**Healthy Habits**

**Project Report**

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WDD-130-Section A3

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**Personal Website Project for WDD-130**

**Audience**

I created this website about Healthy Habits. Based on my transition over the last few years, I will show you the most relevant factors that will help me to improve my health.

As I have been consulting various health professionals, I have obtained a lot of information that permitted changing my way of life, which has helped me improve my quality of life and, therefore, that of my environment. I love this change as healthy cooking and doing gym in various ways like aqua gym, yoga, and functional training. Also, I learned the importance of managing emotions through sociability, doing hobbies, and having a relaxing time. I will share all this information in this way.

I want to capture the attention people need to improve their lives from the inside to look at changes outside. For those who have traveled little in this life and for whom they already have enough life experience. But especially for those who love the simple and natural.

The website URL is: https://betinap.github.io/wdd130/healthyhabits/index.html

**Goals/Objectives**

My goal is to show that many of the physical ailments can be improved with food and physical activity……