

ABSTRACT

Fitness and health become more popular since it can improve our immunity and make ourself have a good looking physique .The increasing popularity of fitness and health due to the benefits they offer, such as improved immunity, physical appearance, cardiovascular health, muscular strength, flexibility, and reduced risk of chronic diseases. It also mentions the positive effects of regular exercise on mental health. The aim of this application is to help people with their exercises, reduce unhealthy habits caused by a lack of physical activity, and describe the use of modern technology to enhance people's interest in leading a healthy and fit lifestyle. The technology to be implemented is android application , to keep in touch with information where ever the users are, they always carry their phone. So, this is the alternate way to do it. The application is intended to provide users with access to information about exercises, help them maintain a healthy life, learn about muscle-building movements both in the gym and through home workouts, and even assist with meal management if required. The choice of an Android application is justified by the fact that people carry their phones with them everywhere, making it a convenient and accessible platform.