keep you entertained whilst you are exercising. Fitness centers offer the option of choosing a personal trainer to steer you toward your fitness goals. Personal trainers in reputable gyms are certified professionals who will create a custom workout program for you, work with you during each visit, increase the challenges as you gain fitness, and give you helpful tips about maximizing the benefits of each exercise and varying equipment. Some fitness centers provide nutritionists help ensure your eating plan and exercise

3] TRAININGS :

Trainings

Fitness is defined as the quality or state of being fit and healthy. Around 1950, perhaps consistent with the Industrial Revolution and the treatise of World War II, the term "fitness" increased in western vernacular by a factor of ten. The modern definition of fitness describes either a person or machine's ability to perform a specific function or a holistic definition of human adaptability to cope with various situations. This has led to an interrelation of human fitness and physical attractiveness that has mobilized global fitness and fitness equipment industries. Regarding specific function, fitness is attributed to persons who possess significant aerobic or anaerobic ability (i.e., endurance or strength). A well-rounded fitness program improves a person in all aspects of fitness compared to practicing only one, such as only cardio/respiratory or only weight training.

1. Jogging. – Running at a steady and gentle pace. This form of exercise is great for maintaining weight and building a cardiovascular base to later perform more intense exercises.

2. Working on elliptical trainer – This is a stationary exercise machine used to perform walking, or running without causing excessive stress on the joints. This form of exercise is perfect for people with achy hips, knees, and ankles.

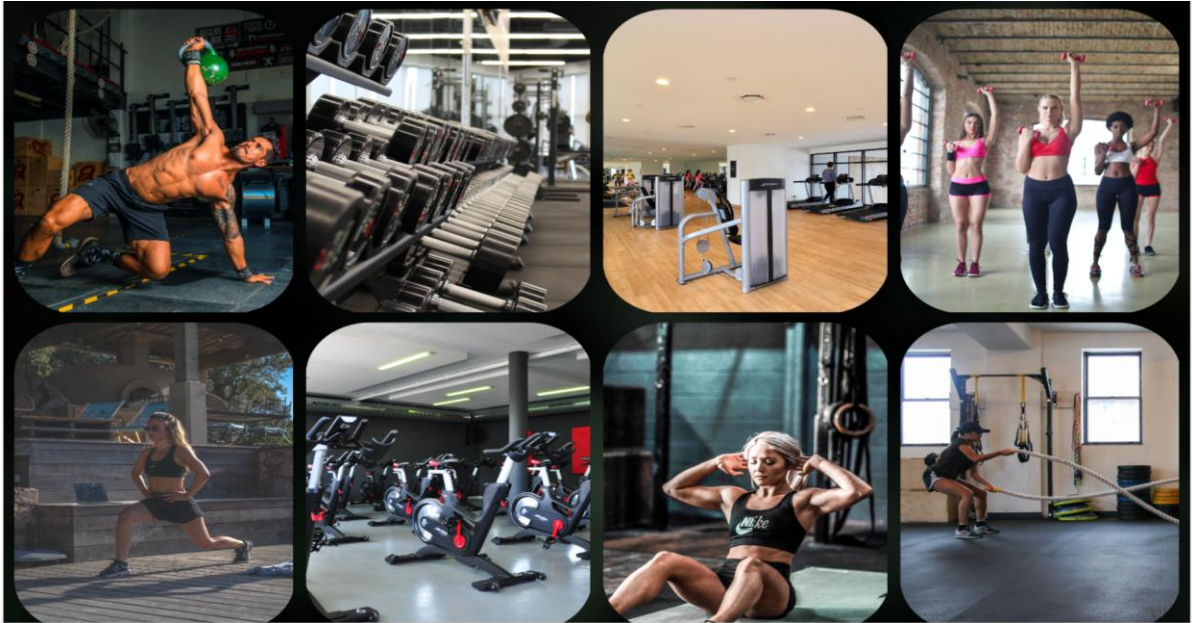
4] TIMETABLE :

GYM SCHEDULE							
WORKOUT TIMING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cardio: 10 to 30 minutes, such as: - Beginner Stationary Bike Workout - Beginner Walking Workout - Beginner Elliptical Workout	Total body strength and core training, such as: - Beginner Total Body Strength - Beginner Total Body Strength Level 2 - Beginner Total Body Strength Level 3	Rest or gentle yoga/stretching	Cardio: 10 to 30 minutes; do the same workout you did on Monday or a new one	Total body strength and core training; repeat Tuesday's workout to practice the exercises and build the strength and endurance to do more	Rest or optional cardio: Do something less structured, like taking a walk or a leisurely bike ride	Rest

