<!DOCTYPE html>

<html lang="pl">

<head>

<meta charset="UTF-8">

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

<title>Moja Strona</title>

<script src="https://cdn.tailwindcss.com"></script>

<link href="https://fonts.googleapis.com/css2?family=Montserrat:wght@300;400;500;600;700&display=swap" rel="stylesheet">

<style>

body {

font-family: 'Montserrat', sans-serif;

}

.hero-pattern {

background-color: #4158D0;

background-image: linear-gradient(43deg, #4158D0 0%, #C850C0 46%, #FFCC70 100%);

}

</style>

</head>

<body class="bg-gray-50">

<!-- Nawigacja -->

<nav class="bg-white shadow-md fixed w-full z-10">

<div class="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">

<div class="flex justify-between h-16">

<div class="flex items-center">

<span class="text-xl font-bold text-indigo-600">MojaStrona</span>

</div>

<div class="hidden md:flex items-center space-x-8">

<a href="#strona-glowna" class="text-gray-700 hover:text-indigo-600 font-medium">Strona główna</a>

<a href="#o-mnie" class="text-gray-700 hover:text-indigo-600 font-medium">O mnie</a>

<a href="#uslugi" class="text-gray-700 hover:text-indigo-600 font-medium">Usługi</a>

<a href="blog.html" class="text-gray-700 hover:text-indigo-600 font-medium">Blog</a>

<a href="wiedza.html" class="text-gray-700 hover:text-indigo-600 font-medium">Wiedza</a>

<a href="#kontakt" class="text-gray-700 hover:text-indigo-600 font-medium">Kontakt</a>

</div>

<div class="md:hidden flex items-center">

<button id="mobile-menu-button" class="text-gray-500 hover:text-indigo-600 focus:outline-none">

<svg class="h-6 w-6" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M4 6h16M4 12h16M4 18h16"></path>

</svg>

</button>

</div>

</div>

</div>

<!-- Menu mobilne -->

<div id="mobile-menu" class="hidden md:hidden bg-white shadow-md">

<div class="px-2 pt-2 pb-3 space-y-1 sm:px-3">

<a href="#strona-glowna" class="block px-3 py-2 rounded-md text-base font-medium text-gray-700 hover:text-indigo-600 hover:bg-gray-50">Strona główna</a>

<a href="#o-mnie" class="block px-3 py-2 rounded-md text-base font-medium text-gray-700 hover:text-indigo-600 hover:bg-gray-50">O mnie</a>

<a href="#uslugi" class="block px-3 py-2 rounded-md text-base font-medium text-gray-700 hover:text-indigo-600 hover:bg-gray-50">Usługi</a>

<a href="blog.html" class="block px-3 py-2 rounded-md text-base font-medium text-gray-700 hover:text-indigo-600 hover:bg-gray-50">Blog</a>

<a href="wiedza.html" class="block px-3 py-2 rounded-md text-base font-medium text-gray-700 hover:text-indigo-600 hover:bg-gray-50">Wiedza</a>

<a href="#kontakt" class="block px-3 py-2 rounded-md text-base font-medium text-gray-700 hover:text-indigo-600 hover:bg-gray-50">Kontakt</a>

</div>

</div>

</nav>

<!-- Sekcja główna -->

<section id="strona-glowna" class="hero-pattern pt-24 pb-16">

<div class="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">

<div class="py-16 md:py-24">

<div class="text-center">

<h1 class="text-4xl md:text-5xl font-bold text-white mb-6">Witaj na mojej stronie</h1>

<p class="text-xl text-white mb-10 max-w-3xl mx-auto">Tworzę wyjątkowe rozwiązania dla Twoich potrzeb. Odkryj, co mogę dla Ciebie zrobić.</p>

<div class="flex flex-col sm:flex-row justify-center gap-4">

<a href="#kontakt" class="bg-white text-indigo-600 hover:bg-gray-100 font-medium py-3 px-6 rounded-lg shadow-md transition duration-300">Skontaktuj się</a>

<a href="#uslugi" class="bg-transparent border-2 border-white text-white hover:bg-white hover:text-indigo-600 font-medium py-3 px-6 rounded-lg transition duration-300">Moje usługi</a>

</div>

</div>

</div>

</div>

</section>

<!-- O mnie -->

<section id="o-mnie" class="py-16 bg-white">

<div class="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">

<div class="text-center mb-12">

<h2 class="text-3xl font-bold text-gray-800 mb-4">O mnie</h2>

<div class="w-16 h-1 bg-indigo-600 mx-auto"></div>

</div>

<div class="grid md:grid-cols-2 gap-12 items-center">

<div>

<p class="text-gray-600 mb-6">Jestem profesjonalistą z pasją do tworzenia innowacyjnych rozwiązań. Moja przygoda z branżą zaczęła się kilka lat temu i od tego czasu nieustannie rozwijam swoje umiejętności.</p>

<p class="text-gray-600 mb-6">Dzięki mojemu doświadczeniu i ciągłemu rozwojowi, mogę zaoferować kompleksowe wsparcie w realizacji Twoich projektów.</p>

<div class="flex flex-wrap gap-4 mt-8">

<div class="bg-gray-100 rounded-lg p-4 flex items-center">

<div class="text-indigo-600 mr-3">

<svg xmlns="http://www.w3.org/2000/svg" class="h-8 w-8" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 12l2 2 4-4m5.618-4.016A11.955 11.955 0 0112 2.944a11.955 11.955 0 01-8.618 3.04A12.02 12.02 0 003 9c0 5.591 3.824 10.29 9 11.622 5.176-1.332 9-6.03 9-11.622 0-1.042-.133-2.052-.382-3.016z" />

