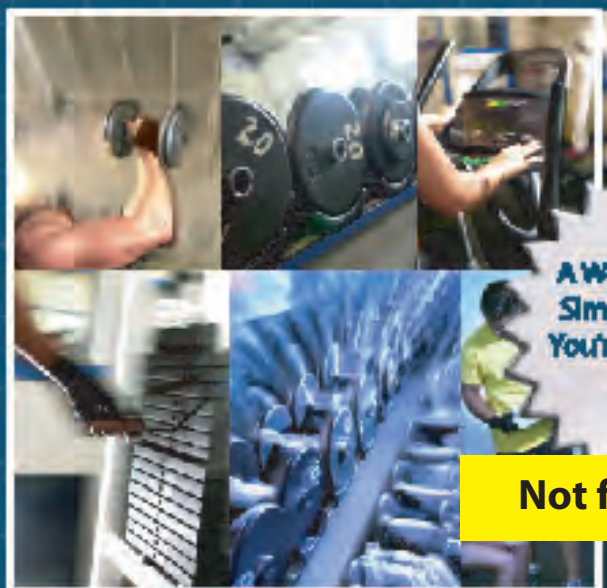


Sample Pages From The Book:

ULTIMATE FITNESS

Web Site Design Simulation



A Web Site Design
Simulation Where
You're The Web Site
Designer

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Ultimate Fitness Web Site Design Simulation

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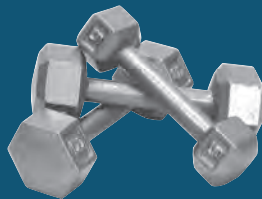
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Section 6: The Individual Parts of the Simulation



INCLUDED IN THIS SECTION:

- Part 1: Getting Started by Planning and Organizing Your Web Site
- Part 2: Design and Build the Shared Navigation Areas
- Part 3: Design and Build the Homepage
- Part 4: Design and Build the Facilities Page
- Part 5: Design and Build the About Us Page
- Part 6: Design and Build the Membership Plans Page
- Part 7: Design and Build the Fitness Tips Pages
- Part 8: Design and Build the Class Schedule Page
- Part 9: Design and Build the Contact Us Page
- Part 10: Design and Build the Resources Page

Part 1: Getting Started by Planning and Organizing Your Web Site

Approximate completion time for this section: 1-2 hours

This part of the simulation is divided into the following two sub-parts:

Part 1-A: Choose and Plan Your Web Site Navigation Structure on Paper

Part 1-B: Setting Up and Organizing Your Web Site on the Computer





Part 1-A: Choose and Plan Your Web Site Navigation Structure on Paper

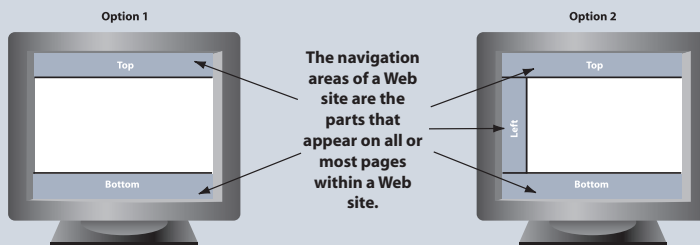
TASK AND PURPOSE:

- To choose a navigation structure format to use in building the Ultimate Fitness Web site. For the Ultimate Fitness Web site, you are required to choose from one of two navigation structure formats. This is explained and illustrated in Step 2 of this part of the simulation.
- To create a paper sketch layout of the Ultimate Fitness Web site.

What is a navigation structure?

A Web site's navigation structure (also referred to as **shared borders**) are the parts of a Web site that are visible to users at all times. The navigation areas of a Web site usually include a logo, a slogan or tag-line, contact information, and navigation buttons that allow users to click into each main page within the Web site. The illustration below shows the two navigation formats available for use throughout the simulation.

Two Navigation Structure Formats Illustrated



WEB FACT

Professional Web designers always start the design process by sketching ideas of a Web site's layout and design on paper first.



DESIGN TIP

To get some design inspiration for your paper sketch, use an Internet search engine and visit several health and fitness Web sites.



STRATEGIES AND DESIGN TIPS TO CONSIDER:

- Use graph paper when creating the paper sketch of your Web site navigation structure.
- When creating your paper sketch, use colored markers or pencils to help you differentiate between the different required elements and information of the navigation areas.
- Keep in mind that your paper sketch will serve as a guide only. The design of your Web site will be a work-in-progress.
- When preparing your paper sketch, consider the pixel width and height of your Web site. You don't want users to have to scroll to the right or too far down on your Web pages.
- To get some design inspiration for your paper sketch, use an Internet search engine and visit several health and fitness Web sites.

