**FITNESS WEBSITE**

**A REPORT on project baSED LEARNING**

**(semester -II)**

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**ABSTRACT**

Obesity is a major global challenge. It increases the risk of developing

health problems such as cancer, diabetes and cardiovascular disease.

Its prevalence puts pressure on the healthcare systems and on individual’s health and finances as well.

The use of fitness technology that is fitness websites and apps in supporting health behaviour change is promising.

Fitness technology not only expands opportunities for users to access health related information but also facilitate cueing behaviour change.

The objective of this paper is to identify the features that should be supported by health and fitness websites and fitness wearable devices to encourage individuals to be active, change their lifestyle and to keep them motivated to overcome health related problems.

So basically our website provides information about different exercises, nutrition and calorie, yoga and meditation, etc.

We have created some fitness calculators that make our website interesting.

**ACKNOWLEDGEMENT**

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We would also thank to all of them who helped us to complete this project.

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Place: Name of Student (in Capital) &

**TABLE OF CONTENT**

|  |  |  |
| --- | --- | --- |
| **Chapter No.** | **Title** | **Page No.** |
| **1.** | **Introduction** |  |
| **2.** | **History** |  |
| **3.** | **Objectives** |  |
| **4.** | **Stages of project** |  |
| **5.** | **Conclusion** |  |
| **6.** | **References** |  |
|  |  |  |

Chapter 1

Chapter 1

**INTRODUCTION**

The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, sex or physical ability.

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none at all.

Our fitness website is a health service that helps individuals attain one of the greatest gifts of all-good health. Personal gains such as improved self-esteem, self-motivation combined with measurable benefits will create tremendous advantages for the individuals.

Our fitness website will provide fitness related information truly dedicated to solving the fitness needs of our costumer. This will be done through providing the accurate date, providing a clean and crowd-free environment.

The Home page of the website is made such that it attracts the user due to its beautiful user interface. The home gives the user a brief idea about our website. The home page consists of different sections that can lead the user to explore our website more.

Chapter 2

**HISTORY**

Over the last five years use of fitness websites and wearable devices have gained popularity in fitness behavior interventions; especially for obese individuals who want to lose weight and gain better fitness.

In 2014 the global fitness technology market was estimated to be worth 19 billion U.S dollars.

The use of fitness technology, websites and wearable devices in supporting health behaviour change is promising. Health and fitness websites have grown rapidly over the years and there are more than thirty-one thousand fitness apps available on the internet.

There is a growing interest in how the role of fitness websites and wearable devices can influence the behaviour of obese individuals. Fogg introduced a framework called the “functional triad” that describes the role of devices in the device-human interaction.

He also highlights that devices can motivate humans by being mediums, social actors or tools.

For example, fitness websites can act as predisposing factors or tools to diffuse fitness information. They can also collect personal information about the users behaviour. These apps also connect the user to social networks.

Chapter 4

**OBJECTIVES**

* To help fitness enthusiast with workout and nutrition information.
* To spread awareness about fitness.
* To make easy excess of information about fitness.
* To help beginner to achieve fitness goal.
* To develop a community network for wellness promotion.
* Be able to take knowledge that is learned regarding wellness and use it to help others in society
* To become motivated to take responsibility for oneself and make positive health behavior changes
* To provide physical activity that will enable each person to monitor desired gains.
* To provide activities that relieve emotional strain and tension

Chapter 5

**STAGES OF PROJECTS**

Chapter 5

**CONCLUSION**

Obesity is a major issue for health departments all over the world. Despite a great effort, the obesity rate is higher than ever before.

The literature review highlighted that obese individuals can be motivated to increase their physical activity through behavioural interventions.

It identified that features such as goal-setting, monitoring, information about various exercises, reference workout videos can impact upon the fitness of users by encouraging them to become more involved in physical activity.

This systematic literature review makes it evident that fitness technology has the potential to play a greater role in the health and fitness of the individual because of these features.

So finally our website ultimately gives the importance of health and guides the user how to take care of their health.

It contains a home page that gives a brief idea about our website

It contains a section “workout” that allows the user to get information about various exercises.

One section provides important information on nutrition and calorie.

We have embedded some fitness related calculators in a section named “fitness calculators”. One section provides information on yoga and meditation. We have embedded video links that will guide the user to do the following activity.

The “about us” section will give the user the information about the website creators

Chapter 6

**REFERENCES**

These are the following sources that we referred to:

* <https://stackoverflow.com/>
* <https://www.w3schools.com/>
* <https://practice.geeksforgeeks.org/>
* <https://www.healthifyme.com/in/>
* <https://www.articlecity.com/>