INDEX PAGE

(INLINE CSS AND JAVASCRIPT)

```
<!DOCTYPE html>

<html>

<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">

<head>

<script src="https://ajax.googleapis.com/ajax/libs/jquery/3.5.1/jquery.min.js"></script>

<script>

function myFunction(imgs) {

  var expandImg = document.getElementById("expandedImg");

  var imgText = document.getElementById("imgtext");

  expandImg.src = imgs.src;

  imgText.innerHTML = imgs.alt;

  expandImg.parentElement.style.display = "block";

}


$(document).ready(function(){

$("#flip").click(function(){

$("#panel").slideToggle("slow");

});

});

var i=0;

var images=[];

var time=2000;
```

```
images[0]='handf5.jpg';
images[1]='handf6.jpg';
images[2]='handf7.webp';

function changeImg(){
document.slide.src=images[i];

if(i< images.length-1){
i++;
}else{
i=0;
}
setTimeout("changeImg()",time);
}
window.onload=changeImg;
function openCity(cityName,elmnt,color) {
  var i, tabcontent, tablinks;
  tabcontent = document.getElementsByClassName("tabcontent");
  for (i = 0; i < tabcontent.length; i++) {
    tabcontent[i].style.display = "none";
  }
  tablinks = document.getElementsByClassName("tablink");
  for (i = 0; i < tablinks.length; i++) {
    tablinks[i].style.backgroundColor = "";
  }
  document.getElementById(cityName).style.display = "block";
```

```
  elmnt.style.backgroundColor = color;
}
document.getElementById("defaultOpen").click();
</script>
<style>
#panel, #flip {
padding: 5px;
text-align: center;
background-color: #e5eecc;
border: solid 1px #c3c3c3;
}

#panel {
padding: 50px;
display: none;
}
.myDiv1 {
   margin: auto;
  width: 50%;
  border: none;
  padding: 10px;
  text-align: center;
border-color: none;
background-color: #F0FFFF;
}
.myDiv2 {
```

```
  margin: auto;
  width: 100%;
  border: none;
  color: white;
  padding: 10px;
  text-align: center;
border-color: none;
background-color:red;
}
.fa {
  padding: 20px;
  font-size: 30px;
  width: 50px;
  text-align: center;
  text-decoration: none;
  margin: 5px 2px;
}
.fa:hover {
    opacity: 0.7;
}
.fa-facebook {
  background: #3B5998;
  color: white;
}
.fa-twitter {
  background: #55ACEE;
```

```
  color: white;
}
.fa-linkedin {
  background: #007bb5;
  color: white;
}
.fa-instagram {
  background: #125688;
  color: white;
}
.column {
  float: left;
  width: 20%;
  align:center'
  padding: 10px;
}
.column img {
  opacity: 0.8;
  cursor: pointer;
}
.column img:hover {
  opacity: 1;
}
.row:after {
  content: "";
  display: table;
```

```
  clear: both;
}
.container {
  position: relative;
  display: none;
}
#imgtext {
  position: absolute;
  bottom: 15px;
  left: 15px;
  color: white;
  font-size: 20px;
}
.closebtn {
  position: absolute;
  top: 10px;
  right: 15px;
  color: white;
  font-size: 35px;
  cursor: pointer;
}
.column {
  float: left;
  width: 33.33%;
  padding: 5px;
}
```

```
.row::after {
  content: "";
  clear: both;
  display: table;
}
* {box-sizing: border-box}
body {font-family: "Lato", sans-serif;}

.tablink {
  background-color: #555;
  color: white;
  float: left;
  border: none;
  outline: none;
  cursor: pointer;
  padding: 14px 16px;
  font-size: 17px;
  width: 25%;
}
.tablink:hover {
  background-color: #777;
}
.tabcontent {
  color: white;
  display: none;
  padding: 50px;
```

```
  text-align: center;
}
#London {background-color:red;}
#Paris {background-color:Aqua;}
#Tokyo {background-color:Cornsilk;}
#Oslo {background-color:orange;}
.topnav {
  overflow: hidden;
  background-color: #333;
}
.topnav a {
  float: left;
  display: block;
  color: #f2f2f2;
  width: 187px;
  text-align: center;
  padding: 14px 16px;
  text-decoration: none;
  font-size: 17px;
}
.topnav a:hover {
  background-color: #ddd;
  color: black;