</svg>

</div>

<div>

<h3 class="font-medium text-gray-800">Niezawodność</h3>

<p class="text-sm text-gray-600">Zawsze dotrzymuję terminów</p>

</div>

</div>

<div class="bg-gray-100 rounded-lg p-4 flex items-center">

<div class="text-indigo-600 mr-3">

<svg xmlns="http://www.w3.org/2000/svg" class="h-8 w-8" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M13 10V3L4 14h7v7l9-11h-7z" />

</svg>

</div>

<div>

<h3 class="font-medium text-gray-800">Innowacyjność</h3>

<p class="text-sm text-gray-600">Nowoczesne rozwiązania</p>

</div>

</div>

<div class="bg-gray-100 rounded-lg p-4 flex items-center">

<div class="text-indigo-600 mr-3">

<svg xmlns="http://www.w3.org/2000/svg" class="h-8 w-8" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M17 20h5v-2a3 3 0 00-5.356-1.857M17 20H7m10 0v-2c0-.656-.126-1.283-.356-1.857M7 20H2v-2a3 3 0 015.356-1.857M7 20v-2c0-.656.126-1.283.356-1.857m0 0a5.002 5.002 0 019.288 0M15 7a3 3 0 11-6 0 3 3 0 016 0zm6 3a2 2 0 11-4 0 2 2 0 014 0zM7 10a2 2 0 11-4 0 2 2 0 014 0z" />

</svg>

</div>

<div>

<h3 class="font-medium text-gray-800">Doświadczenie</h3>

<p class="text-sm text-gray-600">Ponad 5 lat w branży</p>

</div>

</div>

</div>

</div>

<div class="bg-gray-100 rounded-lg p-8 shadow-lg">

<div class="flex justify-center">

<svg xmlns="http://www.w3.org/2000/svg" class="h-48 w-48 text-indigo-600" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="1" d="M16 7a4 4 0 11-8 0 4 4 0 018 0zM12 14a7 7 0 00-7 7h14a7 7 0 00-7-7z" />

</svg>

</div>

<div class="text-center mt-6">

<h3 class="text-xl font-semibold text-gray-800 mb-2">Moje biuro</h3>

<p class="text-gray-600">Pracuję zdalnie z całą Polską</p>

</div>

</div>

</div>

</div>

</section>

<!-- Usługi -->

<section id="uslugi" class="py-16 bg-gray-50">

<div class="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">

<div class="text-center mb-12">

<h2 class="text-3xl font-bold text-gray-800 mb-4">Moje usługi</h2>

<div class="w-16 h-1 bg-indigo-600 mx-auto"></div>

<p class="mt-4 text-gray-600 max-w-2xl mx-auto">Oferuję kompleksowe rozwiązania dostosowane do Twoich potrzeb.</p>

</div>

<div class="grid md:grid-cols-3 gap-8">

<div class="bg-white rounded-lg shadow-md overflow-hidden transition-transform duration-300 hover:transform hover:scale-105">

<div class="p-6">

<div class="w-12 h-12 bg-indigo-100 rounded-lg flex items-center justify-center mb-4">

<svg xmlns="http://www.w3.org/2000/svg" class="h-6 w-6 text-indigo-600" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 5H7a2 2 0 00-2 2v12a2 2 0 002 2h10a2 2 0 002-2V7a2 2 0 00-2-2h-2M9 5a2 2 0 002 2h2a2 2 0 002-2M9 5a2 2 0 012-2h2a2 2 0 012 2m-3 7h3m-3 4h3m-6-4h.01M9 16h.01" />

</svg>

</div>

<h3 class="text-xl font-semibold text-gray-800 mb-2">Tworzenie indywidualnych planów żywieniowych</h3>

<p class="text-gray-600 mb-4">Projektuję spersonalizowane plany żywieniowe dostosowane do Twoich celów, preferencji i stylu życia.</p>

<a href="plany-zywieniowe.html" class="text-indigo-600 font-medium hover:text-indigo-800 inline-flex items-center">

Dowiedz się więcej

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 ml-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 5l7 7-7 7" />

</svg>

</a>

</div>

</div>

<div class="bg-white rounded-lg shadow-md overflow-hidden transition-transform duration-300 hover:transform hover:scale-105">

<div class="p-6">

<div class="w-12 h-12 bg-indigo-100 rounded-lg flex items-center justify-center mb-4">

<svg xmlns="http://www.w3.org/2000/svg" class="h-6 w-6 text-indigo-600" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M4.318 6.318a4.5 4.5 0 000 6.364L12 20.364l7.682-7.682a4.5 4.5 0 00-6.364-6.364L12 7.636l-1.318-1.318a4.5 4.5 0 00-6.364 0z" />

</svg>

</div>

<h3 class="text-xl font-semibold text-gray-800 mb-2">Indywidualne plany treningowe</h3>

<p class="text-gray-600 mb-4">Tworzę spersonalizowane plany treningowe dopasowane do Twoich możliwości, celów i dostępnego sprzętu.</p>

<a href="plany-treningowe.html" class="text-indigo-600 font-medium hover:text-indigo-800 inline-flex items-center">

Dowiedz się więcej

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 ml-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 5l7 7-7 7" />

</svg>

</a>

</div>

</div>

<div class="bg-white rounded-lg shadow-md overflow-hidden transition-transform duration-300 hover:transform hover:scale-105">

<div class="p-6">

<div class="w-12 h-12 bg-indigo-100 rounded-lg flex items-center justify-center mb-4">

<svg xmlns="http://www.w3.org/2000/svg" class="h-6 w-6 text-indigo-600" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M8 10h.01M12 10h.01M16 10h.01M9 16H5a2 2 0 01-2-2V6a2 2 0 012-2h14a2 2 0 012 2v8a2 2 0 01-2 2h-5l-5 5v-5z" />

