

NAME: SAKEESH K

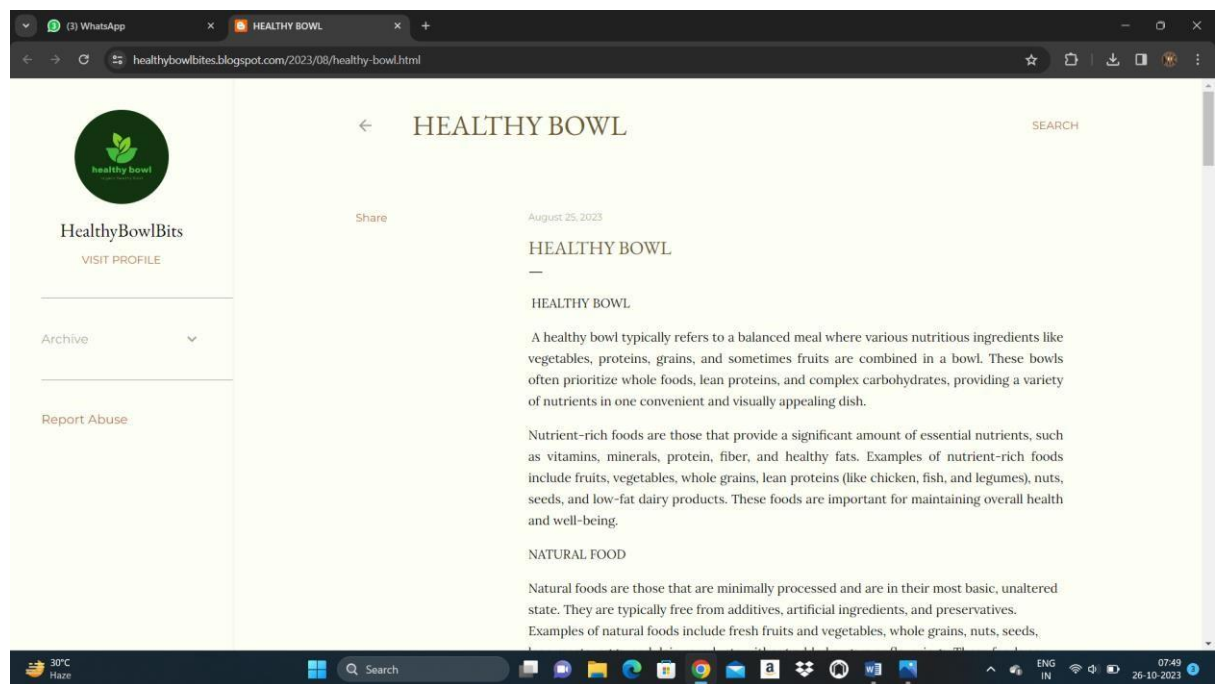
REGISTER NUMBER: 962220106061

ROLL NUMBER: 232023

CATEGORY: DIGITAL MARKETING

ASSIGNMENTS

- 1. CREATE A BLOG OR WEBSITE USING BLOGSPOT. CUSTOMIZE THE THEME DESIGN AND POST NEW ARTICLE WITH 500 WORDS**



BLOGSPOT LINK –

<https://healthybowlbites.blogspot.com/2023/08/healthy-bowl.html>

word press link: <https://sakeesh194.wordpress.com/2023/10/28/benefit-of-fitness/>

The screenshot shows the WordPress post editor interface. The main content area displays the title "Benefit of fitness" and a list of five benefits, each with a short paragraph and a small green icon:

- Improved Health:** Regular exercise can reduce the risk of chronic diseases like heart disease, diabetes, and certain cancers.
- Weight Management:** It helps control body weight by burning calories and increasing metabolism.
- Mental Well-being:** Exercise releases endorphins, reducing stress, anxiety, and depression while enhancing mood.
- Increased Strength and Endurance:** Fitness training improves muscle strength and stamina.
- Enhanced Flexibility:** Stretching and mobility exercises can increase flexibility.
- Better Sleep:** Regular physical activity can promote better sleep quality.

The left sidebar contains a search bar and a menu with "Blocks", "Patterns", and "Media". The right sidebar shows the "Post" settings, including "Summary", "Visibility" (Public), "Publish" (Immediately), "Template" (Single Posts), "URL" (sakeesh194.wordpress.com/?p=14), "Stick to the top of the blog" (unchecked), "Pending review" (unchecked), "AUTHOR" (k sakeesh), "Switch to draft" (button), "Move to trash" (button), "Excerpt", and "Access". The bottom of the screen shows a Windows taskbar with the date and time (15:11, 28-10-2023).

2. CREATE A NEW FACEBOOK BUSINESS PAGE AND POST ONE SOCIAL MEDIA POSTER FOR YOUR BRAND.



FACEBOOK BUSINESS PAGE LINK-

<https://www.facebook.com/profile.php?id=61550574898001&mibextid=b06tZ0>

FACEBOOK POST



3. **CREATE AND DESIGN A SOCIAL MEDIA ADVERTISEMENT POSTER USING CANVA**

Healthy bowl

Special

P R O M O



DISCOUNT
25%



ORDER NOW

4. CREATE EMAIL NEWSLETTER DESIGN USING CANVA TOOL

WELCOME TO OUR NEWSLETTER



02 October 2023



HEALTH TIPS

Nutritional Tips: Share advice on balanced diets, portion control, and the importance of various nutrients.

Healthy Recipes: Feature easy-to-follow recipes for nutritious meals and snacks.

Seasonal Eating: Discuss the benefits of eating seasonally and offer ideas for in-season produce.

Superfoods: Highlight the health benefits of superfoods and how to incorporate them into your diet.

Lifestyle Tips: Include tips on mindful eating, meal planning, and staying active.



OUR STRATEGY

Try to eat less saturated fat and choose foods that contain unsaturated fats instead, such as vegetable oils and spreads, oily fish and avocados. For a healthier choice, use a small amount of vegetable or olive oil, or reduced-fat spread instead of butter, lard or ghee.