

A System for Fitness and Health Care

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Abstract: *Being Physically and rationally fit is extreme crave for each human being. This require has been realized by the individuals behind the improvement of wellness applications. Due to busy lives peoples are continuously moving from one city to another city so they find it difficult to track nearby gym location. To serve the different needs of clients, these apps offer personalization conjointly offer nutrition-based eatless plans by dietitian and exercise centre adornments other than work out and workouts. The apps offer incredible help to people who do not have time to visit the Exercise centres and health centres so casually such applications will help user to save their time and focus on their fitness regimes.*

Keywords: Android Application Development, Gyms, Diet Plans, Shops, Health centers, Fitness

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