


The idea of my website is to raise awareness about health. This website has a fluid design. I have used <section> so that I could add styles to the heading of the webpage, <div> so that the links would show up in a special way to catch the user's attention, <p> so that I could add the information in paragraphs, <span> to color part of the text rather than using css, <ul> to show a list.

## Validation

 The W3C CSS Validation Service  
W3C CSS Validator results for TextArea (CSS level 3 + SVG)

Jump to: [Validated CSS](#)

W3C CSS Validator results for TextArea (CSS level 3 + SVG)

**Congratulations! No Error Found.**

This document validates as [CSS level 3 + SVG](#) !

## Nu Html Checker

This tool is an ongoing experiment in better HTML checking, and its behavior remains subject to change

### Showing results for contents of text-input area

Checker Input

Show ☒ source ☐ outline ☐ image report [Options...](#)

Check by  ☐ css

```
<!DOCTYPE html>
<html lang="en" dir="ltr">
  <head>
    <meta name="viewport" charset="utf-8" content="width=device-width, initial scale=1.0" >
    <title>Index</title>
    <link href="styles.css" type="text/css" rel="stylesheet" >
  </head>

  <body>
<div class="header">

  <h1>Health and Wellness</h1>
</div>
<p>
```

[Check](#)

Use the Message Filtering button below to hide/show particular messages, and to see total counts of errors and warnings.

[Message Filtering](#)

1. **Error** Attribute `charset` not allowed on element `meta` at this point.

[From line 5, column 5, to line 5, column 91](#)

```
<head>> <meta name="viewport" charset="utf-8" content="width=device-width, initial scale=1.0" ><
```

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Show ☒ source ☐ outline ☐ image report [Options...](#)

Check by text input ☐ css

```
<!DOCTYPE html>
<html lang="en" dir="ltr">
  <head>
    <meta name="viewport" content="width=device-width, initial scale=1.0" charset="utf-8">
    <title>Benefits of having a balanced diet</title>
    <link href="styles.css" type="text/css" rel="stylesheet" >
  </head>
  <body>
    <div class="navigation">
      <a class="active" href="probersleep.html">Proper sleep</a>

      <a href="index.html">Health and Wellness</a>
    </div>
```

[Check](#)

Use the Message Filtering button below to hide/show particular messages, and to see total counts of errors and warnings.

[Message Filtering](#)

1. **Error** Attribute `charset` not allowed on element `meta` at this point.

[From line 4 column 5 to line 4 column 90](#)

```
head> <meta name="viewport" content="width=device-width, initial scale=1.0" charset="utf-8">
```

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### Showing results for contents of text-input area

Checker Input

Show ☒ source ☐ outline ☐ image report

Check by  ☐ css

```
<!DOCTYPE html>
<html lang="en" dir="ltr">
  <head>
    <meta name="viewport" content="width=device-width, initial scale=1.0" charset="utf-8">
    <title>Proper sleep</title>
    <link href="styles.css" type="text/css" rel="stylesheet" >
  </head>
  <body>

    <div class="navigation">
      <a class="active" href="index.html">Health and Wellness</a>
      <a href="balanceddiet.html">Balanced diet</a>
```

Use the Message Filtering button below to hide/show particular messages, and to see total counts of errors and warnings.

1. **Error** Attribute `charset` not allowed on element `meta` at this point.

[From line 4, column 3 to line 4, column 88](#)

```
<head> <meta name="viewport" content="width=device-width, initial scale=1.0" charset="utf-8">
```

Attributes for element `meta`:

Images from: <https://pixabay.com/images/search/cars/>