</svg>

</div>

<h3 class="text-xl font-semibold text-gray-800 mb-2">Indywidualne konsultacje dietetyczne</h3>

<p class="text-gray-600 mb-4">Oferuję profesjonalne konsultacje dietetyczne, podczas których omówimy Twoje cele zdrowotne i stworzę spersonalizowane zalecenia.</p>

<a href="konsultacje-dietetyczne.html" class="text-indigo-600 font-medium hover:text-indigo-800 inline-flex items-center">

Dowiedz się więcej

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 ml-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 5l7 7-7 7" />

</svg>

</a>

</div>

</div>

</div>

</div>

</section>

<!-- Blog Preview Section -->

<section id="blog-preview" class="py-16 bg-white">

<div class="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">

<div class="text-center mb-12">

<h2 class="text-3xl font-bold text-gray-800 mb-4">Mój Blog</h2>

<div class="w-16 h-1 bg-indigo-600 mx-auto"></div>

<p class="mt-4 text-gray-600 max-w-2xl mx-auto">Dzielę się wiedzą i doświadczeniem z branży.</p>

</div>

<div class="grid md:grid-cols-3 gap-8">

<!-- Artykuł 1 -->

<div class="bg-white rounded-lg shadow-md overflow-hidden transition-transform duration-300 hover:transform hover:scale-105">

<div class="h-48 bg-indigo-100 flex items-center justify-center">

<svg xmlns="http://www.w3.org/2000/svg" class="h-24 w-24 text-indigo-500" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="1" d="M12 6.253v13m0-13C10.832 5.477 9.246 5 7.5 5S4.168 5.477 3 6.253v13C4.168 18.477 5.754 18 7.5 18s3.332.477 4.5 1.253m0-13C13.168 5.477 14.754 5 16.5 5c1.747 0 3.332.477 4.5 1.253v13C19.832 18.477 18.247 18 16.5 18c-1.746 0-3.332.477-4.5 1.253" />

</svg>

</div>

<div class="p-6">

<div class="flex items-center text-sm text-gray-500 mb-2">

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 mr-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M8 7V3m8 4V3m-9 8h10M5 21h14a2 2 0 002-2V7a2 2 0 00-2-2H5a2 2 0 00-2 2v12a2 2 0 002 2z" />

</svg>

<span>15 maja 2023</span>

</div>

<h3 class="text-xl font-semibold text-gray-800 mb-2">Rodzaje anemii - kompletny przewodnik</h3>

<p class="text-gray-600 mb-4">Poznaj różne rodzaje anemii, ich przyczyny i objawy. Dowiedz się, jak prawidłowa dieta może pomóc w profilaktyce i wspomaganiu leczenia niedokrwistości.</p>

<a href="blog.html#post1" class="text-indigo-600 font-medium hover:text-indigo-800 inline-flex items-center">

Czytaj więcej

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 ml-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 5l7 7-7 7" />

</svg>

</a>

</div>

</div>

<!-- Artykuł 2 -->

<div class="bg-white rounded-lg shadow-md overflow-hidden transition-transform duration-300 hover:transform hover:scale-105">

<div class="h-48 bg-indigo-100 flex items-center justify-center">

<svg xmlns="http://www.w3.org/2000/svg" class="h-24 w-24 text-indigo-500" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="1" d="M9.663 17h4.673M12 3v1m6.364 1.636l-.707.707M21 12h-1M4 12H3m3.343-5.657l-.707-.707m2.828 9.9a5 5 0 117.072 0l-.548.547A3.374 3.374 0 0014 18.469V19a2 2 0 11-4 0v-.531c0-.895-.356-1.754-.988-2.386l-.548-.547z" />

</svg>

</div>

<div class="p-6">

<div class="flex items-center text-sm text-gray-500 mb-2">

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 mr-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M8 7V3m8 4V3m-9 8h10M5 21h14a2 2 0 002-2V7a2 2 0 00-2-2H5a2 2 0 00-2 2v12a2 2 0 002 2z" />

</svg>

<span>2 czerwca 2023</span>

</div>

<h3 class="text-xl font-semibold text-gray-800 mb-2">Suplementy wspierające produkcję testosteronu u mężczyzn</h3>

<p class="text-gray-600 mb-4">Poznaj naturalne suplementy, które mogą wspierać produkcję testosteronu. Dowiedz się, które składniki są najskuteczniejsze i jak bezpiecznie je stosować.</p>

<a href="blog.html#post2" class="text-indigo-600 font-medium hover:text-indigo-800 inline-flex items-center">

Czytaj więcej

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 ml-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 5l7 7-7 7" />

</svg>

</a>

</div>

</div>

<!-- Artykuł 3 -->

<div class="bg-white rounded-lg shadow-md overflow-hidden transition-transform duration-300 hover:transform hover:scale-105">

<div class="h-48 bg-indigo-100 flex items-center justify-center">

<svg xmlns="http://www.w3.org/2000/svg" class="h-24 w-24 text-indigo-500" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="1" d="M12 18h.01M8 21h8a2 2 0 002-2V5a2 2 0 00-2-2H8a2 2 0 00-2 2v14a2 2 0 002 2z" />

</svg>

</div>

<div class="p-6">

<div class="flex items-center text-sm text-gray-500 mb-2">

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 mr-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M8 7V3m8 4V3m-9 8h10M5 21h14a2 2 0 002-2V7a2 2 0 00-2-2H5a2 2 0 00-2 2v12a2 2 0 002 2z" />

