


Shape Up! 4 Format the Homepage

In this exercise, you'll create an external style sheet that you can use to format the Shape Up! homepage that you created in Chapter 3. When completed, the page should look similar to 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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Setup & Preparations

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

[See video clip](#) for setup info if you need to.

Specifications for Creating

1. Start by linking the **main.css** stylesheet to the homepage (index.html). The main.css file is in the **styles folder** and is currently blank.
2. Open main.css. Then set the default font for the body element to Arial. Also, set Helvetica and a generic sans-serif as backup fonts.
3. TEST YOUR RESULT before continuing:
Make sure that the font is no longer the default Times New Roman font.
4. Use a descendant style to configure the h2 in the header as follows:
 - change the color to #4682B4
 - add a darkblue shadow, with horizontal & vertical offset of 2px, and blur of 3px
 - change font size to 250% of the default
 - change the font to Georgia, with any two backup fonts of your choice.
5. In the header, float the image to the left so that both headings h2 & h3 appear indented. Be sure to use a descendant style.
6. Configure a descendant style to set the anchors in the section element as follows:
 - If the link has not been visited, set the color to #660000
 - For visited links, set the color to #4682B4
 - If the mouse is hovering over a link, set the color to #FOCB2A

NOTE as you continue with the steps: Remember to use descendant or multiple selections as needed as you style the remaining elements.

7. For the h2s that are inside the main element, make the following changes:
 - italicize
 - set to 180% of its default
8. Format all of the links for the aside element as bold, whether they have been visited or not.
9. Continue formatting the links for the aside element as follows:
 - For regular links and visited links, set the color to #4682B4
 - If the mouse is hovering over a link, set the color to #660000; then set the background to a color of your choice.
10. Format the unordered list to increase the space between the list items (bottom margin of 8px).
11. Reduce the font size for the footer to .85em and center align it.

Specifications for Submitting

1. Create a hyperlink on your assignment page for the **Chapter 4 - Shape Up** 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.
<http://yourUserName.stu.cofc.edu/yourAssignmentFolderWithTheDigits>

Due Date

Friday, February 9 by 9:00PM.