

## **FITVERSE**

Our fitness website, FitVerse is a comprehensive platform designed to help users improve their overall health and fitness. Users can log in to access personalized features such as a BMI calculator, calorie calculator, nutrition page, and workout page.

The BMI calculator allows users to input their height and weight to determine their body mass index, giving them a better understanding of their current body composition. The calorie calculator helps users estimate their daily caloric needs based on their age, gender, height, weight, and activity level.

The nutrition page offers valuable information on various dietary choices, meal planning, and tips for maintaining a balanced and healthy diet. The workout page provides a variety of exercise programs and routines tailored to different fitness goals, including strength training, cardio, and flexibility exercises.

Overall, this fitness website serves as a one-stop resource for users to manage and enhance their health and fitness journey.