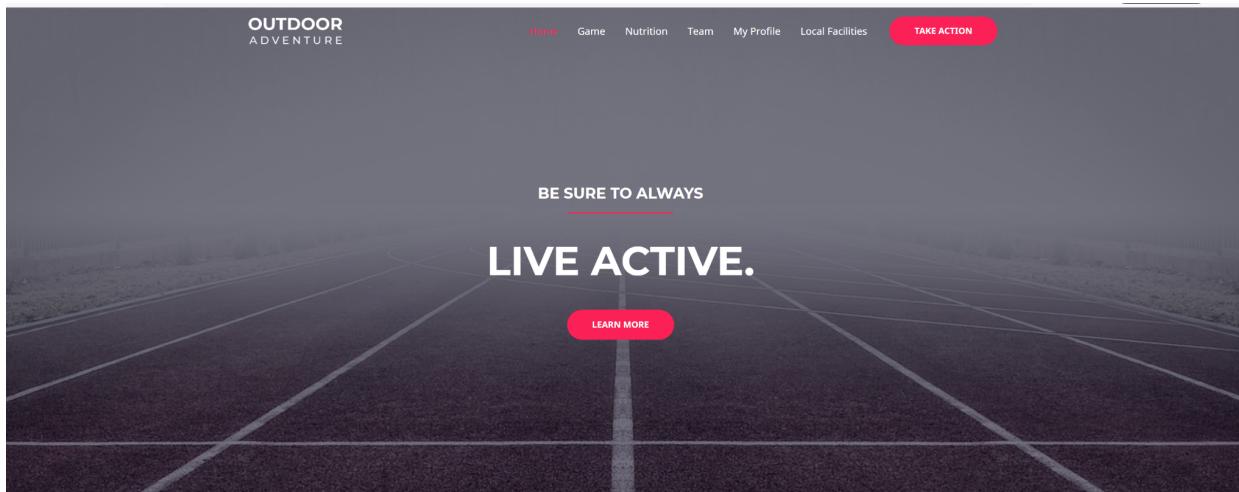


Main Page: Section #1



"Take care of your body. It's the only place you have to live."

- Jim Rohn

WHAT DO I NEED TO KNOW?

WHAT DO I NEED TO KNOW?



Exercise

You can't rely on just practices and games for exercise. Learn the importance of off-field training!

[LEARN MORE →](#)

Nutrition

You can't perform at 100% if you aren't treating your body 100%. Learn what you should be consuming to have the best athletic performance.

[LEARN MORE →](#)

PLAY AND LEARN!

Focus of the user(s)-First impression

Message: The visitor(s) can identify what the website is about in less than 5 seconds or less

Next step: the visitor/users should see where to go next from the main page (click button(s)).

Visual: the main page has a central image, gallery, live chat, and a footer with links.

Invoke the emotion: does it make a good impression.

Nutrition: Section 2

The screenshot shows a webpage titled "OUTDOOR ADVENTURE" with a navigation bar including "Home", "Game", "Nutrition" (which is highlighted in red), "Team", "My Profile", and "Local Facilities". A prominent "TAKE ACTION" button is located in the top right corner. The main visual is a photograph of a man wearing a grey t-shirt with the word "NUTRITION" printed on it. He is holding a glass of beer. Below the image is a section titled "UNDERSTANDING THE IMPORTANCE OF NUTRITION". A small text block explains the importance of nutrition for training. A food pyramid diagram is displayed. At the bottom, there are two images: one of fresh vegetables and another of a meal on a plate. A banner across the bottom reads "PEER PRESSURE MAY INFLUENCE YOUR FOOD CHOICES".

On this webpage, users get expert advice regarding nutrition.

User Profile Section: Section #3

MY PROFILE



livingactively
DEFAULT USER G...

About Groups Blog Messages Notifications Friends Settings

[!\[\]\(f9ccf36cb8f1dba8b11feb5692e99a8b_img.jpg\) Edit Profile](#)

EMAIL livingactively@livingactively.club

User Profile page allows users to:

- edit their profile, post contents and chat with other members.
- send a friend request to other members of the website
- create or join a group
- get a notification when other members post a content



PEER PRESSURE MAY INFLUENCE YOUR FOOD CHOICES



If you are on a nutritional diet or simply enjoying a healthy lifestyle to help with your weight loss, then you probably know that peer pressure to eat foods that are not good for you is a major part of your life. It is not important, whether it is from your family directly surrounding you, or your friends and co-workers. They may not mean anything by the pressure that they apply, but they just do not understand the importance of your decisions.