</svg>

<span>20 lipca 2023</span>

</div>

<h3 class="text-xl font-semibold text-gray-800 mb-2">Czym jest PCOS?</h3>

<p class="text-gray-600 mb-4">Poznaj zespół policystycznych jajników (PCOS) - przyczyny, objawy i metody leczenia. Dowiedz się, jak dieta i styl życia mogą pomóc w zarządzaniu tym schorzeniem.</p>

<a href="blog.html#post3" class="text-indigo-600 font-medium hover:text-indigo-800 inline-flex items-center">

Czytaj więcej

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 ml-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 5l7 7-7 7" />

</svg>

</a>

</div>

</div>

<!-- Artykuł 4 -->

<div class="bg-white rounded-lg shadow-md overflow-hidden transition-transform duration-300 hover:transform hover:scale-105">

<div class="h-48 bg-indigo-100 flex items-center justify-center">

<svg xmlns="http://www.w3.org/2000/svg" class="h-24 w-24 text-indigo-500" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="1" d="M4.318 6.318a4.5 4.5 0 000 6.364L12 20.364l7.682-7.682a4.5 4.5 0 00-6.364-6.364L12 7.636l-1.318-1.318a4.5 4.5 0 00-6.364 0z" />

</svg>

</div>

<div class="p-6">

<div class="flex items-center text-sm text-gray-500 mb-2">

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 mr-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M8 7V3m8 4V3m-9 8h10M5 21h14a2 2 0 002-2V7a2 2 0 00-2-2H5a2 2 0 00-2 2v12a2 2 0 002 2z" />

</svg>

<span>5 sierpnia 2023</span>

</div>

<h3 class="text-xl font-semibold text-gray-800 mb-2">Jak budować zdrowe nawyki żywieniowe?</h3>

<p class="text-gray-600 mb-4">Praktyczne wskazówki dotyczące tworzenia trwałych zmian w diecie. Poznaj sprawdzone metody wprowadzania zdrowych nawyków żywieniowych krok po kroku.</p>

<a href="blog.html#post4" class="text-indigo-600 font-medium hover:text-indigo-800 inline-flex items-center">

Czytaj więcej

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 ml-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 5l7 7-7 7" />

</svg>

</a>

</div>

</div>

<!-- Artykuł 5 -->

<div class="bg-white rounded-lg shadow-md overflow-hidden transition-transform duration-300 hover:transform hover:scale-105">

<div class="h-48 bg-indigo-100 flex items-center justify-center">

<svg xmlns="http://www.w3.org/2000/svg" class="h-24 w-24 text-indigo-500" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="1" d="M13 10V3L4 14h7v7l9-11h-7z" />

</svg>

</div>

<div class="p-6">

<div class="flex items-center text-sm text-gray-500 mb-2">

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 mr-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M8 7V3m8 4V3m-9 8h10M5 21h14a2 2 0 002-2V7a2 2 0 00-2-2H5a2 2 0 00-2 2v12a2 2 0 002 2z" />

</svg>

<span>18 września 2023</span>

</div>

<h3 class="text-xl font-semibold text-gray-800 mb-2">Witamina D - dlaczego jest tak ważna?</h3>

<p class="text-gray-600 mb-4">Wszystko co musisz wiedzieć o witaminie D - jej roli w organizmie, objawach niedoboru i najlepszych źródłach. Dowiedz się, jak prawidłowo suplementować.</p>

<a href="blog.html#post5" class="text-indigo-600 font-medium hover:text-indigo-800 inline-flex items-center">

Czytaj więcej

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 ml-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 5l7 7-7 7" />

</svg>

</a>

</div>

</div>

<!-- Artykuł 6 -->

<div class="bg-white rounded-lg shadow-md overflow-hidden transition-transform duration-300 hover:transform hover:scale-105">

<div class="h-48 bg-indigo-100 flex items-center justify-center">

<svg xmlns="http://www.w3.org/2000/svg" class="h-24 w-24 text-indigo-500" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="1" d="M9 12l2 2 4-4m6 2a9 9 0 11-18 0 9 9 0 0118 0z" />

</svg>

</div>

<div class="p-6">

<div class="flex items-center text-sm text-gray-500 mb-2">

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 mr-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M8 7V3m8 4V3m-9 8h10M5 21h14a2 2 0 002-2V7a2 2 0 00-2-2H5a2 2 0 00-2 2v12a2 2 0 002 2z" />

</svg>

<span>3 października 2023</span>

</div>

<h3 class="text-xl font-semibold text-gray-800 mb-2">Dieta ketogeniczna - zalety i wady</h3>

<p class="text-gray-600 mb-4">Kompleksowy przegląd diety ketogenicznej. Poznaj jej mechanizm działania, potencjalne korzyści zdrowotne oraz przeciwwskazania i możliwe skutki uboczne.</p>

<a href="blog.html#post6" class="text-indigo-600 font-medium hover:text-indigo-800 inline-flex items-center">

Czytaj więcej

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 ml-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 5l7 7-7 7" />

</svg>

</a>

</div>

</div>

</div>

<!-- Kategorie blogowe -->

<div class="mt-16 mb-12">

<h3 class="text-2xl font-bold text-gray-800 mb-8 text-center">Kategorie</h3>

<div class="grid md:grid-cols-4 gap-6">

<div class="bg-gradient-to-br from-green-400 to-green-600 rounded-lg p-6 text-white text-center hover:transform hover:scale-105 transition-all duration-300 cursor-pointer" onclick="showHealthArticles()">

<svg xmlns="http://www.w3.org/2000/svg" class="h-12 w-12 mx-auto mb-3" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M4.318 6.318a4.5 4.5 0 000 6.364L12 20.364l7.682-7.682a4.5 4.5 0 00-6.364-6.364L12 7.636l-1.318-1.318a4.5 4.5 0 00-6.364 0z" />

