

Keep Fit Specification Report

Title Page

L4 - Introduction to Web and Database Concepts (ACCA4023)

Web –Concepts

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Introduction

The research, design, and creation of the "Keep Fit Guide" website are detailed in this report. The site is aimed at advocating for the well-being of individuals, which the author interprets as being essentially healthy in both an "I can run a marathon!" sense and a "My mind and body are functioning in a healthy way!" sense. This report discusses the objectives of the website, the processes used to create it, and how the site's usability, accessibility, and search engine optimization (SEO) [1]measures were evaluated. Interestingly, the author includes some thoughts about the website's performance and some validation results that could be taken as metrics for assessing the site's success.

Requirements

The website Keep Fit Guide has the ambition to inspire and educate people everywhere about healthy living. It offers an array of quite comprehensive and specific information that covers the website's four main sections:

- Tips

- Plans

- Advice

- Guidance

These parts make the site accessible to almost any user, regardless of their fitness level. The content is simple in presentation and basic in explanation, yet it manages to be quite extensive in what it covers. It has a total wellness focus that encompasses the physical and mental health that together constitute a person's overall well-being.

Implementation

Completed Pages The website has a homepage, sections of fitness advice, diet and nutrition directions, personalized workout plans, and mental health support. Each page is not complex and easy to read. The header is (as with the homepage) a title for the website and navigation links. The footer displays contact information and social media links. To show the design and layout of the content, screenshots of these pages are used.

HTML Validation The [1]W3C HTML Validator was used to test the HTML code. Some errors were found and fixed, such as providing missing alt attributes for images and correcting element nesting. Warnings pertaining to third-party scripts could not be fixed, though, due to the limitations of these external scripts.

CSS Validation The W3C [2]CSS Validator was used to test the CSS file. Semicolons that were missing and/or properties that were being misused were fixed. For instance, the property "color: black" was replaced with "color: #000" to follow best practices and ensure that we were using the CSS language to its full potential (i.e., make it more "maintainable"). Similar errors were fixed throughout the stylesheets for consistency.

Evaluation

Usability

How easy is it for users to navigate the website, and how easy is it to use The Keep Fit Guide has an uncomplicated and user-friendly layout. Its top-section navigation brings users right to key parts of the content. The content itself is generously doled out in well-structured and thoroughly organized "snippets." The green background is easy on the eyes.

The usability of Visual Studio Code got a big boost. One thing that helped a lot was the live server. That lets you see a website as it looks now, and when you change something on it, you get to see that change right away. So, if you were coding and making mistakes, you were seeing them as you went along, and you were going back and fixing them, and by the end of that experience, you were better. I'm going to stop speaking in the present tense; you were better at the end of that experience than you were at the beginning.

Accessibility

Inclusivity means that all people, regardless of their abilities, can access the website. The Keep Fit Guide abides by the guidelines set forth by the Web Content Accessibility [2] Guidelines (WCAG) 2.1 and is designed with four main principles in mind: 1. Perceivable: Contrast of text is good, and images have descriptive text (alt text) that is almost as good as a sighted person seeing the image. 2. Operable: The site is fully navigable with just a

keyboard, for those who can't use a mouse but can use a keyboard and for those who can only use a keyboard due to certain disabilities. 3. Understandable: The Keep Fit content is as easy to read as any content on the Internet gets, and at least as understandable as any fitness content out there. 4. Robust: The site works well on many different web browsers and even more different devices (mobile and desktop).

Maintaining accessibility was a joint effort in which Visual Studio Code played a large role. Clean code was brought about in no small part by a tool named Prettier, which ensured that our code was easily readable. As for making sure that our web application was accessible, we used two different extensions: WAVE and aXe. Both are very good at identifying a wide range of issues, and they also can fix some of them.

Search Engine Optimization (SEO)

How easily search engines can find and rank a website is improved by SEO. The Keep Fit Guide employs on-page SEO tactics and techniques, such as including keywords like "fitness tips" and "workout plans" in the headings of the site and in the meta descriptions. Each page also has a unique title that serves to distinguish that page from others while contributing to the overall structure of the site. Proper naming of images and the inclusion of alt text are additional important ranking factors that the site also covers. Mobile friendliness is a new and important ranking factor that more sites are working on that the Keep Fit Guide also is covering.