INSTRUCTIONS, INFORMATION, AND REQUIRED CONTENT:

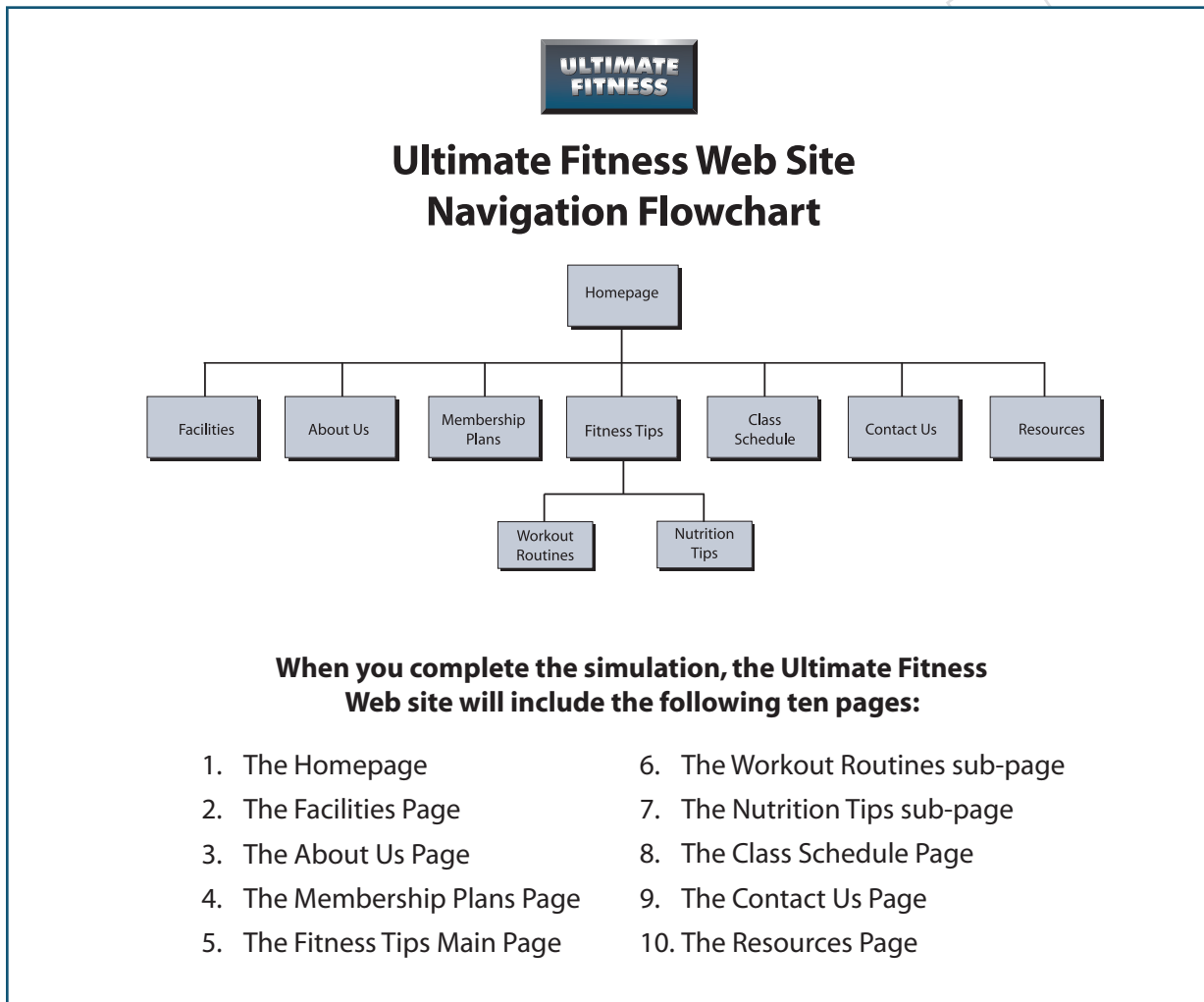
NOTE: Read all the steps in this section before proceeding to Step 1 below.

Step 1: Review the Ultimate Fitness Web site navigation flowchart.

Figure 1.1 illustrates the hierarchical organizational chart of the Ultimate Fitness Web site. You will use this chart as a guide in this section to plan and design your Ultimate Fitness Web site on paper. Becoming familiar with the structure and organization of the Web site will allow you to start mentally visualizing what your Web site will look like.

Review the chart in Figure 1.1 now.

Figure 1.1



Step 2: Choose Your Web site's navigation structure format.

Before you can start sketching what your Web site will look like on paper, it is necessary to select a Web site navigation structure format to use throughout the remainder of the simulation. Remember, the information and content included within a Web site's navigation structure usually appears on all or most of the pages within a Web site. In the Ultimate Fitness Web site, the navigation areas will appear on every page.

While most of the design and layout of the Ultimate Fitness Web site will be left up to you, you are required to choose from one of the two navigation structure formats shown in Figure 1.2. Figure 1.2 also illustrates where the required content and information will be housed in the Ultimate Fitness Web site in each navigation area.

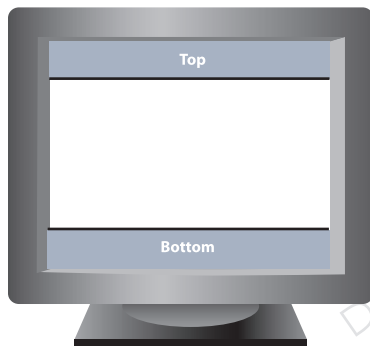
Do the following:

Review Figure 1.2 (shown on page 39) and then select one of the two Web site navigation structure formats shown below to use throughout the remainder of the simulation.

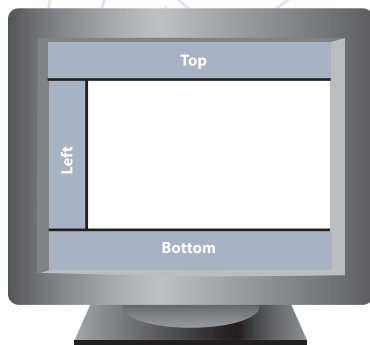
IMPORTANT STEP

Carefully review Figure 1.2 before selecting your Web site's navigation structure format.

