

The main theme of this thesis is to find out the reasons which leads different people to enter the fitness centres. The first part of the thesis is dedicated to a brief history of fitness and fitness centres, then the main focus is on the reasons of people to decide to go to a fitness centre. The key words are explained there. Lastly, the system of primary methods while using diagnosis equipment before a person enters a fitness centre is explained. The second part deals with finding out the actual reasons of various people for entering a fitness centre through the method of survey.