Georgian Fitness Web Application

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Annotation: In the modern era where sedentary lifestyles dominate, fitness and personal well-being have become more important than ever. The Georgian Fitness Web Application is an innovative initiative that aims to empower individuals to live healthier lives through the integration of modern technology. The application addresses common obstacles people face in maintaining physical activity, such as lack of motivation, time, or access to reliable guidance. It provides a user-friendly, responsive interface built using React.js and Tailwind CSS, ensuring accessibility and visual appeal.

The backend infrastructure, powered by Node.js, is capable of handling dynamic data requests with speed and scalability. Security is ensured through bcrypt password hashing and JWT-based authentication, protecting users' data and sessions.

This project is based on the idea that technology can and should support a healthy lifestyle. The comprehensive nature of the platform allows users not only to track workouts but also to become part of a digital ecosystem focused on well-being.

Keywords:

[1] React Documentation – https://reactjs.org

[2] Node.js Documentation – https://nodejs.org

[3] Tailwind CSS – https://tailwindcss.com

[4] JWT Guide – https://jwt.io

[5] bcrypt npm – https://www.npmjs.com/package/bcrypt