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<p> Our Mission Statement:

This is a virtual fitness club application, and our goal is to encourage members to stay fit and active 24/7, not just for 30, 60, 90 days challenges but over the course of a lifetime. We understand that not all users have time for strict routines, and we are not gym addicts although the gym is encouraged if you have time/resources. The goal is incorporate health and fitness routines into our daily lives, so that could be doing chair exercises while you work at your desk, it could be a power walk around the block of your neighborhood or a cool YouTube video of your favorite exercises, anything that works for YOU and your life style, we want you as a member of the club to share your routine so others can be inspired and also try them out!

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