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<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Nutri-Fit - Your Fitness Journey</title>
  <style>
    body {
      font-family: Arial, sans-serif;
      margin: 0;
      padding: 0;
      background-color: #f4f4f4;
    }
    header {
      background-color: #333;
      color: white;
      padding: 1rem 0;
      text-align: center;
    }
    nav {
      background-color: #444;
      padding: 1rem;
      text-align: center;
    }
    nav a {
      color: white;
      margin: 0 1rem;
      text-decoration: none;
    }
    .container {
      padding: 2rem;
    }
    .image-placeholder {
      width: 100%;
      height: 300px;
      background-color: #ddd;
      display: flex;
      align-items: center;
      justify-content: center;
      color: #666;
      margin: 2rem 0;
    }
    .button {
      display: inline-block;
      padding: 0.5rem 1rem;
      background-color: #28a745;
      color: white;
      text-decoration: none;
      border-radius: 5px;
      margin-top: 1rem;
    }
```

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    }
  </style>
</head>
<body>
  <header>
    <h1>Nutri-Fit</h1>
    <p>Your Fitness Journey Starts Here</p>
  </header>
  <nav>
    <a href="#">Home</a>
    <a href="#">Calories Calculator</a>
    <a href="#">Contact</a>
  </nav>
  <div class="container">
    <h2>Welcome to Nutri-Fit</h2>
    <p>At Nutri-Fit, we are dedicated to helping you achieve your fitness goals.
Whether you are just starting your fitness journey or are a seasoned athlete, we
have the resources and support you need to succeed.</p>

    <div class="image-placeholder">
      Image Placeholder
    </div>

    <p>Join our community and start transforming your life today!</p>
    <a href="#" class="button">Get Started</a>
  </div>
</body>
</html>
```