Option 1: Top and Bottom Navigation Structure



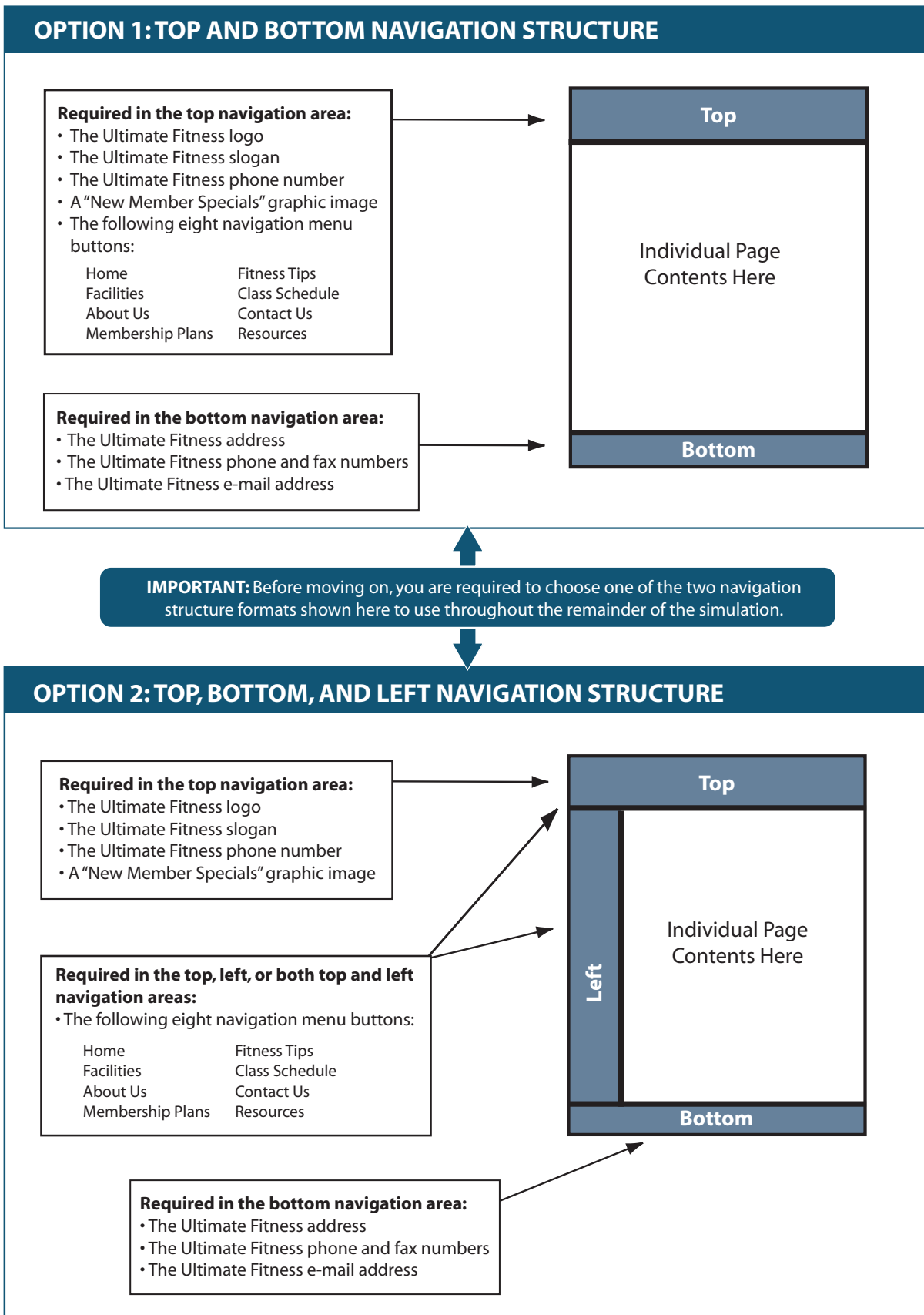
Option 2: Top, Bottom, and Left Navigation Structure



Review Figure 1.2 (shown on page 39) and then select one of these two navigation structure formats to use throughout the simulation.

Figure 1.2

The Two Navigation Structure Format Options for the Ultimate Fitness Web Site



Step 3: Choose an Ultimate Fitness Logo Style.

The next step to developing a paper sketch of your navigation structure will be to select an Ultimate Fitness logo style. While most of the design and layout decisions of the Ultimate Fitness Web site will be your own, the logo design styles you can use in your Web site have already been created and are available on the Ultimate Fitness Resource CD. *If you have not done so already, install the contents of the Ultimate Fitness Resource CD on your computer's hard drive at this time.*

There are a total of 32 different logo styles for you to choose from. Some sample logo styles are shown in Figure 1.3. All of the Ultimate Fitness logo files are in JPEG format and come in two sizes—large and small.

The Ultimate Fitness logo styles can be found in the following directory:


<drive letter>:\Ultimate Fitness Resource CD\Logos

Take some time right now to explore the logo styles and select one to use throughout the simulation. Reviewing the logos will also give you an idea of what color schemes you can use in your Web site. The color scheme will be discussed in more detail in Part 1-B.

NOTE: Because Ultimate Fitness is already an established business, you may not change, alter, or create your own logo. You must choose one logo from the available styles on the Ultimate Fitness Resource CD.

Figure 1.3

Ultimate Fitness Logo Style Samples



Before you plan your Web site's navigation structure on paper, select one of the logo styles provided on the Ultimate Fitness Resource CD. There are 32 styles to choose from.