Harness the Power of Peer Pressure for Your Health

Humans crave companionship and camaraderie. That's why social health is one of your pillars of overall health. And friends are great and important. But being a social animal has drawbacks—



What are the signs of not eating enough?

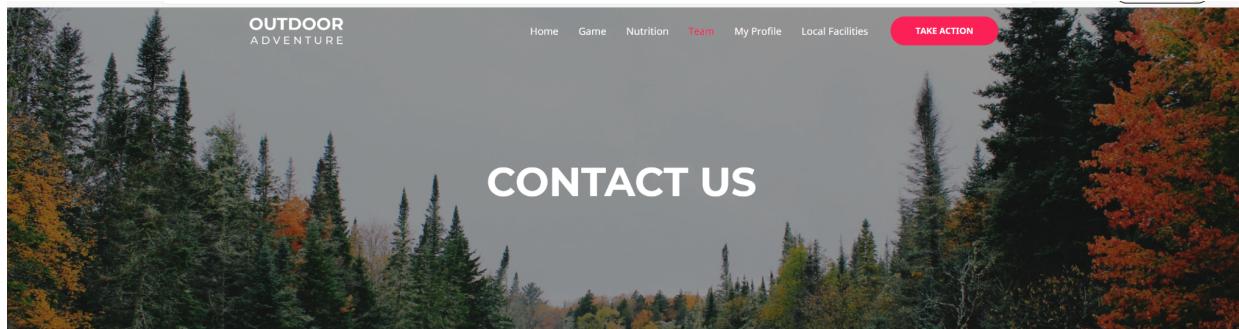
The primary risk of undereating is becoming underweight. This is typically determined using body mass index (BMI).

Visuals: The user is met with friendly and easy to read pictures that pertain to one's health.

Page Focus: This is meant to focus on health that will make the user think about their health and gain small and useful information about health.

Takeaways: The main takeaways from this page here is to have the visitors of this website see the importance of Nutrition and how it pertains to one's health.

Team: Section 4



WE'RE READY, LET'S TALK.

Your Name

Email Address

Message

SEND MESSAGE

CONTACT INFO

Address

123 Fifth Avenue, NY 10160, New York, USA

Email Us

contact@example.com

Call Us

800-123-456



Users are able to send message in regard of website issues
Users has to fill out the required fields then click on send message

Register/Login : section #5

The screenshot shows a website layout with a header, a central content area, and a sidebar.

Header: The top navigation bar includes links for Home, Game, Nutrition, Team, My Profile, Local Facilities, and a prominent red "TAKE ACTION" button.

Content Area: The main content is a "LOGIN" form. It displays a red error message: "Login required to view this page. Please Login." Below this are input fields for "Username" (containing "livingactively") and "Password". A red "LOGIN" button is centered below the password field. To its right are links for "Register" and "Forgot Password?".

Sidebar: The sidebar features several widgets:

- Search:** A search bar with placeholder text "Search ...".
- Recent Posts:** A list containing a single item: "Hello world!".
- Recent Comments:** A list containing a single item: "A WordPress Commenter on Hello world!".
- Archives:** A list containing a single item: "April 2021".
- Categories:** A list containing a single item: "Uncategorized".
- Meta:** A list containing a single item: "Log in".

Users have the ability to log in or register if that is their first time on the website.

Local facilities: section #6

The screenshot shows a website layout with a header "OUTDOOR ADVENTURE" and a navigation bar with links: Home, Game, Nutrition, Team, My Profile, Local Facilities, and a red "TAKE ACTION" button. The main content area features a large image of a runner with the text "STAY HEALTHY!" and "STAY FIT!". Below the image, a sub-image shows a person running with the text "Here you can search for local facilities.....". A quote reads: "Your fitness is 100% mental. Your body won't go where your mind doesn't push it." At the bottom of this section are input fields for "Enter Email Address" and a "SUBSCRIBE" button.

RECENT POSTS
Hello world!

RECENT COMMENTS
A WordPress Commenter on Hello world!

ARCHIVES
April 2021

CATEGORIES
Uncategorized

META
Log in

The screenshot shows a "NEW BOOK FOR BEGINNERS" section with an image of a book titled "Healthy Habits For Healthy Life". Below the book, a text box says: "Click here to change this text. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut elit tellus, luctus nec ullamcorper mattis." A "ORDER NOW" button is present. Below this, there is a "Search Local Facilities" section with a map of the Baltimore area showing the location of LA Fitness at 233 York Rd Ste 300, Towson, MD 21204. The map includes labels for various towns and roads like I-95, I-695, and I-83.

On this webpage users are brought to an area where they can subscribe to a book about nutritional health

This page is also used to bring the closest gym facility to the user using geolocation is prompted by the user's acceptance to do so.