}
.topnav a.active {
  background-color: #1E90FF;
```

```
  color: white;
}
.topnav .icon {
  display: none;
}

</style>
</head>
<body align="center">
<div id="flip">TIPS OF EVERYDAY HEALTH</div>
<div id="panel"><ol>
<li>Stay Hydrated</li>
<li>Eat Plenty of Fruits and Vegetables.</li>
<li>Don't Skip Your Meals.</li>
<li>Avoid Fatty, Processed Foods.</li>
<li>Include More Lean Meats, Low-Fat Dairy Products, and Whole Grains To Your Diet.</li>
<li>Load Up on Good Fats.</ol>
</ul></div>
<div class="topnav" id="myTopnav">
  <a href="#home" class="active">Health Topics</a>
  <a href="D:\Term-3\INT303 (Web system and
Technology)\web\wellness.html">Wellness</a>
  <a href="D:\Term-3\INT303 (Web system and Technology)\web\food&eating.html">Food
& Eating</a>
  <a href="D:\Term-3\INT303 (Web system and Technology)\web\drugs.html">Drugs </a>
  <a href="D:\Term-3\INT303 (Web system and
Technology)\web\newsletter.html">Newsletters</a>
```

```
 <a href="D:\Term-3\INT303 (Web system and Technology)\web\covid.html">Covid-19</a>

 <a href="D:\Term-3\INT303 (Web system and
Technology)\web\sociallogin.html">Login</a>

 <a href="D:\Term-3\INT303 (Web system and
Technology)\web\socialsignup.html">Signup</a>

</div>

<img name="slide" width="1500" height="500">

<div id="London" class="tabcontent">

 <h1>Eat Healthy</h1>

 <p>“Healthy does NOT mean starving yourself EVER. Healthy means eating the right food
in the right amount” – <b><i>Karen Salmansohn.</b></i></p>

 <img src="D:\Term-3\INT303 (Web system and
Technology)\web\healthyfood.jpg"height="280" width="400">

</div>

<div id="Paris" class="tabcontent">

 <h1>Do Exercises</h1>

 <p>“An early-morning walk is a blessing for the whole day.” — <b><i>Henry David
Thoreau</b></i></p>

 <img src="D:\Term-3\INT303 (Web system and
Technology)\web\doexercises.jpg"height="280" width="400">

</div>

<div id="Tokyo" class="tabcontent">

 <h1>Take Full Sleep</h1>

 <p>“If you want a head start on tomorrow, eat breakfast tonight – that way you can sleep
until lunchtime.” –  <b><i>Anonymous. </b></i></p>

 <img src="D:\Term-3\INT303 (Web system and
Technology)\web\sleepmore.webp"height="280" width="400">

</div>

<div id="Oslo" class="tabcontent">
```

```
 <h1>Start Running</h1>

 <p>“I don’t run to add days to my life, I run to add life to my days.” – <b><i>Ronald Rook</b></i></p>

 <img src="D:\Term-3\INT303 (Web system and Technology)\web\startrunning.jpg"height="280" width="400">

</div>

<button class="tablink" onclick="openCity('London', this, 'red')" id="defaultOpen">Eat Healthy</button>

<button class="tablink" onclick="openCity('Paris', this, 'Aqua')">Do Exercises</button>

<button class="tablink" onclick="openCity('Tokyo', this, 'Cornsilk')">Take Full Sleep</button>

<button class="tablink" onclick="openCity('Oslo', this, 'orange')">Start Running</button>

<img src="D:\Term-3\INT303 (Web system and Technology)\web\sports.jpg"width="1540" >

<h1>Daily Exercises & Workouts</h1>

<div class="row">

 <div class="column">

  <img src="D:\Term-3\INT303 (Web system and Technology)\web\handf1.jpg"height="280" width="400"  alt="Nature" style="width:100%" onclick="myFunction(this);">

 <b>"Yoga is the journey of the self, through the self, to the self." -- The Bhagavad Gita</b></div>

 <div class="column">

  <img src="D:\Term-3\INT303 (Web system and Technology)\web\handf2.jpg" alt="Snow" style="width:100%" onclick="myFunction(this);">

 <b>"If you think lifting is dangerous, try being weak. Being weak is dangerous."— Bret Contreras</b></div>

 <div class="column">

  <img src="D:\Term-3\INT303 (Web system and Technology)\web\handf3.jpg" height="280" alt="Mountains" style="width:100%" onclick="myFunction(this);">
```

