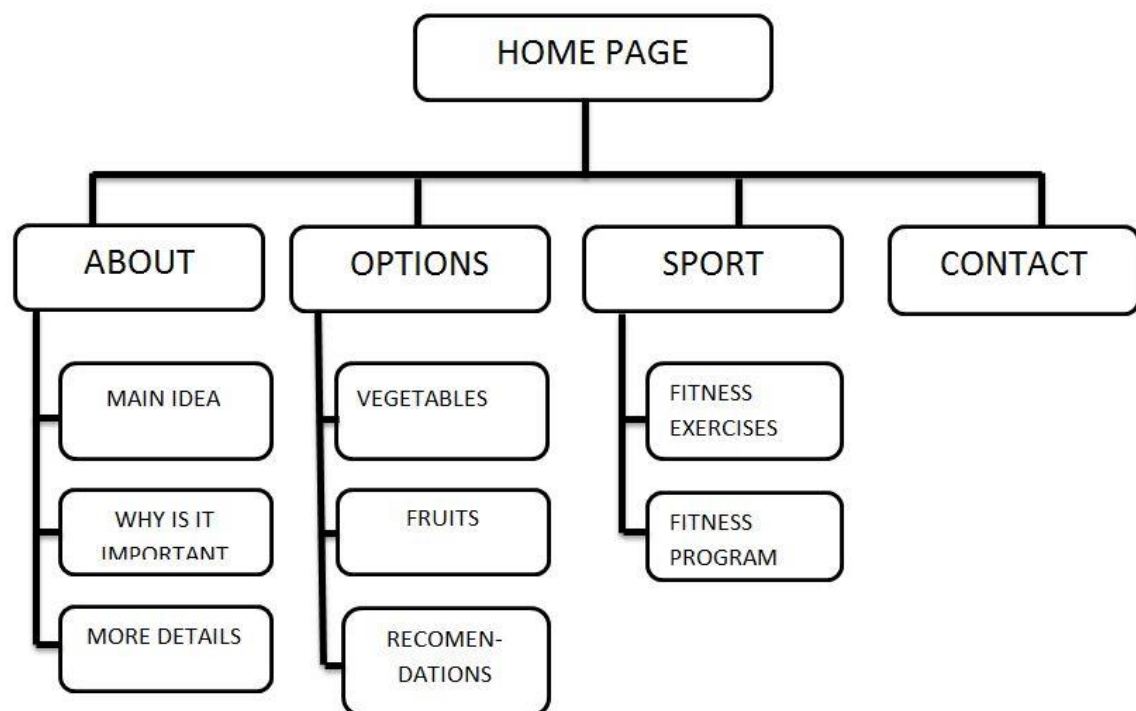


WEBPAGE design

Created by: Sulaiman Aldehaim
& Mariya Adamova

1. Our Topic - “The right way to be Healthy”
2. Our Target Audience – People who want to be fresh and shine in their daily life. The webpage is also for anyone who wants to improve his/her body-style and put it in a good shape.
3. Sitemap