The logo styles are in JPEG format and come in two different sizes—large and small.

The logos are installed in the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Logos

DESIGN TIP

Select a logo style that matches the design theme you are mentally visualizing at this point in the simulation.



RESOURCE CD

The Ultimate Fitness logos are installed in the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Logos



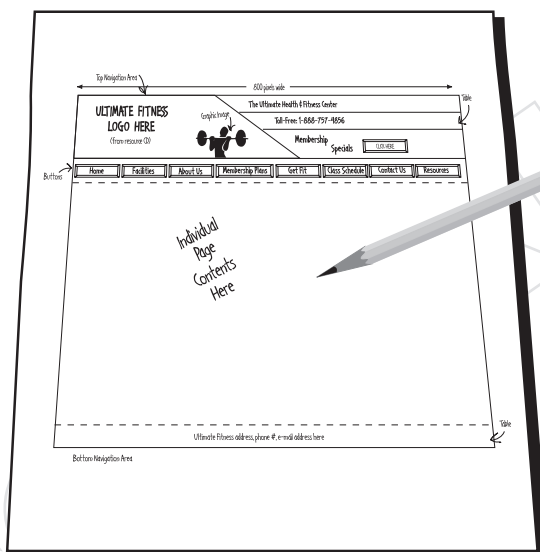
Step 4: Plan, design, and lay out your Web site's navigation structure on paper.

Now that you have selected your Web site's navigation structure, selected an Ultimate Fitness logo style, and reviewed the required elements and information to be housed in the navigation areas of the Web site, it is time to create a paper sketch of your Web site's navigation structure.

It is important to have a plan on paper before you begin conducting any work with your Web site design software. It is equally important to remember that your paper sketch is only a rough draft of the Web site navigation structure and can be modified as you proceed with the development of your Web site.

Review Figure 1.2 once again and then lay out your Web site navigation structure on paper. Graph paper is especially helpful since most Web sites are built and designed using horizontal and vertical pattern schemes.

Figures 1.4 and 1.5 provide you with two sample paper sketches showing each of the two navigation structure formats you can choose from for use in the Ultimate Fitness simulation.



DESIGN TIP

Use graph paper to create the paper sketch of the navigation structure of your Web site.

RESOURCE CD

Before creating your paper sketch, browse the fitness images provided on the Ultimate Fitness Resource CD to get some design inspiration.

The fitness images are installed in the following directory:

```
<drive letter>:\Ultimate  
Fitness Resource CD\  
Fitness Images
```

ULTIMATE
FITNESS
RESOURCE
CD

DESIGN TIP

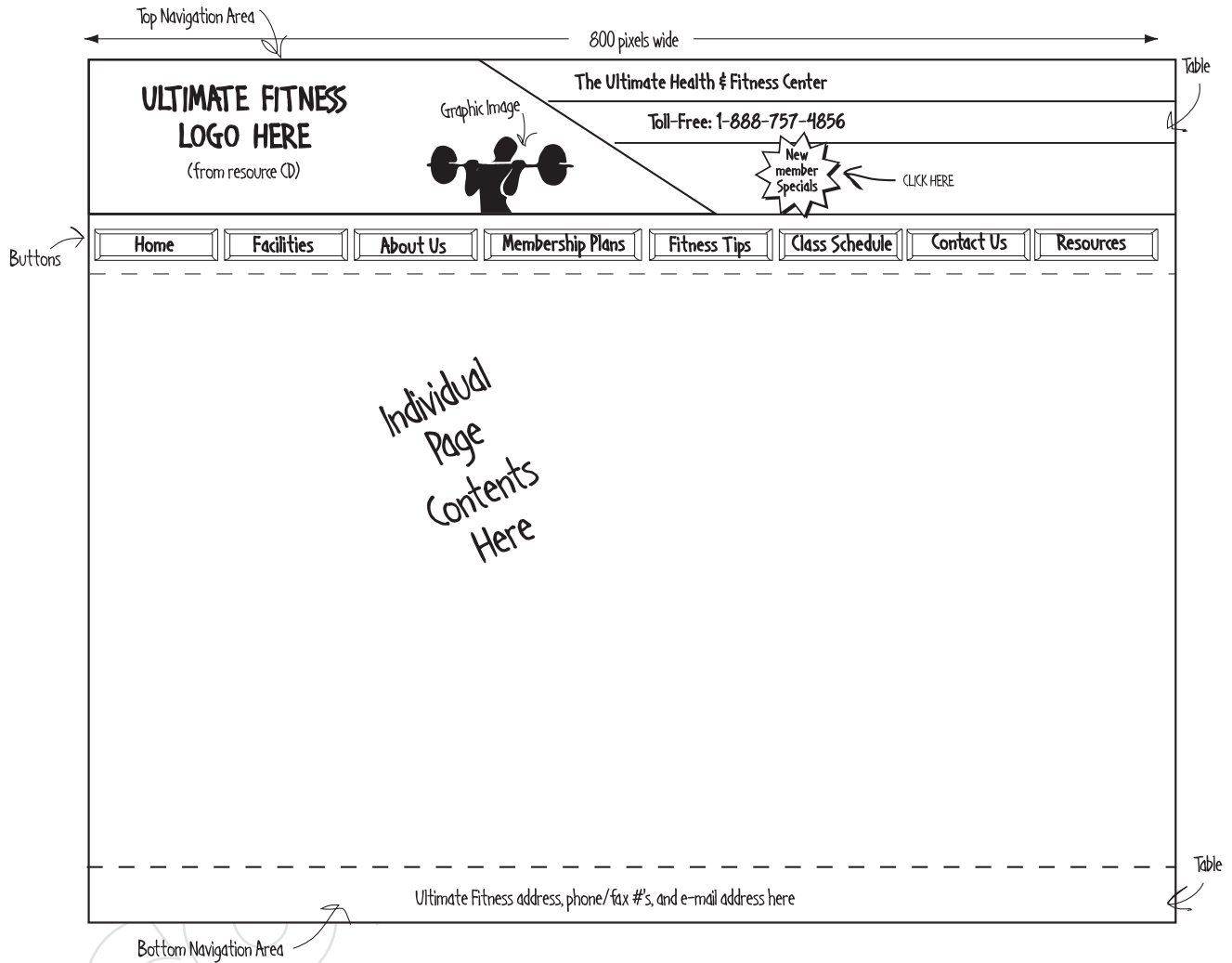
Remember that your paper sketch is just a starting point. The final design of your Web site will probably look a bit different when complete.