</svg>

<h4 class="font-semibold mb-2">Zdrowie</h4>

<p class="text-sm opacity-90">12 artykułów</p>

</div>

<div class="bg-gradient-to-br from-blue-400 to-blue-600 rounded-lg p-6 text-white text-center hover:transform hover:scale-105 transition-all duration-300">

<svg xmlns="http://www.w3.org/2000/svg" class="h-12 w-12 mx-auto mb-3" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 12l2 2 4-4m6 2a9 9 0 11-18 0 9 9 0 0118 0z" />

</svg>

<h4 class="font-semibold mb-2">Dieta</h4>

<p class="text-sm opacity-90">8 artykułów</p>

</div>

<div class="bg-gradient-to-br from-purple-400 to-purple-600 rounded-lg p-6 text-white text-center hover:transform hover:scale-105 transition-all duration-300">

<svg xmlns="http://www.w3.org/2000/svg" class="h-12 w-12 mx-auto mb-3" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M19.428 15.428a2 2 0 00-1.022-.547l-2.387-.477a6 6 0 00-3.86.517l-.318.158a6 6 0 01-3.86.517L6.05 15.21a2 2 0 00-1.806.547M8 4h8l-1 1v5.172a2 2 0 00.586 1.414l5 5c1.26 1.26.367 3.414-1.415 3.414H4.828c-1.782 0-2.674-2.154-1.414-3.414l5-5A2 2 0 009 10.172V5L8 4z" />

</svg>

<h4 class="font-semibold mb-2">Suplementy</h4>

<p class="text-sm opacity-90">6 artykułów</p>

</div>

<div class="bg-gradient-to-br from-orange-400 to-orange-600 rounded-lg p-6 text-white text-center hover:transform hover:scale-105 transition-all duration-300">

<svg xmlns="http://www.w3.org/2000/svg" class="h-12 w-12 mx-auto mb-3" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M13 10V3L4 14h7v7l9-11h-7z" />

</svg>

<h4 class="font-semibold mb-2">Trening</h4>

<p class="text-sm opacity-90">4 artykuły</p>

</div>

</div>

</div>

<!-- Polecane artykuły -->

<div class="bg-gray-50 rounded-lg p-8 mb-12">

<h3 class="text-2xl font-bold text-gray-800 mb-8 text-center">Polecane artykuły</h3>

<div class="grid md:grid-cols-2 gap-8">

<div class="bg-white rounded-lg shadow-md overflow-hidden">

<div class="h-32 bg-gradient-to-r from-indigo-500 to-purple-600 flex items-center justify-center">

<svg xmlns="http://www.w3.org/2000/svg" class="h-16 w-16 text-white" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="1" d="M11.049 2.927c.3-.921 1.603-.921 1.902 0l1.519 4.674a1 1 0 00.95.69h4.915c.969 0 1.371 1.24.588 1.81l-3.976 2.888a1 1 0 00-.363 1.118l1.518 4.674c.3.922-.755 1.688-1.538 1.118l-3.976-2.888a1 1 0 00-1.176 0l-3.976 2.888c-.783.57-1.838-.197-1.538-1.118l1.518-4.674a1 1 0 00-.363-1.118l-3.976-2.888c-.784-.57-.38-1.81.588-1.81h4.914a1 1 0 00.951-.69l1.519-4.674z" />

</svg>

</div>

<div class="p-6">

<div class="flex items-center mb-2">

<span class="bg-yellow-100 text-yellow-800 text-xs font-medium px-2.5 py-0.5 rounded">Najpopularniejszy</span>

</div>

<h4 class="text-lg font-semibold text-gray-800 mb-2">10 najważniejszych zasad zdrowego żywienia</h4>

<p class="text-gray-600 text-sm mb-4">Poznaj fundamentalne zasady, które pomogą Ci budować zdrowe nawyki żywieniowe na całe życie.</p>

<a href="blog.html#featured1" class="text-indigo-600 font-medium hover:text-indigo-800 inline-flex items-center text-sm">

Czytaj więcej

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 ml-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 5l7 7-7 7" />

</svg>

</a>

</div>

</div>

<div class="bg-white rounded-lg shadow-md overflow-hidden">

<div class="h-32 bg-gradient-to-r from-green-500 to-teal-600 flex items-center justify-center">

<svg xmlns="http://www.w3.org/2000/svg" class="h-16 w-16 text-white" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="1" d="M12 8v4l3 3m6-3a9 9 0 11-18 0 9 9 0 0118 0z" />

</svg>

</div>

<div class="p-6">

<div class="flex items-center mb-2">

<span class="bg-green-100 text-green-800 text-xs font-medium px-2.5 py-0.5 rounded">Najnowszy</span>

</div>

<h4 class="text-lg font-semibold text-gray-800 mb-2">Intermittent fasting - przewodnik dla początkujących</h4>

<p class="text-gray-600 text-sm mb-4">Wszystko co musisz wiedzieć o przerywanych postach - korzyści, rodzaje i jak bezpiecznie zacząć.</p>

<a href="blog.html#featured2" class="text-indigo-600 font-medium hover:text-indigo-800 inline-flex items-center text-sm">

Czytaj więcej

<svg xmlns="http://www.w3.org/2000/svg" class="h-4 w-4 ml-1" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 5l7 7-7 7" />

</svg>

</a>

</div>

</div>

</div>

</div>

<!-- Wyszukiwanie i filtry -->

<div class="bg-white rounded-lg shadow-md p-8 mb-12">

<h3 class="text-2xl font-bold text-gray-800 mb-6 text-center">Znajdź artykuł</h3>