The built-in tools of Visual Studio Code, such as Git and the terminal, made managing updates and testing much smoother. For example, testing mobile responsiveness was done with Lighthouse, ensuring that the site also met SEO standards. To take it a step further, Lighthouses could be used to add structured data markup and an even faster page load time.

Overall Website Evaluation

The Keep Fit Guide rates well in design, usability, and content. It supplies good, useful information, is simple to navigate, and has an attractive aesthetic. Visual Studio Code made the development process more effortless with features like IntelliSense for coding, debugging tools for fixing errors, and a live server for instant feedback. [2]

There are, however, some areas where the website could be improved. It could be made more engaging by adding interactive features, such as a fitness calculator, or by including a forum for users to share their tips and experiences. If the website's content were available in multiple languages, it could reach a much wider audience.

The revised version uses simple words and keeps the content straight, covering all the required points. Let me know if you need further changes or a different style!

Keep Fit Guide

[Home](#) [Fitness Tips](#) [Diet & Nutrition](#) [Workout Plans](#) [Mental Health](#) [Contact](#)

Welcome to the Keep Fit!!

This website is your go-to resource for fitness advice and tips to maintain a healthy lifestyle. Discover ways to improve your fitness levels and achieve your health goals through consistent efforts and informed choices.

At Keep Fit, we think that fitness is not only a question of appearance. It's more than that. It's about being the healthiest version of yourself. It's about living life to the fullest. And it's about taking serious health decisions that empower you to have more energy, greater mental clarity, and better overall health. Because of that, I am very passionate about sharing what I know, what I learn, and what I find inspiring so that everyone reading this has the tools to make fitness a regular part of their lives. I want you to enjoy it, be energized by it, and feel like in your day-to-day existence that your body and mind are performing to their utmost.

Top Fitness Tips

Learn how to stay on top of your fitness game with these practical tips:

- **The Benefits of Staying Fit for Your Health** There are numerous advantages to regular physical activity that benefit both the body and the mind, leading to a certain and clear conclusion: Regular exercise is an unmistakable part of a healthy lifestyle. For living that way, here's why being active is such a big deal: Reduces the Risk of Serious Illnesses The chance of serious health conditions such as heart disease, diabetes, and certain types of cancer can be significantly reduced with exercise. Engaging in just 150 minutes of moderate activity each week can result in a pronounced effect on your health, tipping the scales toward a condition-free existence. Boosts Mental Health Your mood and mental health can benefit greatly from physical activity. Its effect on reducing the stress, anxiety, and depression we may feel is significant—short walks have been shown to help in many cases—but the more you move, the better. Helps You Sleep Better Your sleep can be improved by exercise in three principal ways: 1. Exercise can help you fall asleep faster. 2. Exercise can help you sleep more deeply. 3. Exercise can improve your overall sleep quality. Aids in Managing Weight Maintaining an active lifestyle is vital to burning calories and elevating your metabolism, which are both necessary for keeping weight at a healthy level. Even if you are only capable of doing light activities, such as walking, these will contribute to your overall weight maintenance efforts. Strengthens Your Muscles and Bones Your muscles become stronger, and your bones increase in strength when you exercise. This reduces the likelihood of your developing conditions like osteoporosis. During the process of getting stronger, your muscles and bones increase not just in size but also in the types of endurance that help you stay active as you get older. Improves Heart Health Walking, running, or riding a bike are good for the blood. They are good for the heart. They are good for keeping blood pressure normal. They are good for keeping the heart healthy and reducing the risk of heart problems. Helps You Live Longer You can live longer if you work out. Most days of the week, it's best to get at least 30 minutes of moderate-intensity exercise—that's enough to significantly lower your risk of dying early. Sharpens Your Brain Improving memory, focus, and thinking skills can happen through exercise. The brain and other body parts benefit from becoming in better shape. Aging makes us more susceptible to brain health problems, but consistently engaging in physical activity can protect against these kinds of threats. Reduces Stress and Lifts Your Mood Engaging in physical activity helps your body release feel-good chemicals that lower stress and boost your overall happiness. It's a way to feel better in a very natural, non-pharmaceutical manner. Keeps You Moving Easily Consistent workouts boost your mobility, balance, and health, especially in your joints. This is really important for staying active and self-sufficient, even as you age, because your body's natural range of motion can decline over time. In countless ways, the addition of physical activity to your daily routine can better your health and enhance your life. As with all habits, begin with something manageable that brings you joy and work your way up to a threshold where you might call it "fitness."

