# Week 4 Project Subject Proposal

## Subject of the Website:

Healthy Living Hub – A Guide to Fitness, Nutrition, and Wellness

## Planned Content:

The website will include several pages that promote healthy living. A Home Page will introduce the purpose of the site and feature a motivational message. A Fitness Page will provide exercise tips and routines, with an interactive workout suggestion tool. A Nutrition Page will feature healthy recipes, meal planning ideas, and a recipe filter/search option. A Contact Page will allow users to submit questions or subscribe to updates, and a References Page will list the sources used. The site will use responsive HTML/CSS design principles, and JavaScript will power interactive features such as a daily health tip, workout generator, recipe finder, and form validation.

## Reason for Choosing this Subject:

I chose this subject because fitness and wellness are important for living a balanced lifestyle, and they are topics that interest me personally. The subject provides meaningful content for the website while also giving me opportunities to apply HTML, CSS, and JavaScript in interactive ways. It is relevant, practical, and allows me to demonstrate creativity in both design and functionality.