CHECK POINT

The paper sketch of your navigation structure should be complete before moving on to the next part of the simulation.

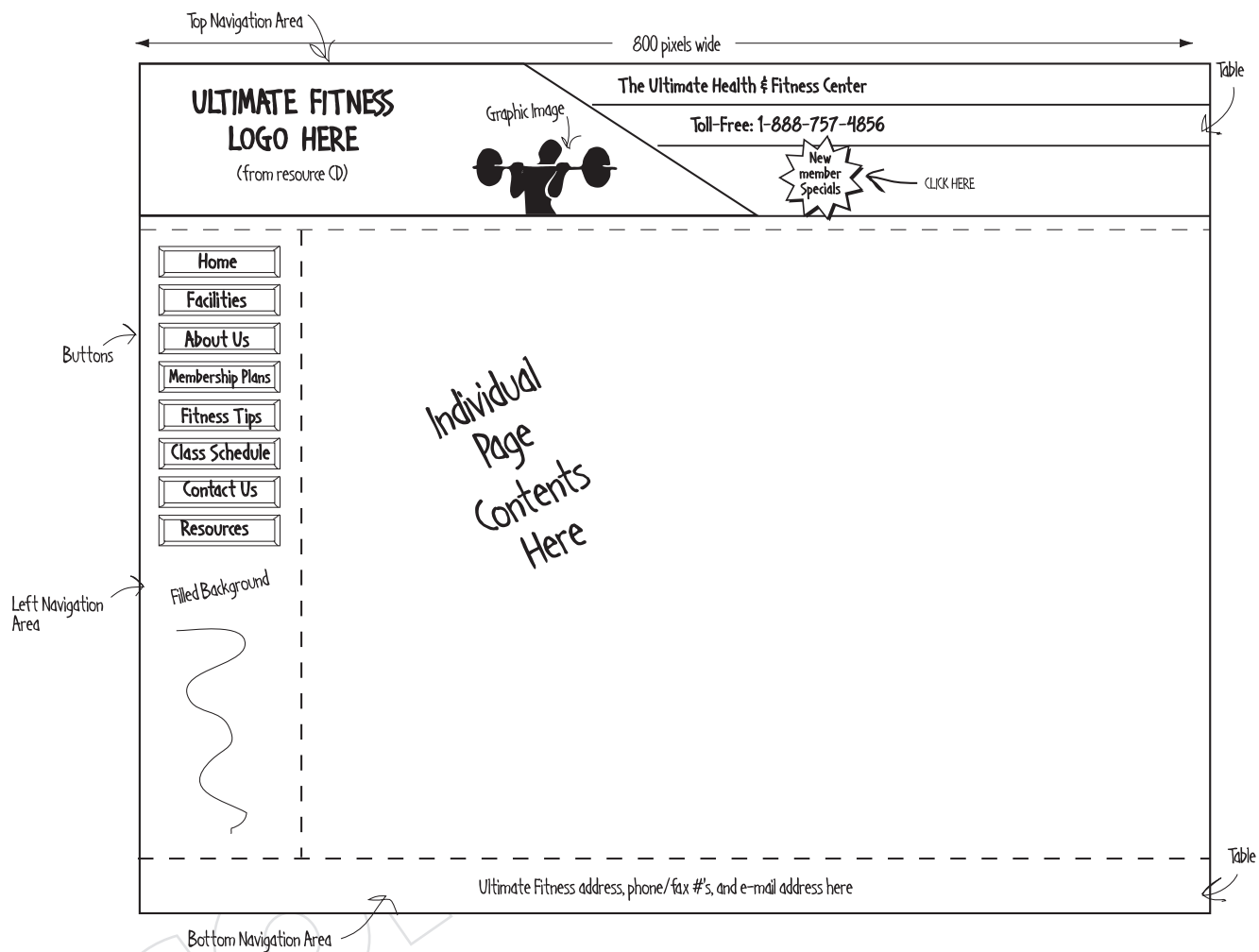
Part 1-A continued: Choose and Plan Your Web Site Navigation Structure on Paper

Figure 1.4: Sample Paper Sketch of a Top and Bottom Navigation Structure Format



Part 1-A continued: Choose and Plan Your Web Site Navigation Structure on Paper

Figure 1.5: Sample Paper Sketch of a Top, Left, and Bottom Navigation Structure Format



Part 1-B: Setting Up and Organizing Your Web Site on the Computer

TASK AND PURPOSE:

Now that you have selected and planned your Web site's navigation structure on paper, it is time to begin using your Web site design software to build the Ultimate Fitness Web site. In this part of the simulation, you will use your Web site design software to create a new Web site and set up folders on your hard drive that will help you organize the Web images and files you will be using throughout the simulation.

