FINAL YEAR PROJECT REPORT

HOB FITNESS ANDROID WELLNESS AND FITNESS APPLICATION

In fulfillment of the requirement
For degree of
BS (Information Technology)

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HOB Fitness: Android Wellness and fitness Application

ABSTRACT

Depression is a constant feeling of sadness and loss of interest, which stops you doing your normal activities. Different types of depression exist, with symptoms ranging from relatively minor to severe. Generally, depression does not result from a single event, but from a mix of events and factors. Physical activity is not only good for your body, it's also great for your mind Being active releases chemicals in your brain that make you feel good - boosting your self-esteem and helping you concentrate as well as sleep well and feel better. Being active doesn't have to mean taking out an expensive gym membership or running marathons. Finding an activity you enjoy can give you a goal to aim for and a sense of purpose. It's even better if you're able to get active outdoors. Research shows that being in nature can make us feel happier, feel our lives are more worthwhile, and reduce our levels of depression and anxiety. Nature doesn't have to mean forests or national parks either: walking to a local common, visiting a friend's garden or simply noticing trees and flowers planted by the roadside can boost your mental wellbeing.

TABLE OF CONTENTS

viii

CHAPTER 4

CHAPTER 5

ix