4. Wireframes

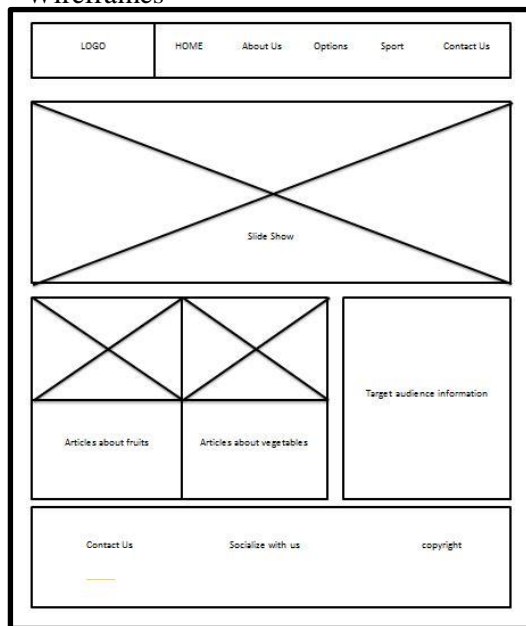


Fig.1 - Home Page

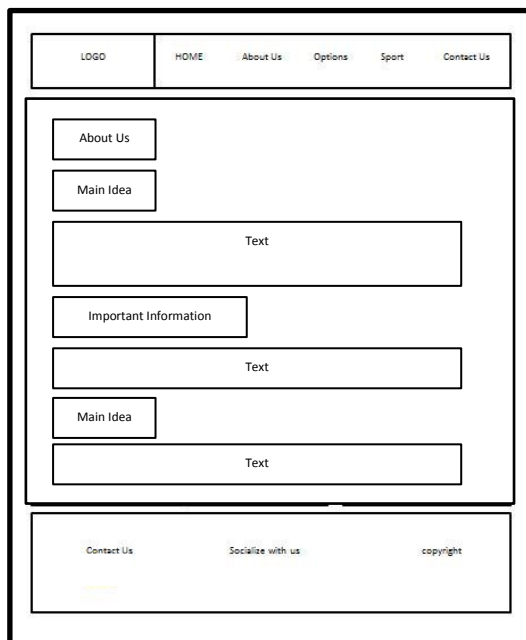


Fig.2 – About us

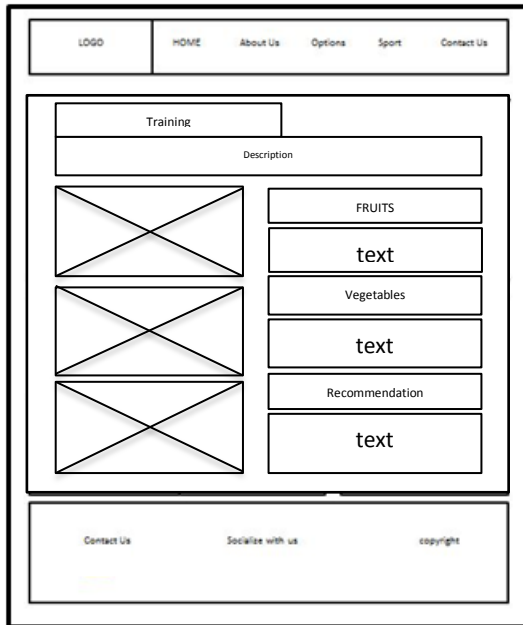
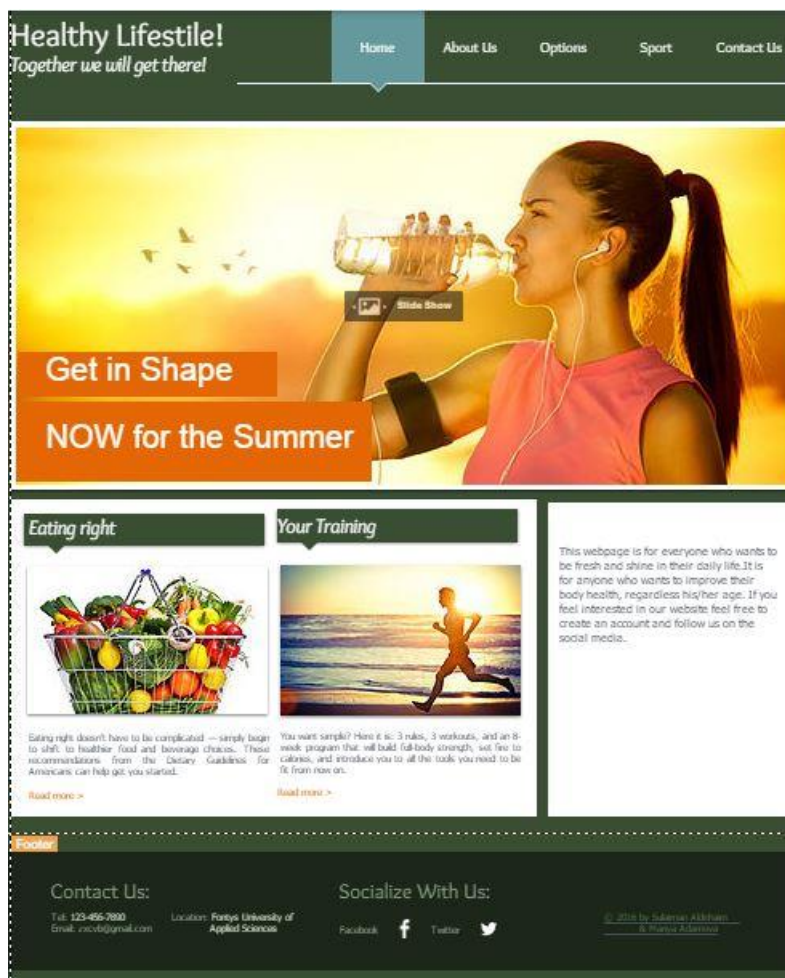


