

Create the homepage for Shape Up!

In this exercise, you'll code the HTML for the home page. When you're through, the page should look like this:



Shape Up!

Find the best fit for you

Get ready to Shape Up!

How many times have you started a new workout routine or diet? And how many times has it failed to give you the results you want? Now, with the help of this site, you can learn about the exercises and diet that work best for you. We offer personalized programs as well as access to several health and dieting tools. So don't wait! Get started looking and feeling better today.

As fitness expert Amanda Russell said:

Fitness is about so much more than exercise. It's a catalyst for positive change, and it affects every aspect of your life.

What we offer

[Build strong muscles](#)

Tired of being tired? Strength training can help you manage or lose weight and increase your metabolism to help you burn more calories. It can also increase bone density and reduce the risk of osteoporosis.

[Get your heart rate up](#)

Want to lose weight? Cardiovascular exercise burns calories and improves overall health. It can reduce belly fat, promote brain growth, prevent stress, and help you focus.

[Relax](#)

Stressed out? Stress can weaken the immune system and cause high blood pressure, fatigue, depression, anxiety, and even heart disease. Learn ways to manage and reduce stress.

[Eat what's right for you](#)

Are you really what you eat? Lose weight, gain weight, or just feel great! Maintaining a healthy diet is probably the most important thing you can do to promote overall health.

Additional resources

- [Physical activity and health](#)
- [Stretching exercises](#)
- [Strength training](#)
- [Cardiovascular training](#)
- [Yoga workout](#)

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Specifications for Creating

- Create the homepage from the index.html file that's in the root folder for the website. This file includes just the basic HTML elements.
- Use the HTML semantic structural elements to structure the page so it includes a **header**, the **main** content with a **section** and a **sidebar**, and a **footer**.
(The bolded text represent the order of the elements. Note that section and aside must be embedded inside of main. See diagram on page 3 if you need help.)
- Add an image and two levels of headings to the header. You'll find the image, named shape_up_logo.png, in the images folder. You'll find the text for the header as well as for the other areas of the page in the home.txt file in the text folder.
- Add three levels of headings and the required text for the section content, which should include everything in the main element except for the additional resources. The level-3 headings should contain links to other pages named index.html that can be found in the strength, cardio, stress, and diet folders.
- Code the quote in the second paragraph of text as a block quote.
- Add a heading for the additional resources, and code the additional resources as an unordered list with links to the external pages that you locate on your own.
- Add the required text to the footer, using a character entity for the copyright symbol.
- Add the link element for the favicon to the head element of the HTML document. You'll find the favicon in the images folder.

Specifications for Submitting

1. Create a hyperlink on your assignment page for the **Chapter 3** listing to your case study.
2. Upload your entire "assignment folder" by dragging it to the www folder in your account.
3. Check your URL and links to be sure that everything works.

* **IMPORTANT**: Don't forget to validate your homepage file.

<header>

...includes image, h2, and h3

<main>

<section>

...includes an h1, then paragraphs and h3s

<aside>

...includes an h2, bulleted links.

<footer>