Shape Up! 5 Enhance the homepage formatting

In this exercise, you'll use the CSS box model to add spacing, borders, and backgrounds to the Shape Up! home page that you formatted in Chapter 4. When you're through, the page should look similar to the illustration below.

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

Setup & Preparations

1. Create a new folder inside your **assignment folder (digits)** and name it **shape_up5**
2. Copy and paste all the contents of the **shape_up4** into it.

First, get rid of the lousy looking logo

Please excuse my negative talk, but I can tell that the logo was probably created in the first edition of the textbook and never updated. I can tell from the poor quality and jagged edges. You will create a new logo and save as a small size in order to fit it on the page.

See brief criteria for creating the logo.

Specifications for Creating

1. Replace your logo with the existing one.
2. Format the body of the page so it's 900px wide, has a #4682B4 border with a black shadow. Also, center it in the browser window.
3. Add a #4682B4 border below the header, add a #4682B4 background to the footer. Also, change the color of the footer text to white.
4. Add a gradient to the header. The gradient should range from #ffffff at the top to #b0c4de at the bottom. *Note that #b0c4de is a light steel blue color*.
5. Adjust the margins and padding for the elements on the page so it looks as shown above. They don't have to be exact but you should use what you've learned in the chapter to make good decisions.

Specifications for Submitting

1. Create a hyperlink on your assignment page for the **Chapter 5** listing to your case study. See video if needed.
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.
   http://yourUserName.stu.cofc.edu/yourAssignmentFolderWithTheDigits

Due Date

October Monday October 3rd by 8pm.