1. Identify your idea or goal.

My goal is to spread health and fitness

1. Explain what you want the website to do.

I want my website to make people feel that they can start working out again. I want them to see information that helps address their concerns, such as healthy foods, work-out routine, proper sleep/rest.

1. Communicate your USP (Unique Selling Proposition).

I want my website to cater to individuals who are wanting to get healthy again, but don’t know where to start or who to go to.

1. Engage with a question.

Have you been struggling to get active and don’t know how to get started?

1. Put it all together.

My company specializes in the best knowledge and resources to improve your health. We want you to feel strong and in control of your life. Here at “Fitness” we will help you succeed in becoming the best you possible!

1. Practice!

Think about the last time you worked out? Are you having a hard time remembering? Have you had a hard time becoming motivated? Here at “fitness,” we help you overcome all of these hurdles. We specialize in the best knowledge and resources to improve your health. We want you to feel strong and in control of your life. Here at “Fitness” we will help you succeed in becoming the best you possible!