```html
<!DOCTYPE html PUBLIC "-//W3C//DTD XHTML 1.0 Strict//EN"
"http://www.w3.org/TR/xhtml1/DTD/xhtml1-strict.dtd">
<html xmlns="http://www.w3.org/1999/xhtml" lang="en" xml:lang="en">
<head>
  <meta http-equiv="Content-Type" content="text/html; charset=UTF-8" />
  <title>My Website</title>
  <style type="text/css">
    body {
      font-family: Arial, sans-serif;
      margin: 0;
      padding: 0;
    }

    header {
      background-color: #333;
      color: #fff;
      text-align: center;
      padding: 10px;
    }

    nav {
      background-color: #444;
      color: #fff;
      padding: 10px;
      text-align: center;
    }

    nav a {
      color: #fff;
      text-decoration: none;
      margin: 0 15px;
    }

    section {
      padding: 20px;
    }
  </style>
</head>
<body>

  <header>
    <h1>My Website</h1>
  </header>


  <section>
    <h2>Welcome to My Website!</h2>
    <p>This is the main content area of your website.</p>
  </section>

</body>
</html>
```