INSTRUCTIONS, INFORMATION, AND REQUIRED CONTENT:

NOTE: Read all the steps in this section before proceeding to Step 1 below.

Step 1: Create a new folder and name it *Ultimate_Fitness*.

On your computer's hard drive, create a new folder and name it *Ultimate_Fitness* (see Figure 1.6). All of your Ultimate Fitness Web site files will be stored in this folder.

Step 2: Set up your Ultimate Fitness Web site.

Using your Web site design software, start a new Web site and name it *Ultimate_Fitness* (see Figure 1.6). Be sure that you specify that the files for your new Web site be stored in the *Ultimate_Fitness* folder you created in Step 1.

If you are required at this time to specify a Web site format, be sure that the format of the Web site matches the navigation structure you selected in Part 1-A. Otherwise, this procedure will be covered in Step 4 of this part of the simulation.

Note: Check with your instructor to see if your Web site should be set up under a specific folder on your computer or computer network system. If this is the case, you will need to substitute the folders referenced in the simulation with the designated folders you set up.

IMPORTANT STEP

Be sure that you set up your Web site to store all files in a folder titled *Ultimate_Fitness*.

Step 3: Create image folders to help you stay organized.

Since you will be working with a large number of Web images throughout this simulation, it will be important to save your files in folders that make them easy to access and organize.

Do the following:

1. Create a folder within the *Ultimate_Fitness* Web site folder you created in Step 1 (*Ultimate_Fitness*) and name it *UF_Images* (see Figure 1.6).

This folder will be used to store and save all graphic images that you use in your Ultimate Fitness Web site.

2. Create a second folder within the *Ultimate_Fitness* Web site folder you created in Step 1 (*Ultimate_Fitness*) and name it *UF_Buttons* (see Figure 1.6).

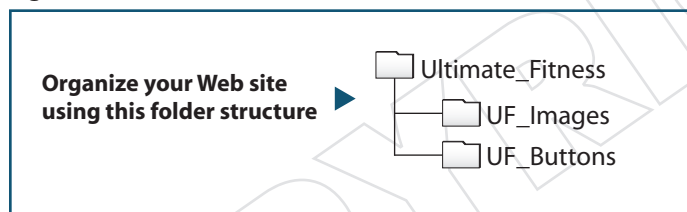
This folder will be used to store and save the navigation menu buttons you will create in Part 2 of the simulation.

DESIGN TIP

Every good Web designer keeps his files organized by creating and naming folders. This makes it easy to access, find, and edit files as each Web page of a Web site is completed.



Figure 1.6



Step 4: Define your Web site's navigation structure format using your Web site design software.

With the Ultimate Fitness Web site open, set up the Web site to display the shared navigation areas based on the navigation structure format you selected in Part 1-A. *You must set up your Web site so that the navigation areas will appear on every page in your Ultimate Fitness Web site (see Figure 1.7).*

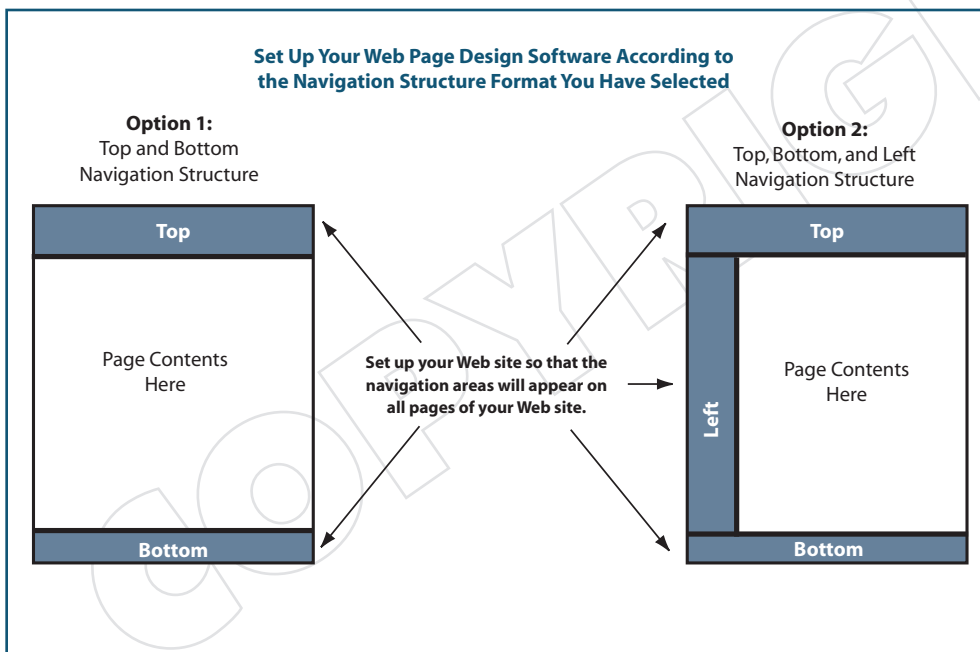
Consult with your Web design software and/or your instructor to see how to define the shared navigation areas based on the navigation structure format you have selected.

Note: Defining shared navigation areas can differ based on the Web design software application you are using. Some Web design software applications require the user to define shared borders which will serve as the shared navigation areas, while others allow users to define the Web site's shared navigation areas as a template.

