**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 people can improve their health with food and physical activity. I will demonstrate that inadequate feeding, sedentarism, and high-level stress are ways to cause loss of physical, mental, and social well-being.

I I desire the people who read this page to feel motivated to make changes in their lives and understand that it is easier to be healthy than not to be. And would like to transmit that sociability is a great way to feel motivated and develop the strength to enhance their lives.

**Design Process**

Thinking about what I wanted to communicate: naturalness and relaxation, I chose topics focused on well-being, so I decided: on food and physical activity. About, what topics would you address in each area, in food: food and medicines. In physical activity: consider the activities and attitudes you experience and their benefits. Among the benefits, I decided to include things like sociability and leisure since I experienced that they are beneficial, like training. That is why on the second page, I didn't divide it into two topics but made a potpourri of experiences.

As for the colors, as I wanted to convey naturalness, I chose soft colors between greens and browns, making you think of Earth. When it comes to lettering, nothing formal; I like a relaxed style.

In addition, I want to express simplicity so that people who read are encouraged to make changes and improve their physical and emotional well-being. Also, I included several images so that people could understand the message with the first look.

During write the content of CSS file, I needed to make some changes because, in the first design, I did not consider some subtitles, that were necessary to get the readers' attention.

**Conclusion**

This job was a great challenge. The design and execution of the HTML and CSS files were great learnings since each part of the project is essential to reach the objective. I understood the importance of the site plan when I added styling to the home page. At this point, I understood what my page would convey. I had to dedicate many hours to understanding how each tag worked in HTML and what characteristics they could take in CSS.