“Every run is a work of art, a drawing on each day’s canvas. Some runs are shouts and some runs are whispers. Some runs are eulogies and others celebrations.” — Dagny Scott Barrios

<img src="D:\Term-3\INT303 (Web system and Technology)\web\handf4.jpg"height="280" alt="Mountains" style="width:100%" onclick="myFunction(this);">

“Life is like riding a bicycle. To keep your balance you must keep moving” —— Albert Einstein

<img src="D:\Term-3\INT303 (Web system and Technology)\web\handf8.webp"height="280" alt="Mountains" style="width:100%" onclick="myFunction(this);">

“Exercises are like prose, whereas yoga is the poetry of movements.”— Amit Ray

<img src="D:\Term-3\INT303 (Web system and Technology)\web\handf5.jpg"height="280" alt="Mountains" style="width:100%" onclick="myFunction(this);">

“There is something magical about running; after a certain distance, it transcends the body. Then a bit further, it transcends the mind. A bit further yet, and what you have before you, laid bare, is the soul.” — Kristin Armstrong

<img src="D:\Term-3\INT303 (Web system and Technology)\web\handf9.jpg"height="280" alt="Mountains" style="width:100%" onclick="myFunction(this);">

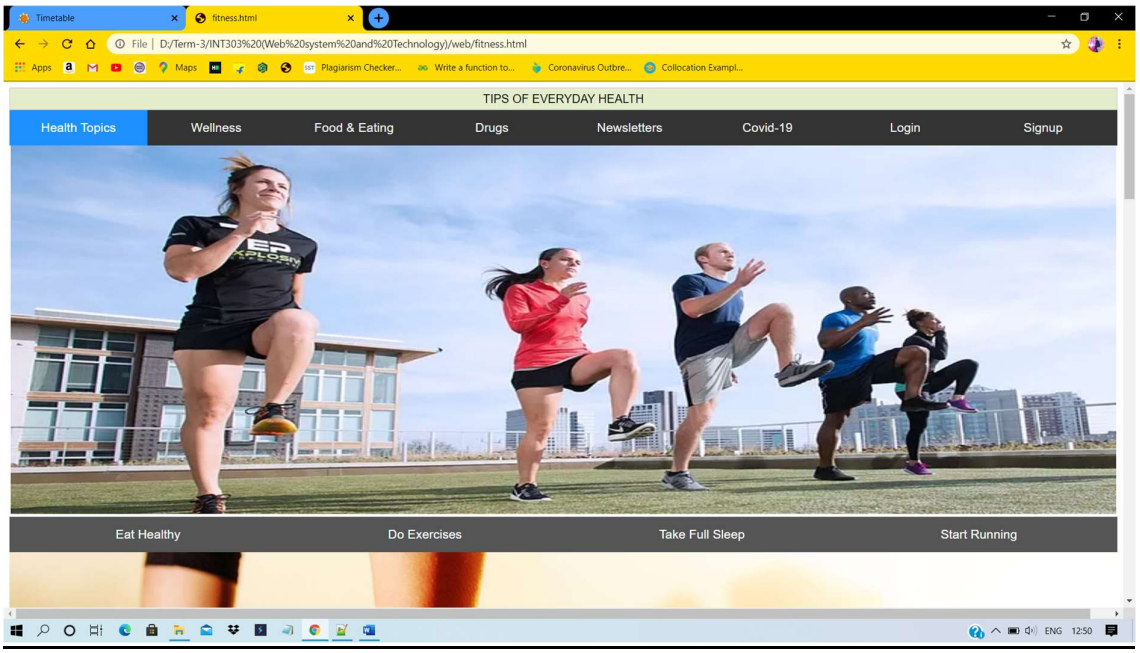
“Exercises are like prose, whereas yoga is the poetry of movements.”— Amit Ray

