ABSTRACT

MAKING GONICE HEALTH AND SPORTS APPLICATIONS FOR COMMUNITY

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People during the Covid-19 pandemic spend time at home and rarely do they go out of the house to do activities and exercise. This pandemic, people are required to always maintain their diet and endurance, namely by exercising. However, during the pandemic, there are social restrictions that people are required to be at home. The development of technology makes the smartphones they hold the main factor because they can get such extensive information, including exercise and health news by looking at sports videos on the gonice application. When someone wants to know their ideal weight then this application can find out and also the sports and health news in it. The existence of the gonice application will have a positive impact on the community because it can provide information about health and exercise at home with workout videos in it only through their smartphones.

Keywords : People, sports, health