IMPORTANT STEP

You must set up your Web site so that the navigation areas appear on every page of your Web site.

Figure 1.7



Step 5: Save the shared navigation areas of your Web site as "UF_template."

With this step complete, you are now ready to begin building the individual shared navigation areas of your Ultimate Fitness Web site, which you will do in the next part of the simulation.

WEB FACT

Web file names containing more than two words are usually separated by underscores (_). This is because Web browsers do not recognize spaces as characters.



CHECK POINT

Before moving on to the next part of the simulation, the shared navigation areas of your Web site should be set up and saved properly using your Web site design software.

Part 2: Design and Build the Shared Navigation Areas

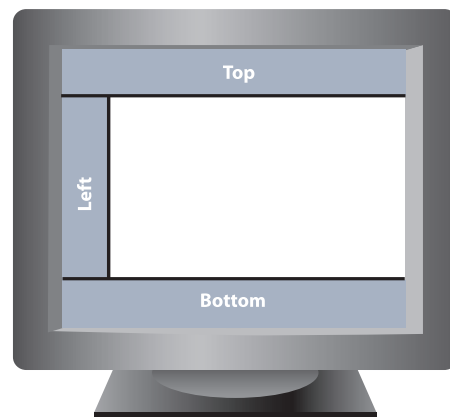
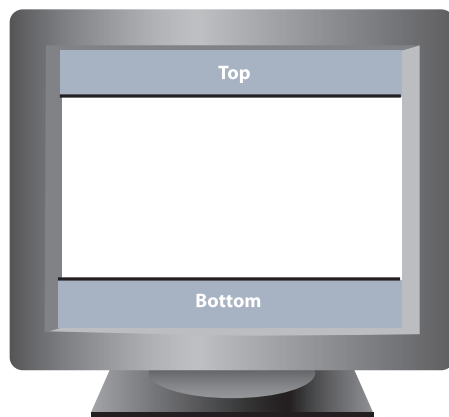
Approximate completion time for this section: 4-6 hours

This part of the simulation is divided into the following three sub-parts:

Part 2-A: Design and Build the Top Shared Navigation Area

Part 2-B: Design, Build, and Add Navigation Menu Buttons to the Top and/or Left Shared Navigation Area(s)

Part 2-C: Design and Build the Bottom Shared Navigation Area



Part 2-A: Design and Build the Top Shared Navigation Area

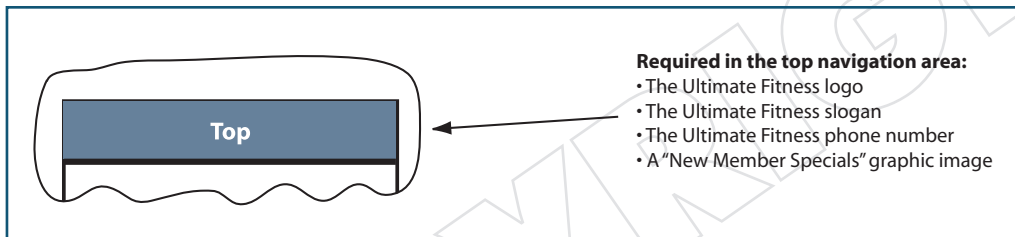
TASK AND PURPOSE:

- To design and build the top shared navigation area of the Ultimate Fitness Web site.

In this part of the simulation, you will be adding the following elements and information to the top shared navigation area of the Ultimate Fitness Web site (see Figure 2.1):

- The Ultimate Fitness logo
- The Ultimate Fitness slogan
- The Ultimate Fitness phone number
- A “New Member Specials” button, starburst, or callout graphic image

Figure 2.1



STRATEGIES AND DESIGN TIPS TO CONSIDER:

- Use the paper sketch you created in Part 1 as a guide when developing the top shared navigation area on the computer.
- The top shared navigation area of any Web site will get the most visibility; therefore, pay careful attention to its design.
- Pay attention to the pixel width of any tables that you use to create the top shared navigation area. A safe pixel width to use is 800 pixels or less. This will allow the entire width of your Web site to properly display on most monitors. Web site visitors will not have to scroll to the right to view the site.

WEB FACT

The top navigation area of a Web site gets the highest visibility from Web site visitors. Take your time designing your top navigation area.



DESIGN TIP

Use the paper sketch you created in Part 1 as a guide as you design and build your top shared navigation area.




INSTRUCTIONS, INFORMATION, AND REQUIRED CONTENT:

NOTE: Read all of the steps in this section before proceeding to Step 1 below.

Step 1: With the Ultimate Fitness Web site open, open the file “UF_template” that you created in Part 1-B.

Step 2: Insert your selected Ultimate Fitness logo style into the top shared navigation area of the page.

Insert the Ultimate Fitness logo that you selected in Part 1-A into the top shared navigation area of your Web site.



Insert the Ultimate Fitness logo that you selected in Part 1-A, Step 3 into the top shared navigation area of your Web site.

The logos are installed in the following directory from the Ultimate Fitness Resource CD:

```
<drive letter>:\Ultimate Fitness Resource CD\Logos
```

Step 3: Establish a Web site color scheme.

To stay consistent with the Ultimate Fitness health and fitness color scheme, your Web site must include the colors that were used in the Ultimate Fitness logo style you have selected. Every Web site design software comes equipped with a feature that allows users to define custom colors.

Depending on the Web site design software you are using, defining custom colors is achieved using one of the two methods described below.