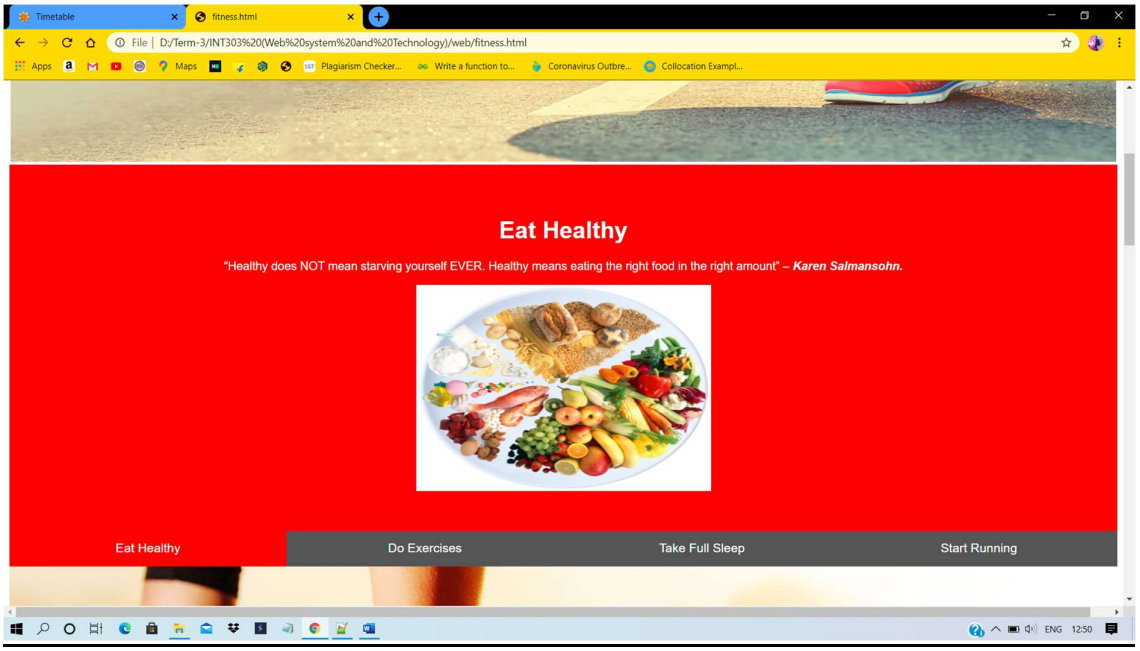
<img src="D:\Term-3\INT303 (Web system and Technology)\web\handf10.jpg"height="280" alt="Mountains" style="width:100%" onclick="myFunction(this);">

