```html
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Isaiah Jones - Home</title>
  <link rel="stylesheet" href="style.css">
</head>
<body>
  <header><h1>Welcome to Isaiah Jones Training</h1></header>

  <nav>
   <a href="index.html">Home</a>
   <a href="about.html">About</a>
   <a href="services.html">Services</a>
   <a href="contact.html">Contact</a>
  </nav>

  <div class="container">
   <h2>My Approach</h2>
   <p>My approach emphasizes unique programs and individualized exercises tailored to your specific goals — whether it's muscle gain, fat loss, mobility, endurance or nutrition! For online training and online nutrition coaching, you will receive new individualized workouts and meal plans every week.</p>
  </div>

  <footer>© 2025 Isaiah Jones</footer>
</body>
</html>
```