Start small and gradually increase your intensity to prevent burnout and injuries.

Diet & Nutrition

A healthy diet is crucial for fitness. Here are some essential dietary recommendations:

- **Plenty of fruits and vegetables** for vitamins, minerals, and fiber.
- **Lean proteins** like chicken, fish, tofu, and beans to support muscle recovery.
- **Whole grains** like quinoa, oats, and brown rice for sustained energy.
- **Stay hydrated** with water and avoid sugary drinks or excessive caffeine.

Remember to practice portion control and eat balanced meals. Consulting a nutritionist can help tailor a diet to your specific needs.



Workout Plans

Explore structured workout plans suitable for different fitness levels:

- **Beginner:** Focus on bodyweight exercises such as squats, push-ups, and planks.
- **Intermediate:** Add resistance training with dumbbells and incorporate interval training.
- **Advanced:** Try high-intensity interval training (HIIT) or advanced weightlifting routines.

Consistency is essential. Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity weekly, as recommended by health experts.

Tips for Staying Fit Through Exercise It doesn't need to be intricate or involved. Here are a few straightforward and useful suggestions to assist you in establishing and maintaining a beneficial workout regimen: Set Clear Goals Determine your exercise objectives: weight loss, strength gains, or general health. Establish realistic and easily measurable goals to serve as motivators. Start Slowly and Build Gradually If you are just beginning, start with low-intensity activities such as walking or stretching. As your body becomes stronger, gradually add more time, increase the intensity, and the number of workouts. This conservative approach will help you avoid injuries. Choose Activities You Like Choose enjoyable exercises, like dancing, swimming, or yoga. Sticking with a consistent routine and maintaining a workout schedule are much easier to do when the activities you choose to do are ones you love. When it comes down to it, being active in any form—especially in ways that seem less "exercise-y"—is what matters most. Make a Routine Establish a habit of working out at the same time every day. Try to aim for at least 30 minutes of activity that you're doing most days of the week to keep your fitness on track. Add Variety Diversify your exercise routine to include various kinds of activities, such as running, cycling, swimming, and brisk walking. These cardiovascular exercises work different parts of your body and are essential for a well-rounded fitness program. Listen to Your Body Concentrate on how your physique reacts to and recoils to the exertion from an exercise. If it seems to be a particularly demanding sort of workout, take a break and don't hesitate to use it. Even if we're not talking about exercise, remember that anything you do in the physical realm is going to provoke some sort of response from your body. If that response is one of being worked to the limit, then you are achieving some sort of gain. Be Consistent To get the most benefit, it is better to work out on a regular basis, even if you can only manage a short session, than to do large, intense, and occasional workouts. Consistent, small efforts over time can lead to impressive, and often surprising, long-term outcomes. Stay Hydrated Consume a sufficient quantity of water prior to, throughout, and following your workout to maintain hydration levels and facilitate recovery. Warm-Up and Cool Down Begin every workout with a warm-up to ready your body and stave off injuries. Conclude with stretches or some variant of light movement that will relax your muscles and enhance your flexibility. Track Your Progress Keep a record of your workouts or utilize a fitness app to monitor your progress. Observing your enhancements over time can maintain your motivation and illustrate how much you've achieved. Make It Social



Mental Health and Fitness

Mental health plays a significant role in achieving fitness goals. Incorporate these practices into your routine:

