<!-- Name: Meshari Alabdulla - 202002561 - Web Authoring 2 Assignment 1 -->

<!DOCTYPE html>

<html lang="en">

<head>

    <!--meta-->

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <meta name="description"

        content="Empowering health from the inside out with practical, approachable wellness services.">

    <meta name="keywords" content="wellness, health, nutrition, lifestyle, VitalBloom Wellness">

    <title>VitalBloom Wellness</title>

    <!--favicon-->

    <link rel="icon" href="images/favicon.png" type="image/png">

    <!--external files-->

    <link rel="stylesheet" href="style.css">

    <script src="script.js" defer></script>

</head>

<body>

    <!--header-->

    <header>

        <img src="images/logo.png" alt="VitalBloom Wellness logo" class="logo">

        <h1>VitalBloom Wellness</h1>

        <p class="tagline">Empowering health from the inside out.</p>

        <nav aria-label="Main navigation">

            <ul>

                <li><a href="#about">About</a></li>

                <li><a href="#media">Media</a></li>

                <li><a href="#contact">Contact</a></li>

            </ul>

        </nav>

    </header>

    <main>

        <!--about-->

        <section id="about">

            <h2>About Us</h2>

            <div class="columns">

                <p>We believe staying healthy starts by understanding yourself and slowly building better habits that stick. You don’t need to do everything at once — just get started and go from there.</p>

                <p>Whether it's eating better, sleeping well, or managing stress, our goal is to help you make changes that feel realistic and personal.</p>

            </div>

            <details>

                <summary>Our Approach</summary>

                <p>We suggest ideas that actually work for real life. From simple food tips to relaxing routines, it’s all about finding what works for you, at your own pace.</p>

            </details>

        </section>

        <!--media-->

        <section id="media">

            <h2>Watch & Listen</h2>

            <!--vdeo-->

            <video controls width="300">

                <source src="video/woman-looking-at-sky.mov" type="video/mp4">

                Your browser doesn’t support this video format.

            </video>

            <!--adio -->

            <audio controls>

                <source src="audio/testimony.mp3" type="audio/mp3">

                Your browser doesn’t support this audio format.

            </audio>

            <!--visual-->

            <figure>

                <img src="images/woman-picking.jpg" alt="Woman shopping for fresh fruit at a local market">

                <figcaption>Everyday choices like this can create meaningful change in your health journey.</figcaption>

            </figure>

        </section>

        <!--quiz-->

        <section id="quiz">

            <h2>Quick Wellness Quiz</h2>

            <p>Here’s a quick question to test your health knowledge:</p>

            <form id="quizForm">

                <label for="q1">Which of the following is a benefit of staying properly hydrated?</label><br><br>

                <select id="q1" name="q1" required>

                    <option value="">Choose one</option>

                    <option value="wrong">It increases sugar cravings</option>

                    <option value="correct">It helps improve energy and focus</option>

                    <option value="wrong">It decreases metabolism</option>

                </select>

                <p id="quizFeedback" aria-live="polite"></p>

                <button type="submit">Check Answer</button>

            </form>

        </section>

        <!--contact-->

        <section id="contact">

            <h2>Contact Us</h2>

            <p>If you're ready to begin or just want to ask something, drop us your name and email. We'll reply soon.</p>

            <form id="contactForm">

                <label for="name">Name <span aria-hidden="true">\*</span></label>

                <input type="text" id="name" name="name" required>

                <label for="email">Email <span aria-hidden="true">\*</span></label>

                <input type="email" id="email" name="email" required>

                <p id="formFeedback" aria-live="polite"></p>

                <button type="submit">Send</button>

            </form>

        </section>

    </main>

    <!--footer-->

    <footer>

        <p>&copy;All rights reserved.</p>

    </footer>

</body>

</html>