5] NUTRITION :

Nutrition
<p>1.Calories:-</p> <p>A calorie is a unit of energy. When you hear something contains 100 calories, it's a way of describing how much energy your body could get from it. The large calorie, food calorie, or kilogram calorie was originally defined as the amount of heat needed to raise the temperature of one kilogram of water by one degree Celsius (or one kelvin). The small calorie or gram calorie was defined as the amount of heat needed to cause the same increase in one gram of water. Thus, 1 large calorie is equal to 1000 small calories. In nutrition and food science, the term calorie and the symbol cal almost always refers to the large unit. It is generally used in publications and package labels to express the energy value of foods in per serving or per weight, recommended dietary caloric intake, metabolic rates, etc. Some authors recommend the spelling Calorie and the symbol Cal (both with a capital C) to avoid confusion; however, this convention is often ignored. In physics and chemistry the word calorie and its symbol usually refer to the small unit; the large one being called kilocalorie. However, this unit is not officially part of the metric system (SI), and is regarded as obsolete, having been replaced in many uses by the SI unit of energy, the joule .</p> <p>2.Carbohydrates:-</p> <p>A carbohydrate is a biomolecule consisting of carbon (C), hydrogen (H) and oxygen (O) atoms, usually with a</p>

6] GALLERY :



7] REGISTERFORM :

Registration Form

First Name : <input type="text"/>	Blood Group : <input type="text"/>
Second Name : <input type="text"/>	Mobile phone : <input type="text"/>
Parent's/Guardian's name : <input type="text"/>	Gender <input type="radio"/> Male <input type="radio"/> Female <input type="radio"/> Other
Email Id : <input type="text"/>	Address : <input type="text"/>
Date of Birth <input type="text"/>	Membership fees paid : <input type="text"/>
Medication Problems : <input type="text"/>	

Submit

8] MOREINFO. :

More Information

1.Main workout area

Most health clubs have a main workout area, which primarily consists of free weights including dumbbells and barbells and the stands and benches used with these items and exercise machines, which use gears, cables and other mechanisms to guide the user's exercise. This area often includes mirrors so that exercisers can monitor and maintain correct posture during their workout. A gym that predominantly or exclusively consists of free weights (dumbbells and barbells), as opposed to exercise machines, is sometimes referred to as a black-iron gym, after the traditional color of weight plates.

2.Cardio area/exercise theatre

A cardio theater or cardio area includes many types of cardiovascular training-related equipment such as rowing machines, stationary exercise bikes, elliptical trainers and treadmills. These areas often include a number of audio-visual displays, often TVs (either integrated into the equipment or placed on walls around the area itself) in order to keep exercisers entertained during long cardio workout sessions. Some gyms provide newspapers and magazines for users of the cardio theatre to read while working out.

3.Group exercise classes

Most 2010-era health clubs offer group exercise classes that are conducted by certified fitness instructors or trainers. Group exercise classes are often considered the most important service in the centers for members' engagement.[3] Many types of group exercise classes exist, but generally these include classes based on aerobics, cycling (spinning), boxing or martial arts, high intensity training, step yoga, regular yoga and hot (Bikram) yoga, pilates, muscle training, stretching, and self-defense classes such as Krav Maga and Brazilian Jiu-Jitsu. Health clubs with swimming pools often offer aqua aerobics classes. The instructors often must gain certification in order to teach these

ACKNOWLEDGEMENT :

I and my friend started the project by creating a html code giving the code we have given the name as fit sports and given the code so it could load the CSS code which we named it as mystyle.css. The logo was given by us by pasting the image link.

we have given the code so that it could load the project.img which gives us the access to the code to open the project when clicked in the website. we also extend my thanks to other Faculties for their Cooperation during my Course. Finally, we would like to thank my friends for their cooperation to complete this project.

CONCLUSION :

This report has taken on the research of the fitness centers. The first section of the report has been possible through a meticulous collection of data from previous fitness centres, and information about fitness. The data is used to carry on the human body has 650 muscles. The only exercise you should hold your breath for is underwater swimming.

The heart is the strongest muscle in the body. Nearly 50% of all young people ages 12-21 are not vigorously active daily. For every pound of muscle gained, the body burns 50 extra calories every day. In general, fitness means different things to different people. The important message is that embarking on any regular exercise will be of benefit to a person's health. The more exercise they do, the healthier they will look and feel.