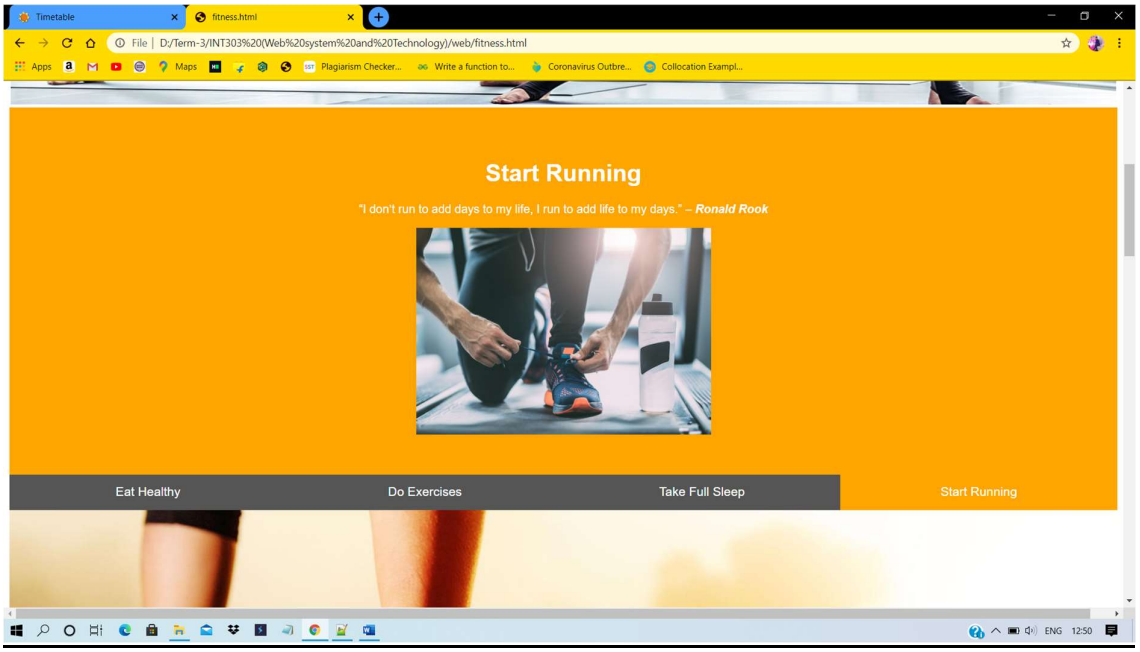
```
  <b>"Success is walking from failure to failure with no loss of enthusiasm."— Winston Churchill</b></div>

  <div class="column">

   <img src="D:\Term-3\INT303 (Web system and Technology)\web\handf11.jpg"height="280" alt="Mountains" style="width:100%" onclick="myFunction(this);">

  <b>"If you want something you've never had, you must be willing to do something you've never done."— Thomas Jefferson</b></div>

</div>

<div class="container">

  <span onclick="this.parentElement.style.display='none'" class="closebtn">&times;</span>

  <img id="expandedImg" style="width:100%">

  <div id="imgtext"></div>

</div>

<div class="myDiv2">

<h1><b><u>EAT HEALTHY STAY HEALTHY</u></b></h1>

 <p><b>"Your diet is a bank account. Good food choices are good investments." </b>– <b><i>Bethenny Frankel</b></i></p>

<img src="D:\Term-3\INT303 (Web system and Technology)\web\eat.png" height="300" width="500">

</div>

<h1> <u>Join Us Now</u> </h1>

<div class="row">

  <div class="column">

   <img src="D:\Term-3\INT303 (Web system and Technology)\web\staysafe.jpg"height="280" alt="Snow" style="width:100%">

  </div>

  <div class="column">
```