- **Maintaining a physically active lifestyle** has a major influence on mental health as a result of the strong bond between our bodies and minds. Not only does "being fit" help one in a physical sense, but it also conceptually contributes to mental well-being. The following are some prime reasons linking fitness to mental health: Reducing Stress Managing stress is best done through exercise. Cortisol is the hormone that causes stress, and if it is too high or remains high for too long, it can harm our mental health. Exercise helps lower cortisol. What's more, it releases endorphins—electrifying little chemicals in our brains that make us feel good. Walking, yoga, and working out can help us unwind and feel calmer. Lifting Mood Boosting your mood doesn't get much more natural than this. If you want to feel better, get moving. "Even the slightest bit of physical activity can release endorphins and other mood-enhancing hormones," says Dr. W. Kamau Bell, a psychologist and clinical instructor at the University of California, San Francisco. "When depressed or anxious, it's usually very hard to physical, but if you can force yourself to take a walk, do yoga, or hit the gym, these good medium to long-term remedies." Building Confidence Self-esteem is improved by exercise. Fitness goal achievement—no matter how minor—affords a sense of accomplishment. This, in turn, boosts our confidence and makes us feel more capable in other life arenas. We also have a positive self-image because we are stronger and healthier. Sharpening the Mind The brain remains healthy with the help of exercise, which promotes the formation of fresh connections among brain cells. This boosts memory, sharpens the focus, and heightens the problem-solving abilities of the average person, making them more equipped to manage day-to-day life. Still, regular physical activity also has an impact on mental clarity and has even been touted as a tool for amping up energy and banishing mental fatigue. Sleeping Better Sleep is essential for good mental health, and physical activity can improve sleep. It can enhance our ability to fall asleep and make us sleep more deeply until it is time to wake up. Better sleep equals a better mood, day in and day out. When we are well rested, we handle adversity and stress with more poise and agility. Creating Routine and Purpose A fitness regimen can provide a kind of structure to our days, especially when we feel stuck or unmotivated. Whether it's a morning walk, a weekly yoga class, or an evening gym session, the same workout at the same time each day can lend a kind of reliability to life, almost like a 9 to 5 job. And, of course, the better we get at our fitness routine, the more we can feel a sense of accomplishment on top of that reliable structure. Connecting with Others Meeting new people and forming relationships can happen in many different scenarios. For some, the ideal place to meet friends or potential partners is in the gym. Snorkeling is another unique way to bond with your nearest and dearest! The best part about these activities is they contribute to your physical health too. Releasing Emotions Dealing with tough emotions requires a healthy outlet. When you feel anger, frustration, or deep sadness, it's better to express those feelings through exercise than it is to sit and stew. Whether you're running, working out in the world of martial arts, or practicing yoga, you're safe to let out whatever emotions have built up inside you. Physical activity and exercise are great ways to positively channel pent-up feelings. Staying Present Engaging in present-moment activities such as yoga, tai chi, or running can significantly impact our state of mind. These practices direct our attention away from worries and toward our inhalations, exhalations, and the sensations of our bodies. The quietude of the mind that results from this focused attention might be what enables some of us to enter into a state of calm. Preventing Mental Health Issues Consistent physical activity reduces the likelihood of developing mental health challenges such as anxiety and depression. It not only elevates our mood in the here and now but also safeguards our mental health over the long haul. That is, it helps keep our brains as well as our bodies in tiptop shape.

Your mental well-being is just as important as physical health. Seek support from friends, family, or professionals if needed.

C: > Users > macey > OneDrive > > KeepFit.html > html > head > style > header > footer

