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<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <meta http-equiv="X-UA-Compatible" content="ie=edge">
  <title>Barbell Physiotherapy Inc.</title>
  <link rel="stylesheet" href="styles.css">
</head>
<body>
  <header>
    <div class="container">
      <h1>Barbell Physiotherapy Inc.</h1>
      <nav>
        <ul>
          <li><a href="#home">Home</a></li>
          <li><a href="#services">Services</a></li>
          <li><a href="#about">About</a></li>
          <li><a href="#contact">Contact</a></li>
        </ul>
      </nav>
    </div>
  </header>

  <section id="home" class="hero">
    <div class="container">
      <h2>Welcome to Barbell Physiotherapy Inc.</h2>
      <p>Your health is our priority. We offer personalized physiotherapy services
tailored to your needs.</p>
      <a href="#contact" class="cta-button">Book a Consultation</a>
    </div>
  </section>

  <section id="services" class="services">
    <div class="container">
      <h2>Our Services</h2>
      <div class="service-item">
        <h3>Sports Injury Rehabilitation</h3>
        <p>Comprehensive treatment and rehabilitation for sports-related
injuries.</p>
      </div>
      <div class="service-item">
        <h3>Manual Therapy</h3>
        <p>Hands-on techniques to relieve pain and improve mobility.</p>
      </div>
    </div>
  </section>

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    </div>
    <div class="service-item">
      <h3>Post-Surgery Rehab</h3>
      <p>Recovery programs to get you back on your feet after surgery.</p>
    </div>
  </div>
</section>

<section id="about" class="about">
  <div class="container">
    <h2>About Us</h2>
    <p>At Barbell Physiotherapy Inc., we are committed to helping you achieve optimal physical health. With a focus on evidence-based treatments and personalized care, we work with you to design a rehabilitation plan that aligns with your lifestyle and goals.</p>
  </div>
</section>

<section id="contact" class="contact">
  <div class="container">
    <h2>Contact Us</h2>
    <p>If you're ready to get started or have questions, reach out today!</p>
    <form action="#" method="post">
      <label for="name">Full Name:</label>
      <input type="text" id="name" name="name" required>

      <label for="email">Email:</label>
      <input type="email" id="email" name="email" required>

      <label for="message">Message:</label>
      <textarea id="message" name="message" rows="4" required></
textarea>

      <button type="submit" class="cta-button">Send Message</button>
    </form>
  </div>
</section>

<footer>
  <div class="container">
    <p>&copy; 2025 Barbell Physiotherapy Inc. | All Rights Reserved</p>
  </div>
</footer>
</body>

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</html>