Full Life

recovering with good eats and positive peeps☺

* What is your website about?

Full Life is a food and wellness blog that shares my experiences of ED recovery and how nourishment is leading me to a full life. It will feature recipes and real-life experience on the road to recovery, focusing on gaining back a full life, living life to the fullest. Topics blogged about will be focused on mental health, balanced eating, and my personal experiences. Recipes will be simple and varied as a balanced lifestyle means eating all types of foods – no “good” or “bad”!

* What is the objective of your website? (Also read as why would this site be important?)

The objective of this website is to share my experiences with my ED and connect with others who are struggling or want to learn more. In addition, the website will give people new recipes to try and food inspiration. It is important for people to learn about overall wellness and have a platform to connect with people who are interested in similar topics.

* Who is your target audience set?

My target audience includes anyone interested in cooking and/or baking and those who are interested in health and wellness. It is specifically aimed at high school and college students aged 16-25 who are interested in holistic wellness and ED recovery. Not solely targeting people who struggle with eating disorders, but targeted at people who are interested in finding balance in their lives and eating more intuitively.

* What content do you plan to include in each page of your website?

Homepage: The homepage will include a small blurb about the website, recent blog posts, and recent recipes

Sitemap: List of all website pages

Contact/Feedback: Will include my name, email, and a form to fill out with questions or comments

About Me: Include my interests of wellness, a brief summary of my journey through recovery, and why I am blogging about this particular topic.

Recipes: Recipes will include various recipes in breakfast, snacks, lunch/dinner, and dessert.

Blogposts: I will create blogposts focused on wellness and recovery, the importance of nourishment and balance, and living a full, happy life through self-care.

ED Information/Links: This page will include links to the NEDA website and information on how to ask for help or support a friend in need.