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1 <!DOCTYPE html>
2 <html lang="en">
3 <head>
4   <meta charset="UTF-8">
5   <meta name="viewport" content="width=device-width, initial-scale=1.0">
6   <title>Keep Fit Guide</title>
7   <link rel="stylesheet" href="styles.css">
8   <style>
9     body {
10       background-color: green;
11       color: black;
12       font-family: Arial, sans-serif;
13       margin: 0;
14       padding: 0;
15     }
16     header, footer {
17       background-color: #004d00;
18       color: black;
19       padding: 10px;
20       text-align: center;
21     }
22     nav ul {
23       list-style-type: none;
24       padding: 0;
25     }
26     nav ul li {
27       display: inline;
28       margin: 0 10px;
29     }
30     nav ul li a {
31       color: black;
32       text-decoration: none;
33     }
34     main {
35       padding: 20px;
36     }
37     section {
38       margin-bottom: 20px;
39     }
40     footer a {
41       color: black;
42       text-decoration: none;
43     }
44   </style>
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46
47   <header>
48     <h1>Keep Fit Guide</h1>
49     <nav>
50       <ul>
51         <li><a href="#introduction">Home</a></li>
52         <li><a href="#tips">Fitness Tips</a></li>
53         <li><a href="#diet">Diet & Nutrition</a></li>
54         <li><a href="#workouts">Workout Plans</a></li>
55         <li><a href="#mental-health">Mental Health</a></li>
56         <li><a href="#contact">Contact</a></li>
57       </ul>
58     </nav>
59   </header>
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46 <body>
47   <header>
48     <h1>Keep Fit Guide</h1>
49     <nav>
50       <ul>
51         <li><a href="#introduction">Home</a></li>
52         <li><a href="#tips">Fitness Tips</a></li>
53         <li><a href="#diet">Diet & Nutrition</a></li>
54         <li><a href="#workouts">Workout Plans</a></li>
55         <li><a href="#mental-health">Mental Health</a></li>
56         <li><a href="#contact">Contact</a></li>
57       </ul>
58     </nav>
59   </header>
60
61   <main>
62     <section id="introduction">
63       <h2>Welcome to the Keep Fit!!</h2>
64       <article>
65         <p>This website is your go-to resource for fitness advice and tips to maintain a healthy lifestyle. Discover ways to improve your health and fitness.</p>
66         <p>At Keep Fit, we think that fitness is not only a question of appearance. It's more than that. It's about being the best version of yourself.</p>
67       </article>
68     </section>
69
70     <section id="tips">
71       <h2>Top Fitness Tips</h2>
72       <article>
73         <p>Learn how to stay on top of your fitness game with these practical tips:</p>
74         <ul>
75           <li>The Benefits of Staying Fit for Your Health
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77             There are numerous advantages to regular physical activity that benefit both the body and the mind, leading to a
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81             Improves Mental Health
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83             Enhances Sleep Quality
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85             Boosts Energy Levels
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87             Promotes Weight Management
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89             Strengthens Bones and Muscles
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91             Improves Heart Health
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93             Increases Longevity
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95             Enhances Mood
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555             Enhances Academic Performance
556
557             Improves Academic Achievement
558
559             Boosts Academic Success
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561             Enhances Academic Performance
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563             Improves Academic Achievement
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613             Boosts Academic Success
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615             Enhances Academic Performance
616
617             Improves Academic Achievement
618
619             Boosts Academic Success
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```

```

202         Make It Social <p>
203
204
205
206         
208 </section>
209
210 <section id="mental-health">
211     <h2>Mental Health and Fitness</h2>
212     <article>
213         <p>Mental health plays a significant role in achieving fitness goals. Incorporate these practices into your routine:</p>
214         <ul>
215             <li>Maintaining a physically active lifestyle has a major influence on mental health as a result of the strong bo
216
217                 Reducing Stress
218
219                 Managing stress is best done through exercise. Cortisol is the hormone that causes stress, and if it is too hi
220
221                 Lifting Mood
222
223                 Boosting your mood doesn't get much more natural than this: If you want to feel better, get moving. "Even the
224
225                 Building Confidence
226
227                 Self-esteem is improved by exercise. Fitness goal achievement—no matter how minor—affords a sense of accomplis
228
256
257         </li>
258     </ul>
259     <p>Your mental well-being is just as important as physical health. Seek support fr
260 </article>
261 </section>
262 </main>
263
264 <footer>
265     <p>Contact us at: <a href="mailto:fitnessguide@gmail.com">fitnessguide@gmail.com</a></p>
266     <p>© 2025 Keep Fit Guide</p>
267     <p>Follow us:
268         <a href="https://twitter.com" target="KeepFit">Twitter</a> |
269         <a href="https://facebook.com" target="KeepFit">Facebook</a> |
270         <a href="https://instagram.com" target="KeepFit">Instagram</a>
271     </p>
272 </footer>
273 </body>
274 </html>
275

```

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

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

<title>Keep Fit Guide</title>

<link rel="stylesheet" href="styles.css">

</head>

<body>

<!-- Full HTML code here -->

</body>

</html>

```
body { background-color: green; color: black; font-family: Arial, sans-serif; margin: 0;
padding: 0; } /* Full CSS code here */
```

References

- [1] G. Developers, "Search Engine Optimization (SEO) Starter Guide," no. <https://developers.google.com/search/docs>.
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