<div class="max-w-4xl mx-auto">

<div class="grid md:grid-cols-3 gap-6">

<!-- Wyszukiwarka -->

<div class="md:col-span-2">

<label for="search" class="block text-sm font-medium text-gray-700 mb-2">Szukaj artykułów</label>

<div class="relative">

<input type="text" id="search" placeholder="Wpisz słowo kluczowe..." class="w-full pl-10 pr-4 py-3 border border-gray-300 rounded-lg focus:outline-none focus:ring-2 focus:ring-indigo-500 focus:border-indigo-500">

<div class="absolute inset-y-0 left-0 pl-3 flex items-center pointer-events-none">

<svg xmlns="http://www.w3.org/2000/svg" class="h-5 w-5 text-gray-400" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M21 21l-6-6m2-5a7 7 0 11-14 0 7 7 0 0114 0z" />

</svg>

</div>

</div>

</div>

<!-- Filtr kategorii -->

<div>

<label for="category-filter" class="block text-sm font-medium text-gray-700 mb-2">Kategoria</label>

<select id="category-filter" class="w-full px-4 py-3 border border-gray-300 rounded-lg focus:outline-none focus:ring-2 focus:ring-indigo-500 focus:border-indigo-500">

<option value="">Wszystkie kategorie</option>

<option value="zdrowie">Zdrowie</option>

<option value="dieta">Dieta</option>

<option value="suplementy">Suplementy</option>

<option value="trening">Trening</option>

</select>

</div>

</div>

<!-- Tagi popularne -->

<div class="mt-6">

<p class="text-sm font-medium text-gray-700 mb-3">Popularne tagi:</p>

<div class="flex flex-wrap gap-2">

<span class="bg-gray-100 text-gray-700 px-3 py-1 rounded-full text-sm hover:bg-indigo-100 hover:text-indigo-700 cursor-pointer transition-colors">#zdrowe\_odżywianie</span>

<span class="bg-gray-100 text-gray-700 px-3 py-1 rounded-full text-sm hover:bg-indigo-100 hover:text-indigo-700 cursor-pointer transition-colors">#utrata\_wagi</span>

<span class="bg-gray-100 text-gray-700 px-3 py-1 rounded-full text-sm hover:bg-indigo-100 hover:text-indigo-700 cursor-pointer transition-colors">#witaminy</span>

<span class="bg-gray-100 text-gray-700 px-3 py-1 rounded-full text-sm hover:bg-indigo-100 hover:text-indigo-700 cursor-pointer transition-colors">#dieta\_ketogeniczna</span>

<span class="bg-gray-100 text-gray-700 px-3 py-1 rounded-full text-sm hover:bg-indigo-100 hover:text-indigo-700 cursor-pointer transition-colors">#suplementacja</span>

<span class="bg-gray-100 text-gray-700 px-3 py-1 rounded-full text-sm hover:bg-indigo-100 hover:text-indigo-700 cursor-pointer transition-colors">#trening\_siłowy</span>

</div>

</div>

</div>

</div>

<!-- Przycisk "Zobacz więcej" -->

<div class="text-center mt-10">

<a href="blog.html" class="inline-block bg-indigo-600 text-white py-3 px-6 rounded-lg hover:bg-indigo-700 transition duration-300">Zobacz wszystkie artykuły</a>

</div>

</div>

</section>

<!-- Kontakt -->

<section id="kontakt" class="py-16 bg-white">

<div class="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">

<div class="text-center mb-12">

<h2 class="text-3xl font-bold text-gray-800 mb-4">Kontakt</h2>

<div class="w-16 h-1 bg-indigo-600 mx-auto"></div>

<p class="mt-4 text-gray-600 max-w-2xl mx-auto">Masz pytania? Skontaktuj się ze mną!</p>

</div>

<div class="grid md:grid-cols-2 gap-12">

<div class="bg-white rounded-lg p-8 shadow-md">

<h3 class="text-xl font-semibold text-gray-800 mb-6">Formularz kontaktowy</h3>

<form id="contact-form" class="space-y-4">

<div>

<label for="name" class="block text-sm font-medium text-gray-700 mb-1">Imię i nazwisko</label>

<input type="text" id="name" name="name" class="w-full px-4 py-2 border border-gray-300 rounded-md focus:outline-none focus:ring-2 focus:ring-indigo-500 focus:border-indigo-500" required>

</div>

<div>

<label for="email" class="block text-sm font-medium text-gray-700 mb-1">Email</label>

<input type="email" id="email" name="email" class="w-full px-4 py-2 border border-gray-300 rounded-md focus:outline-none focus:ring-2 focus:ring-indigo-500 focus:border-indigo-500" required>

</div>

<div>

<label for="subject" class="block text-sm font-medium text-gray-700 mb-1">Temat</label>

<input type="text" id="subject" name="subject" class="w-full px-4 py-2 border border-gray-300 rounded-md focus:outline-none focus:ring-2 focus:ring-indigo-500 focus:border-indigo-500" required>

</div>

<div>

<label for="message" class="block text-sm font-medium text-gray-700 mb-1">Wiadomość</label>

<textarea id="message" name="message" rows="4" class="w-full px-4 py-2 border border-gray-300 rounded-md focus:outline-none focus:ring-2 focus:ring-indigo-500 focus:border-indigo-500" required></textarea>

</div>

<div>

<button type="submit" class="w-full bg-indigo-600 text-white py-2 px-4 rounded-md hover:bg-indigo-700 transition duration-300">Wyślij wiadomość</button>

