Code

```
pip install Flask

# app.py

from flask import Flask, render_template

# Create a Flask application instance
app = Flask(__name__)

# --- Data/Content for the Hub (You can expand this!) ---
health_tips = [
    "Stay hydrated by drinking plenty of water throughout the day.",
    "Aim for 7-9 hours of quality sleep every night.",
    "Incorporate a 30-minute walk into your daily routine.",
    "Eat a balanced diet rich in fruits, vegetables, and whole grains."
```

```
]
# ---------------------------------------------------------


# Define the route for the main page ('/')
@app.route('/')
def home():
 # 'render_template' looks for an HTML file named 'index.html'
 # inside a 'templates' folder and passes the data to it.
 return render_template('index.html', tips=health_tips)

# Check if the file is being run directly (not imported)
if __name__ == '__main__':
 # Run the application in debug mode (useful for testing)
 app.run(debug=True)
```

```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>HerHealthHub - Your Wellness Center</title>
    <style>
        body {
            font-family: Arial, sans-serif;
            margin: 20px;
            background-color: #f0f8ff; /* Light background color */
            color: #333;
        }
        header {
            background-color: #ff69b4; /* Pink header for HerHealthHub! */
            color: white;
            padding: 15px;
            text-align: center;
            border-radius: 8px 8px 0 0;
        }
        .container {
```

```css
      max-width: 800px;
      margin: auto;
      background: white;
      padding: 20px;
      border-radius: 0 0 8px 8px;
      box-shadow: 0 4px 8px rgba(0,0,0,0.1);
    }
    h2 {
      color: #ff69b4;
      border-bottom: 2px solid #ffe4e1;
      padding-bottom: 5px;
    }
    ul {
      list-style-type: square;
      padding-left: 20px;
    }
    li {
      margin-bottom: 10px;
    }
  </style>
</head>
<body>

  <header>
    <h1>💖 HerHealthHub 💖</h1>
    <p>Your simple and supportive guide to wellness.</p>
```

```html
</header>
<div class="container">
 <h2>Daily Health Tips</h2>

 <ul>
 {% for tip in tips %}
 <li>{{ tip }}</li>
 {% endfor %}
 </ul>

 <p>This is the starting page of your HerHealthHub website. You can add more pages and features!</p>
 </div>

</body>
</html>
```

Running the code

/HerHealthHub_Project |-- app.py |-- /templates |-- index.html

Open Terminal/Command Prompt: Navigate to the HerHealthHub_Project folder.
Run the Python file:

Bash:

python app.py

View the Website: Open your web browser and go to the address it provides (usually http://127.0.0.1:5000/).