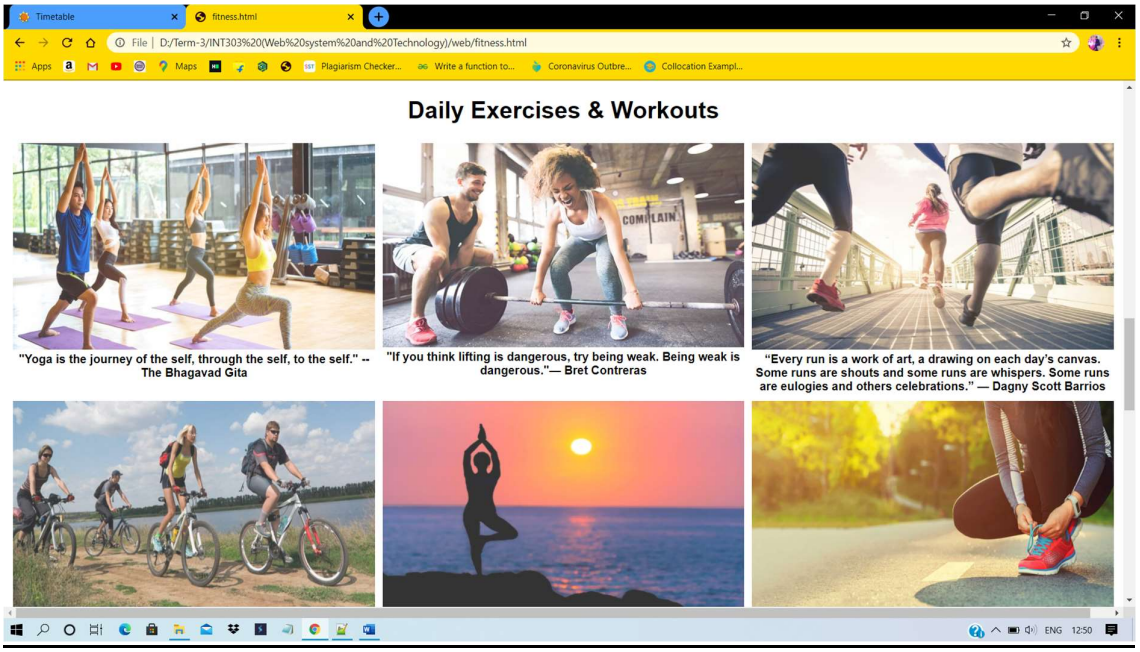
```
  <img src="D:\Term-3\INT303 (Web system and Technology)\web\f&h.png" height="280"alt="Forest" style="width:100%">
 </div>
 <div class="column">
  <img src="D:\Term-3\INT303 (Web system and Technology)\web\stayfit.jpg"height="280" alt="Mountains" style="width:100%">
 </div>
</div>
<div class="myDiv1">
<h1>Fitness</h1>
<b>Move More Stay More</b><br>
<a href="#" class="fa fa-facebook"></a>
<a href="#" class="fa fa-twitter"></a>
<a href="#" class="fa fa-linkedin"></a>
<a href="#" class="fa fa-instagram"></a>
</div>
</body>
</html>
```

