

W04 Project: Proposal

1. Project Subject

Healthy Lifestyle & Fitness Tips

2. Project Description

This website will provide organized information about building a healthy lifestyle through simple fitness routines, balanced nutrition, mental wellness, and daily habits. It will include sections such as exercise guides, healthy meal suggestions, motivational articles, and practical wellness tips. The site will use clean layout, images, and navigation to make the content easy to follow.

3. Project Reason and Purpose

I chose this subject because health and wellness are essential for a balanced life, and many people struggle to find simple, reliable guidance. I want to create a website that motivates and helps visitors improve their physical and mental well-being through easy, everyday practices. This project will also help me practice building a structured, user-friendly website for real-life use.