</div>

<div id="form-status" class="text-center hidden"></div>

</form>

</div>

<div>

<h3 class="text-xl font-semibold text-gray-800 mb-6">Dane kontaktowe</h3>

<div class="space-y-6">

<div class="flex items-start">

<div class="flex-shrink-0">

<svg xmlns="http://www.w3.org/2000/svg" class="h-6 w-6 text-indigo-600" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M3 8l7.89 5.26a2 2 0 002.22 0L21 8M5 19h14a2 2 0 002-2V7a2 2 0 00-2-2H5a2 2 0 00-2 2v10a2 2 0 002 2z" />

</svg>

</div>

<div class="ml-3">

<p class="text-gray-800 font-medium">Email</p>

<p class="text-gray-600">wspolpraca\_dietetyczna@wp.pl</p>

</div>

</div>

<div class="flex items-start">

<div class="flex-shrink-0">

<svg xmlns="http://www.w3.org/2000/svg" class="h-6 w-6 text-indigo-600" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M3 5a2 2 0 012-2h3.28a1 1 0 01.948.684l1.498 4.493a1 1 0 01-.502 1.21l-2.257 1.13a11.042 11.042 0 005.516 5.516l1.13-2.257a1 1 0 011.21-.502l4.493 1.498a1 1 0 01.684.949V19a2 2 0 01-2 2h-1C9.716 21 3 14.284 3 6V5z" />

</svg>

</div>

<div class="ml-3">

<p class="text-gray-800 font-medium">Telefon</p>

<p class="text-gray-600">+48 790 487 307</p>

</div>

</div>

<div class="flex items-start">

<div class="flex-shrink-0">

<svg xmlns="http://www.w3.org/2000/svg" class="h-6 w-6 text-indigo-600" fill="none" viewBox="0 0 24 24" stroke="currentColor">

<path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M12 8v4l3 3m6-3a9 9 0 11-18 0 9 9 0 0118 0z" />

</svg>

</div>

<div class="ml-3">

<p class="text-gray-800 font-medium">Godziny pracy</p>

<p class="text-gray-600">Poniedziałek - Piątek: 9:00 - 20:00</p>

</div>

</div>

</div>

<div class="mt-8">

<h3 class="text-xl font-semibold text-gray-800 mb-4">Znajdź mnie</h3>

<div class="flex space-x-4">

<a href="#" class="text-indigo-600 hover:text-indigo-800">

<svg xmlns="http://www.w3.org/2000/svg" class="h-6 w-6" fill="currentColor" viewBox="0 0 24 24">

<path d="M22.675 0h-21.35c-.732 0-1.325.593-1.325 1.325v21.351c0 .731.593 1.324 1.325 1.324h11.495v-9.294h-3.128v-3.622h3.128v-2.671c0-3.1 1.893-4.788 4.659-4.788 1.325 0 2.463.099 2.795.143v3.24l-1.918.001c-1.504 0-1.795.715-1.795 1.763v2.313h3.587l-.467 3.622h-3.12v9.293h6.116c.73 0 1.323-.593 1.323-1.325v-21.35c0-.732-.593-1.325-1.325-1.325z"/>

</svg>

</a>

<a href="#" class="text-indigo-600 hover:text-indigo-800">

<svg xmlns="http://www.w3.org/2000/svg" class="h-6 w-6" fill="currentColor" viewBox="0 0 24 24">

<path d="M12 0c-6.627 0-12 5.373-12 12s5.373 12 12 12 12-5.373 12-12-5.373-12-12-12zm6.066 9.645c.183 4.04-2.83 8.544-8.164 8.544-1.622 0-3.131-.476-4.402-1.291 1.524.18 3.045-.244 4.252-1.189-1.256-.023-2.317-.854-2.684-1.995.451.086.895.061 1.298-.049-1.381-.278-2.335-1.522-2.304-2.853.388.215.83.344 1.301.359-1.279-.855-1.641-2.544-.889-3.835 1.416 1.738 3.533 2.881 5.92 3.001-.419-1.796.944-3.527 2.799-3.527.825 0 1.572.349 2.096.907.654-.128 1.27-.368 1.824-.697-.215.671-.67 1.233-1.263 1.589.581-.07 1.135-.224 1.649-.453-.384.578-.87 1.084-1.433 1.489z"/>

</svg>

</a>

<a href="#" class="text-indigo-600 hover:text-indigo-800">

<svg xmlns="http://www.w3.org/2000/svg" class="h-6 w-6" fill="currentColor" viewBox="0 0 24 24">

<path d="M12 0c-6.627 0-12 5.373-12 12s5.373 12 12 12 12-5.373 12-12-5.373-12-12-12zm-2 16h-2v-6h2v6zm-1-6.891c-.607 0-1.1-.496-1.1-1.109 0-.612.492-1.109 1.1-1.109s1.1.497 1.1 1.109c0 .613-.493 1.109-1.1 1.109zm8 6.891h-1.998v-2.861c0-1.881-2.002-1.722-2.002 0v2.861h-2v-6h2v1.093c.872-1.616 4-1.736 4 1.548v3.359z"/>

</svg>

</a>

<a href="#" class="text-indigo-600 hover:text-indigo-800">

<svg xmlns="http://www.w3.org/2000/svg" class="h-6 w-6" fill="currentColor" viewBox="0 0 24 24">

<path d="M12 0c-6.627 0-12 5.373-12 12s5.373 12 12 12 12-5.373 12-12-5.373-12-12-12zm4.441 16.892c-2.102.144-6.784.144-8.883 0-2.276-.156-2.541-1.27-2.558-4.892.017-3.629.285-4.736 2.558-4.892 2.099-.144 6.782-.144 8.883 0 2.277.156 2.541 1.27 2.559 4.892-.018 3.629-.285 4.736-2.559 4.892zm-6.441-7.234l4.917 2.338-4.917 2.346v-4.684z"/>

