

Health Empire

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Abstract: “Health Empire” project is your go to web application platform for all the things related to your health, wellness and physical fitness. Whether you are a fitness enthusiast, a beginner in your fitness journey or want to lead a healthier lifestyle then you have come to the right place as this website will empower you on your path to achieve your fitness goals. In this project we will use technology to facilitate training from home and motivate people to begin and maintain an active lifestyle and how it can be effective on achieving results such as better strength and balance. Our application includes workout videos, Yoga Videos, Nutritional Plans, Trainers and Doctors for assistance and user can also search for gyms and their contact info. This project aims to create a community for people who can help each other to be the best version of themselves. The website utilizes various technologies and frameworks of MERN such as React, NodeJS, Express, MongoDB.

Keywords: React, NodeJS, Express, MongoDB.

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