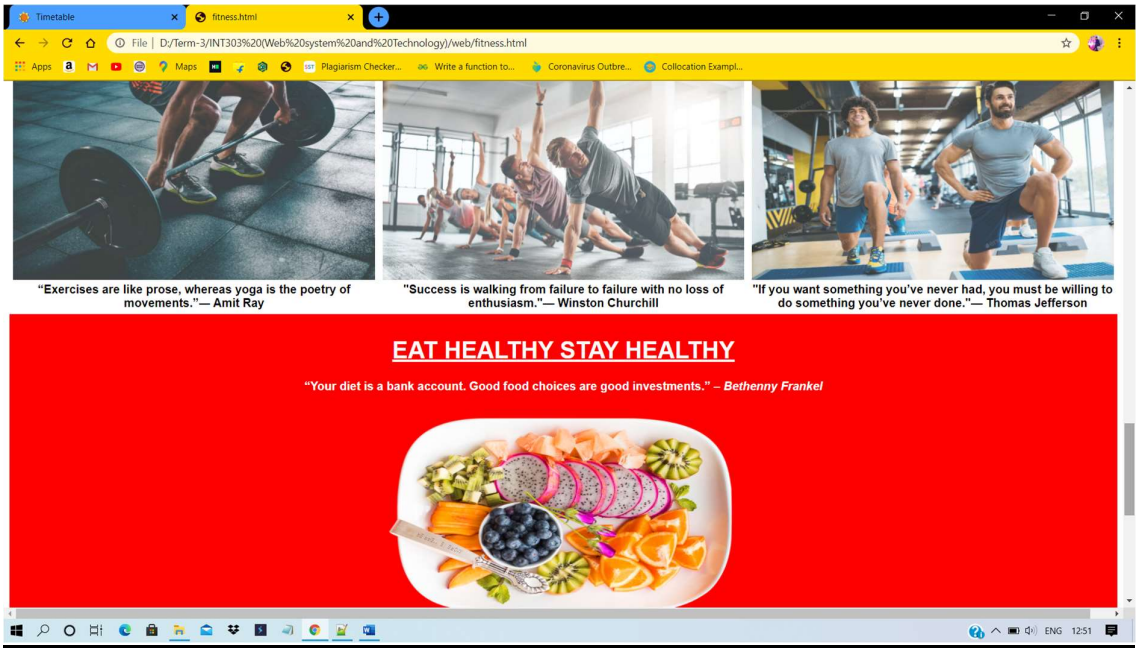
OUTPUT

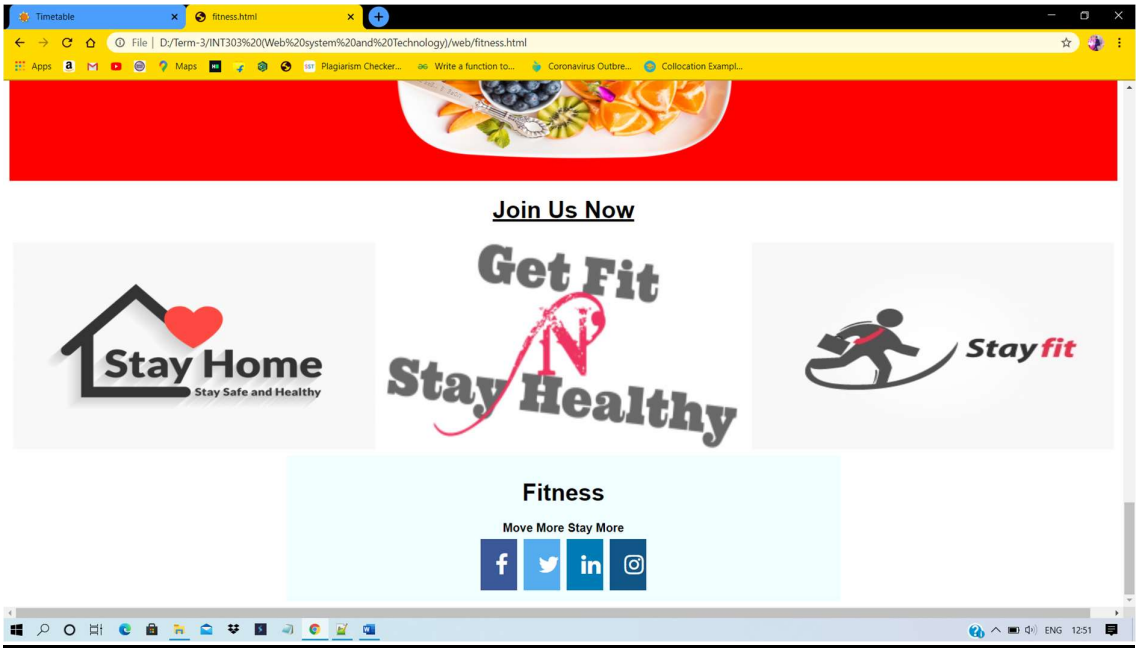

Timetable
fitness.html
File | D:/Term-3/INT303%20(Web%20system%20and%20Technology)/web/fitness.html
TIPS OF EVERYDAY HEALTH
Health Topics
Wellness
Food & Eating
Drugs
Newsletters
Covid-19
Login
Signup
Eat Healthy
Do Exercises
Take Full Sleep
Start Running


Timetable
fitness.html
File | D:/Term-3/INT303%20(Web%20system%20and%20Technology)/web/fitness.html
Eat Healthy
"Healthy does NOT mean starving yourself EVER. Healthy means eating the right food in the right amount" – Karen Salmansohn.
Eat Healthy
Do Exercises
Take Full Sleep
Start Running


Timetable
fitness.html
File | D:/Term-3/INT303%20(Web%20system%20and%20Technology)/web/fitness.html
Start Running
"I don't run to add days to my life, I run to add life to my days." – Ronald Rook
Eat Healthy
Do Exercises
Take Full Sleep
Start Running


Timetable
fitness.html
File | D:/Term-3/INT303%20(Web%20system%20and%20Technology)/web/fitness.html
Daily Exercises & Workouts
"Yoga is the journey of the self, through the self, to the self." -- The Bhagavad Gita
"If you think lifting is dangerous, try being weak. Being weak is dangerous."— Bret Contreras
"Every run is a work of art, a drawing on each day's canvas. Some runs are shouts and some runs are whispers. Some runs are eulogies and others celebrations." — Dagny Scott Barrios





CONTINUE IN WELLNESS PAGE…