

Sources of all images

2.jpg Photo by [Andrea Piacquadio](https://www.pexels.com/photo/women-having-exercise-using-dumbbells-903171/) from [Pexels](https://www.pexels.com/). <https://www.pexels.com/photo/women-having-exercise-using-dumbbells-903171/>
Women Having Exercise Using Dumbbells.

3.jpg Photo by [Roman Davayposmotrim](https://www.pexels.com/photo/woman-wearing-black-sports-bra-reaching-floor-while-standing-35987/) from [Pexels](https://www.pexels.com/). <https://www.pexels.com/photo/woman-wearing-black-sports-bra-reaching-floor-while-standing-35987/> **Woman Wearing Black Sports Bra Reaching Floor While Standing.**

4.jpg Photo by [Ivan Remonte](https://www.pexels.com/photo/strong-dedicated-bodybuilder-exercising-in-gym-4218662/) from [Pexels](https://www.pexels.com/). <https://www.pexels.com/photo/strong-dedicated-bodybuilder-exercising-in-gym-4218662/> **Strong dedicated bodybuilder exercising in gym.**

7.jpg Photo by [William Choquette](https://www.pexels.com/photo/an-on-treadmill-1954524/) from [Pexels](https://www.pexels.com/). <https://www.pexels.com/photo/an-on-treadmill-1954524/> **An on Treadmill.**

8.jpg Photo by [Cesar Galeão](https://www.pexels.com/photo/man-holding-brown-rope-3253501/) from [Pexels](https://www.pexels.com/). <https://www.pexels.com/photo/man-holding-brown-rope-3253501/> **Man Holding Brown Rope.**

9.jpg Photo by [Yan Krukov](https://www.pexels.com/photo/a-man-exercising-with-the-heavy-bag-6815665/) from [Pexels](https://www.pexels.com/). <https://www.pexels.com/photo/a-man-exercising-with-the-heavy-bag-6815665/>
A Man Exercising with the Heavy Bag.

12.jpg Photo by [Andrea Piacquadio](https://www.pexels.com/photo/woman-with-red-top-and-black-shorts-on-purple-yoga-mat-866019/) from [Pexels](https://www.pexels.com/). <https://www.pexels.com/photo/woman-with-red-top-and-black-shorts-on-purple-yoga-mat-866019/>.
Woman With Red Top And Black Shorts On Purple Yoga Mat.

15.jpg Photo by [Ketut Subiyanto](https://www.pexels.com/photo/photo-of-man-doing-push-ups-using-yellow-kettlebell-4720236/) from [Pexels](https://www.pexels.com/). <https://www.pexels.com/photo/photo-of-man-doing-push-ups-using-yellow-kettlebell-4720236/>.
Photo of Man Doing Push-Ups Using Yellow Kettlebell.

21.jpg Photo by [Alexa Popovich](https://www.pexels.com/photo/rivals-fighting-in-the-ring-9302141/) from [Pexels](https://www.pexels.com/) <https://www.pexels.com/photo/rivals-fighting-in-the-ring-9302141/> **Rivals Fighting in the Ring.**

111.jpg logo made by me in Photoshop

22.jpg. Photo by [Anush Gorak](https://www.pexels.com/photo/man-holding-black-dumbbell-1229356/) from [Pexels](https://www.pexels.com/) . <https://www.pexels.com/photo/man-holding-black-dumbbell-1229356/>. **Man Holding Black Dumbbell.**

21. Sources of all images, including copyright or license requirements.

All photos used for my Website are downloaded from [pexels.com](https://www.pexels.com) and are free to use under Creative Commons Zero (CC0) licence.

22. Modifications to original images to ensure they are web-ready

I saved original photos in images_original folder. I Reduced files sizes in photo editor to make sure they are less than 1mb which makes it faster to download and allows the website to have quicker response and saved in images folder.

23. Tools that were used to make alterations to these images

I used Gimp open source photo editor to reduce quality of the images as well as reducing resolution to 72 pixels per inch and.

I created a logo and used code to make a grayscale photo in the header. In header background two images has been composite.

```
header {  
    background-image: url("images/111.jpg"), url("images/22.jpg");  
    background-blend-mode: soft-light;
```

```
header img {  
    height: 10%;  
    position: relative;  
    filter: grayscale();  
}
```

24. What alternative file formats could these images have been saved, why did you choose the one(s) you did.

I used JPEG format as it takes less space and has reasonable quality which allows to have quick response for the website and recommended for using with photos. PNG format could be as an alternative and it is lossless compression file, but is not recommended for photo (it is a good choice for storing line drawings and iconic graphics though).

25. Describe how these images best suit the message you are trying to convey for the client

All images I chose are related to the topic of the website and have people in a gym facilities doing exercises and as an example for potential user what kind of shape they can achieve.

26. What WHS principles were followed while working on this project

To ensure work health and safety I worked on a laptop in bright environment. I did breaks every 45 min for 5-10 min and worked not more that 4 hours at a time. I did exercises once a day as well.

Website is available via using the link below

<https://olviakotova.github.io>