

Sources of all images

Image 1.jpg

https://miro.medium.com/max/1400/1*6IP2ujJQP9nqckGGW-R_Hg.jpeg

Image 2.jpg

<https://www.lavitalifestyleclub.nl/wp-content/uploads/2018/10/bigstock-Beautiful-Young-Sporty-Sexy-Co-92911649.jpg>

Image 3.jpg

https://p2.zoon.ru/7/0/5d81831910de9a0dd94e47cf_5dc2641b568ec.jpg

Image 4.jpg

<https://ddxfitness.ru/upload/iblock/6a2/6a26c86146bfbf5b6271fccb7a5ca441.jpg>

Image 9.jpg

<https://kingsgym.ru/wp-content/uploads/2021/06/bff43602-fb4f-4923-bac2-8d81583dab7c-1024x681.jpg>

Image 15.jpg

https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTuJ69mGUh7oKFzbBQUnwTa5_oy8XmvnCkDTR9Um8hwxwK KkETZV4KjvHBD-5Bf-iVASKZg&usqp=CAU

Image 7.jpg

<https://sportguide.kiev.ua/imgs/photos/photo1/15103.jpg>

Image 8.jpg

https://cdn.shopify.com/s/files/1/0265/8589/0902/collections/a95896e9e71d286c521b00645e7ee800_1200x1200.jpg?v=161751844

Image 12.jpg

https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcT_dNKXdOsgeTvEdLW49I-ZIKSAFpi9WzbPTw&usqp=CAU

Image 21.jpg

https://swall.teahub.io/photos/small/196-1961865_bodybuilding-protein.jpg

Modifications to original images to ensure they are web-ready

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.

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 reduce contrast in the header.

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 take less space and has reasonable quality which allows to have quick response for the website.

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.

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.