```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Bio - Fred [Your Surname]</title>
    <link rel="stylesheet" href="style.css">
</head>
<body>
<header>
    <h1>Fred [Your Surname]</h1>
    <nav>
        <a href="index.html">Home</a>
        <a href="portfolio.html">Portfolio</a>
        <a href="elevator.html">Elevator Pitch</a>
    </nav>
</header>
<main>
    <h2>Bio</h2>
    <p>I'm Fred [Surname], a multidisciplinary designer and emerging software engineer with a passion for blending physical design and intelligent software systems. With expertise in CAD/CAM product design, networking, and automation, I focus on creating tools that enhance manufacturing and healthcare processes.</p>
</main>
<footer>
    <p>© 2025 Fred [Your Surname]</p>
</footer>
</body>
</html>
```