<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8" />

<meta name="viewport" content="width=device-width, initial-scale=1" />

<title>About - Vivaswa Lifestyle</title>

<link rel="stylesheet" href="styles.css" />

</head>

<body>

<header>

<nav>

<a href="index.html">Home</a>

<a href="about.html">About</a>

<a href="services.html">Services</a>

<a href="gallery.html">Gallery</a>

<a href="blog.html">Blog</a>

<a href="contact.html">Contact</a>

</nav>

</header>

<div class="container">

<h1>About Vivaswa</h1>

<p>A lifestyle and fitness enthusiast sharing insights, tips, and personal experiences to inspire healthy living.</p>

</div>

<footer>

<p>&copy; 2025 Vivaswa Lifestyle</p>

</footer>

</body>

</html>