<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>FitLife Tips - Your Guide to Health & Fitness</title>

<style>

body {

font-family: Arial, sans-serif;

line-height: 1.6;

margin: 0;

padding: 0;

background: #f4f4f4;

color: #333;

}

header {

background: #35424a;

color: #fff;

padding: 10px 0;

text-align: center;

}

.container {

width: 80%;

margin: auto;

overflow: hidden;

background: #fff;

padding: 20px;

}

h1, h2, h3 {

color: #35424a;

}

a {

color: #35424a;

text-decoration: none;

}

footer {

background: #35424a;

color: #fff;

text-align: center;

padding: 10px 0;

margin-top: 20px;

}

</style>

</head>

<body>

<header>

<h1>FitLife Tips</h1>

<p>Your Guide to Health & Fitness</p>

</header>

<div class="container">

<article>

<h2>Welcome to FitLife Tips</h2>

<p>Welcome to our health and fitness blog! We are here to guide you on your journey to a healthier and more active lifestyle. Whether you're a beginner or a seasoned fitness enthusiast, we have something for you.</p>

<h3>Our Focus</h3>

<ul>

<li><strong>Protein Supplements:</strong> Learn about the best supplements to enhance your performance.</li>

<li><strong>Home Workout Tools:</strong> Discover effective tools like resistance bands and lightweight dumbbells.</li>

</ul>

<h3>Top Picks</h3>

<p>Here are some of our top recommendations to get you started:</p>

<ul>

<li><a href="https://www.amazon.com" target="\_blank">Gold Standard Whey Protein</a></li>

<li><a href="https://www.amazon.com" target="\_blank">Resistance Bands</a></li>

</ul>

</article>

</div>

<footer>

<p>FitLife Tips &copy; 2024</p>

</footer>

</body>

</html>