Fig. 3 - Options

5. Visual Design



About Us

Main Idea

We are two enthusiasts who want to show you how better is when you exercise and eat healthy. Changing your eating habits is not easy but once you do it you will see that you will have more energy and will be even more productive. The main idea is to attract as much people as possible to make their lives better and healthy. So in our website you can find all the necessary steps of how to become healthy by doing Finesses and eating fruits and vegetables.

Important Information

First of all, you have to be clear about what you exactly want to achieve to become healthy and you also may have to send to us a description of your health condition and we will help you to manage it for you by contacting us.

More Details

Generally, we are working on improving our website and making it more easy to find what you exactly looking for and you also can help us to improve our website by giving us feedbacks or suggestions.

[Shop](#)

Contact Us:

Tel: 123-456-7890
Email: zxcvb@gmail.com

Location: Fortys University of
Applied Sciences

Socialize With Us:

Facebook



Twitter



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& Mariya Alkhalaf

Training

I'm a paragraph. Click here to add your own text and edit me. It's easy. Just click "Edit Text" or double click me and you can start adding your own content and make changes to the font. Feel free to drag and drop me anywhere you like on your page. I'm a great place for you to tell a story and let your users know a little more about you.



FRUITS

I'm a paragraph. Click here to add your own text and edit me. It's easy. Just click "Edit Text" or double click me and you can start adding your own content and make changes to the font. Feel free to drag and drop me anywhere you like on your page. I'm a great place for you to tell a story and let your users know a little more about you.

This is a great space to write long text about your company and your services. You can use this space to go into a little more detail about your company. Talk about your team and what services you provide. Tell your visitors the story of how you came up with the idea for your business and what makes you different from your competitors. Make your company stand out and show your visitors who you are.



VEGETABLES

I'm a paragraph. Click here to add your own text and edit me. It's easy. Just click "Edit Text" or double click me and you can start adding your own content and make changes to the font. Feel free to drag and drop me anywhere you like on your page. I'm a great place for you to tell a story and let your users know a little more about you.

This is a great space to write long text about your company and your services. You can use this space to go into a little more detail about your company. Talk about your team and what services you provide. Tell your visitors the story of how you came up with the idea for your business and what makes you different from your competitors. Make your company stand out and show your visitors who you are.



RECOMMENDATIONS

There are many healthy eating tips and tricks that you can easily follow. In this link you will find them all. Also you will find diets with different time-duration.

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Individual Training

Healthy eating is not the only thing that makes you healthy. Doing some exercises in the GYM or at HOME will make a difference in the way you feel during the day and the way you look. Making exercises in not only going to the GYM and spend a lot of time there.

[Read more](#)

Calories burned per 1 hour	Amount
Swimming	400
Bicycling	400
Jogging	400
Running	560
Circuit Training	560
Aerobics	600
Karate / Kickboxing	705

Estimated amount of calories

Fitness Program

Starting a fitness program may be one of the best things you can do for your health. Physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight — even improve your sleep habits and self-esteem. And there's more good news. You can do it in just five steps.

[Read more](#)

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Contact Us

Where we are

Fontys University of Applied Sciences

When?

Monday - Friday: 9am - 5pm
Weekend: not working

Contact Us

Telephone

123-456-7890
zxcvb@gmail.com

Name: _____
Email: _____
Subject: _____
Message: _____

Send



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