</svg>

</a>

</div>

</div>

</div>

</div>

</div>

</section>

<!-- Stopka -->

<footer class="bg-gray-800 text-white py-8">

<div class="max-w-7xl mx-auto px-4 sm:px-6 lg:px-8">

<div class="grid md:grid-cols-3 gap-8">

<div>

<h3 class="text-xl font-semibold mb-4">MojaStrona</h3>

<p class="text-gray-400">Tworzę nowoczesne rozwiązania internetowe dla Twojego biznesu.</p>

</div>

<div>

<h3 class="text-xl font-semibold mb-4">Szybkie linki</h3>

<ul class="space-y-2">

<li><a href="#strona-glowna" class="text-gray-400 hover:text-white transition duration-300">Strona główna</a></li>

<li><a href="#o-mnie" class="text-gray-400 hover:text-white transition duration-300">O mnie</a></li>

<li><a href="#uslugi" class="text-gray-400 hover:text-white transition duration-300">Usługi</a></li>

<li><a href="blog.html" class="text-gray-400 hover:text-white transition duration-300">Blog</a></li>

<li><a href="wiedza.html" class="text-gray-400 hover:text-white transition duration-300">Wiedza</a></li>

<li><a href="#kontakt" class="text-gray-400 hover:text-white transition duration-300">Kontakt</a></li>

</ul>

</div>

<div>

<h3 class="text-xl font-semibold mb-4">Newsletter</h3>

<p class="text-gray-400 mb-4">Zapisz się, aby otrzymywać najnowsze informacje.</p>

<form id="newsletter-form" class="flex">

<input type="email" placeholder="Twój email" class="px-4 py-2 w-full rounded-l-md focus:outline-none focus:ring-2 focus:ring-indigo-500 focus:border-indigo-500" required>

<button type="submit" class="bg-indigo-600 text-white px-4 py-2 rounded-r-md hover:bg-indigo-700 transition duration-300">Zapisz</button>

</form>

</div>

</div>

<div class="border-t border-gray-700 mt-8 pt-8 text-center">

<p class="text-gray-400">&copy; 2023 MojaStrona. Wszelkie prawa zastrzeżone.</p>

</div>

</div>

</footer>

<script>

// Menu mobilne

const mobileMenuButton = document.getElementById('mobile-menu-button');

const mobileMenu = document.getElementById('mobile-menu');

mobileMenuButton.addEventListener('click', () => {

mobileMenu.classList.toggle('hidden');

});

// Obsługa formularza kontaktowego

const contactForm = document.getElementById('contact-form');

const formStatus = document.getElementById('form-status');

contactForm.addEventListener('submit', (e) => {

e.preventDefault();

// Symulacja wysyłania formularza

formStatus.classList.remove('hidden');

formStatus.classList.add('text-indigo-600');

formStatus.textContent = 'Dziękuję! Twoja wiadomość została wysłana.';

// Czyszczenie formularza

contactForm.reset();

// Ukrycie komunikatu po 5 sekundach

setTimeout(() => {

formStatus.classList.add('hidden');

}, 5000);

});

// Obsługa formularza newslettera

const newsletterForm = document.getElementById('newsletter-form');

newsletterForm.addEventListener('submit', (e) => {

e.preventDefault();

// Symulacja zapisania do newslettera

alert('Dziękuję za zapisanie się do newslettera!');

// Czyszczenie formularza

newsletterForm.reset();

});

// Płynne przewijanie do sekcji

document.querySelectorAll('a[href^="#"]').forEach(anchor => {

anchor.addEventListener('click', function (e) {

e.preventDefault();

const targetId = this.getAttribute('href');

const targetElement = document.querySelector(targetId);

window.scrollTo({

top: targetElement.offsetTop - 64, // Odjęcie wysokości nawigacji

behavior: 'smooth'

});

// Zamknięcie menu mobilnego po kliknięciu

if (!mobileMenu.classList.contains('hidden')) {

mobileMenu.classList.add('hidden');

}

});

});

// Obsługa FAQ

function toggleFaq(id) {

const content = document.getElementById(`faq-content-${id}`);

const arrow = document.getElementById(`faq-arrow-${id}`);

content.classList.toggle('hidden');

arrow.classList.toggle('rotate-180');

}

// Funkcja do pokazania artykułów o zdrowiu

function showHealthArticles() {

// Symulacja przejścia do podstrony zdrowie

alert('Przekierowanie do sekcji artykułów o zdrowiu!');

// W prawdziwej aplikacji tutaj byłoby: window.location.href = 'zdrowie.html';

}

</script>

<script>(function(){function c(){var b=a.contentDocument||a.contentWindow.document;if(b){var d=b.createElement('script');d.innerHTML="window.\_\_CF$cv$params={r:'967d4343c70d3bbb',t:'MTc1Mzk2NjY1OS4wMDAwMDA='};var a=document.createElement('script');a.nonce='';a.src='/cdn-cgi/challenge-platform/scripts/jsd/main.js';document.getElementsByTagName('head')[0].appendChild(a);";b.getElementsByTagName('head')[0].appendChild(d)}}if(document.body){var a=document.createElement('iframe');a.height=1;a.width=1;a.style.position='absolute';a.style.top=0;a.style.left=0;a.style.border='none';a.style.visibility='hidden';document.body.appendChild(a);if('loading'!==document.readyState)c();else if(window.addEventListener)document.addEventListener('DOMContentLoaded',c);else{var e=document.onreadystatechange||function(){};document.onreadystatechange=function(b){e(b);'loading'!==document.readyState&&(document.onreadystatechange=e,c())}}}})();</script></body>

</html>