<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Fitness for Life</title>

<link rel="stylesheet" href="styles.css">

</head>

<body>

<header>

<div class="logo">

<h1>Fitness for Life</h1>

</div>

<nav>

<ul>

<li><a href="#home">Home</a></li>

<li><a href="#programs">Programs</a></li>

<li><a href="#nutrition">Nutrition</a></li>

<li><a href="#tracker">Tracker</a></li>

<li><a href="#contact">Contact</a></li>

</ul>

</nav>

</header>

<main>

<section id="home" class="banner">

<h2>Welcome to Your New Beginning!</h2>

<p>Join our community of inspiring women finding fitness at any age.</p>

<button onclick="location.href='#signup'">Join Us</button>

</section>

<section id="testimonials">

<h2>Success Stories</h2>

<div class="testimonial">

<p>"Thanks to Fitness for Life, I've never felt better!" - Jane Doe</p>

</div>

<div class="testimonial">

<p>"This program has changed my life. It's easy to follow and so effective!" - Emma Smith</p>

</div>

</section>

</main>

<footer>

<p>Connect with us:</p>

<ul>

<li><a href="https://facebook.com">Facebook</a></li>

<li><a href="https://twitter.com">Twitter</a></li>

<li><a href="https://instagram.com">Instagram</a></li>

</ul>

</footer>

</body>

</html>