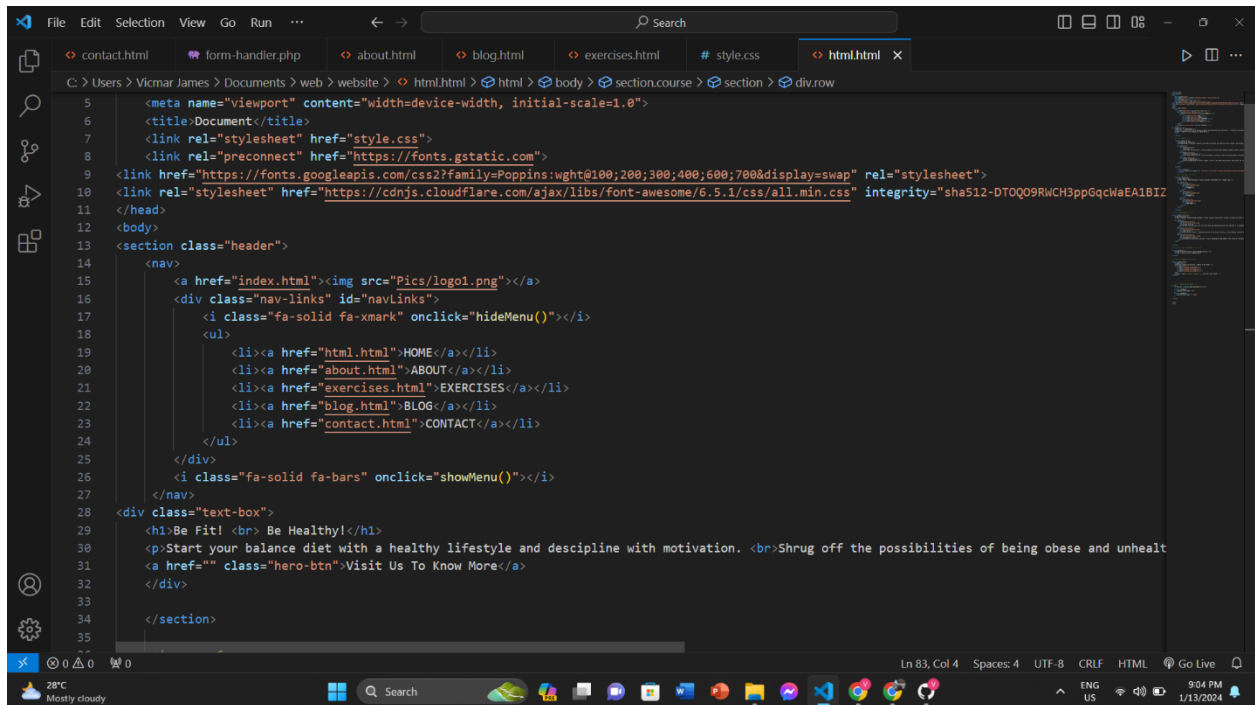


It follows the rules and making it more strict for HTML. This are some basic XHTML tags that you can learn at W3Schools and the use to create a simple website.



```
5 <meta name="viewport" content="width=device-width, initial-scale=1.0">
6 <title>Document</title>
7 <link rel="stylesheet" href="style.css">
8 <link rel="preconnect" href="https://fonts.gstatic.com">
9 <link href="https://fonts.googleapis.com/css2?family=Poppins:wght@100;200;300;400;600;700&display=swap" rel="stylesheet">
10 <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/6.5.1/css/all.min.css" integrity="sha512-DTOQ9RWC3ppGqCwaEA1BIZ"
11 </head>
12 <body>
13 <section class="header">
14 <nav>
15 <a href="index.html"></a>
16 <div class="nav-links" id="navLinks">
17 <i class="fa-solid fa-xmark" onclick="hideMenu()"></i>
18 <ul>
19 <li><a href="html.html">HOME</a></li>
20 <li><a href="about.html">ABOUT</a></li>
21 <li><a href="exercises.html">EXERCISES</a></li>
22 <li><a href="blog.html">BLOG</a></li>
23 <li><a href="contact.html">CONTACT</a></li>
24 </ul>
25 </div>
26 <i class="fa-solid fa-bars" onclick="showMenu()"></i>
27 </nav>
28 <div class="text-box">
29 <h1>Be Fit! <br> Be Healthy!</h1>
30 <p>Start your balance diet with a healthy lifestyle and descipline with motivation. <br>Shrug off the possibilities of being obese and unhealt
31 <a href="" class="hero-btn">Visit Us To Know More</a>
32 </div>
33
34 </section>
35
```

1. First, **<!DOCTYPE html>**:

- Purpose: Declares the document type and version of HTML.
- Example: **<!DOCTYPE html>**

2. **<html>**:

- Purpose: The root element that wraps all content on the page.
- Example: **<html>...</html>**

3. **<head>**:

- Purpose: Contains meta-information about the HTML document, such as title, character set, and linked stylesheets.
- Example: **<head>...</head>**

4. **<title>**:

- Purpose: Sets the title of the HTML document, which is displayed in the browser's title bar or tab.
- Example: **<title>Your Page Title</title>**

5. **<body>**:

- Purpose: Contains the main content of the HTML document, including text, images, links, and other elements.
- Example: **<body>...</body>**

6.	<h1>, <h2>, ..., <h6>: <ul style="list-style-type: none"> • Purpose: Define headings of different levels, where <h1> is the highest level and <h6> is the lowest. • Example: <h1>This is a Heading</h1>
7.	<p>: <ul style="list-style-type: none"> • Purpose: Defines a paragraph of text. • Example: <p>This is a paragraph.</p>
8.	<a>: <ul style="list-style-type: none"> • Purpose: Creates hyperlinks to other pages or resources. • Example: Visit Example.com
9.	: <ul style="list-style-type: none"> • Purpose: Embeds images in the document. • Example:
10.	, , : <ul style="list-style-type: none"> • Purpose: Used for creating unordered (bulleted) and ordered (numbered) lists. • Example: <div>htmlCopy code</div>
11.	<div>: <ul style="list-style-type: none"> • Purpose: A container element often used for layout and styling. • Example: <div style="background-color: lightblue; padding: 10px;">...</div>