Methods to define custom colors using Web site design software:

Method 1: RGB (Red, Green, and Blue)

This method allows users to define custom colors by changing the red, green, and blue color mix, commonly referred to as RGB.

Method 2: Hexadecimal Value

This method allows users to define custom colors by changing the hexadecimal value.

RESOURCE CD

The Ultimate Fitness logos are installed in the following directory:

```
<drive letter>:\Ultimate Fitness Resource CD\Logos
```



DESIGN TIP

Establish a color scheme in your Web site that is consistent with the Ultimate Fitness logo style you selected.



If you look at the Ultimate Fitness logo styles installed from the Ultimate Fitness Resource CD, you will notice that most of them include a consistent color scheme. The majority of the logo styles contain a mix of the colors blue, grey, black, and white.

Tables 2.1 and 2.2 provide the color chart mixtures for both the RGB and hexadecimal methods of defining custom colors that will match the colors used to create the Ultimate Fitness logo. These colors should be used in your Ultimate Fitness Web site to establish a consistent, professional color scheme. Consider using these colors in the production of graphics, buttons, tables, and text throughout the simulation. **Be careful not to overdo it. When it comes to colors, less is better than more.**

Note: For easy reference, the Ultimate Fitness Web Color Charts are shown in the right-margin areas throughout this simulation.

Color Charts to Define Custom Colors in Your Web Site

Check with your Web site design software to see which method (either RGB or Hexadecimal) to use to define custom colors that match the Ultimate Fitness logo styles.

Table 2.1

Ultimate Fitness RGB Web Color Chart				
Color	Blue	Black	Grey	White
Red (R)	18	0	102	255
Green (G)	52	0	102	255
Blue (B)	90	0	102	255

Table 2.2

Ultimate Fitness Hexadecimal Values Web Color Chart	
Color	Hexadecimal Values
Blue	Hex={12, 34, 5A}
Black	Hex={00, 00, 00}
Grey	Hex={66, 66, 66}
White	Hex={FF, FF, FF}

The color charts shown in Tables 2.1 and 2.2 can be viewed and printed from the Ultimate Fitness Resource CD. The file is titled "Color Charts" and is located in the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Student Documents

DESIGN TIP

Experiment with using background colors in the top shared navigation menu. Use the color charts provided to match the Ultimate Fitness logo style you have selected.

DESIGN TIP

Use a maximum base of 2-3 colors throughout your Web site. Too many colors will give your Web site a confusing, unprofessional look and feel.

IMPORTANT STEP

Use the color charts to create a color scheme in your Web site that matches the colors used to create the Ultimate Fitness logos.

Step 4: Add the Ultimate Fitness slogan shown below to the top shared navigation area.

“The Ultimate Fitness and Health Center”

You can either use the text tool within your Web site design software or create a Web graphic image of the slogan using a Web graphic design software application.

Step 5: Add the Ultimate Fitness phone number shown below to the top shared navigation area.

1.888.757.4856

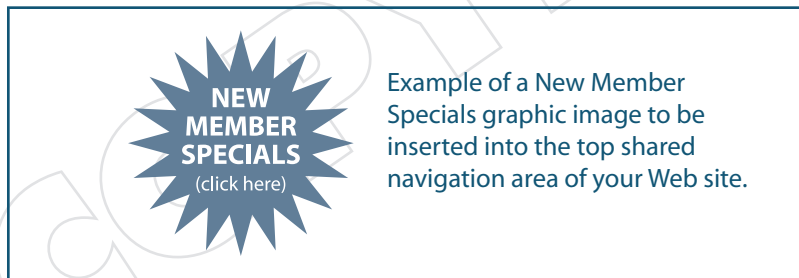
Step 6: Create a “New Member Specials” button, starburst, or callout graphic to add to the top shared navigation area.

Ultimate Fitness often runs promotional specials to attract new members to its fitness center. To encourage new members to read about the new member specials, you will create a clickable graphic image that highlights the new member specials on the Ultimate Fitness Web site. This new member specials graphic image will be hyperlinked to the membership plans page later in the simulation.

An example of what this graphic might look like when designed is shown in Figure 2.2. You may add additional text to the graphic image.

Create the graphic image using your Web graphic design software. **Save the graphic image as “new_specials” to the UF_Images folder.**

Figure 2.2



Step 7: Insert the “New Member Specials” graphic image (file name “new_specials” created in Step 6 to the top shared navigation area.

DESIGN TIP

When entering text in your Web site, use the following Web-safe fonts so that they will display correctly when viewed in an Internet browser:

- Arial
- Courier
- Georgia
- Helvetica
- Times New Roman
- Verdana

DESIGN TIP

Be sure to keep the size, style, and color of the text you enter consistent with the style and design theme you have established for your Web site.

QUICK REFERENCE COLOR CHARTS

Ultimate Fitness RGB Web Color Chart				
Color	Blue	Black	Grey	White
Red (R)	18	0	102	255
Green (G)	52	0	102	255
Blue (B)	90	0	102	255

Ultimate Fitness Hexadecimal Values Web Color Chart	
Color	Hexadecimal Values
Blue	Hex={12, 34, 5A}
Black	Hex={00, 00, 00}
Grey	Hex={66, 66, 66}
White	Hex={FF, FF, FF}

Part 2-A continued: Design and Build the Top Shared Navigation Area

Step 8: Add additional text and/or graphic images to the top shared navigation area.

You may add additional text and/or graphic images that will help enhance the look and appearance of the top shared navigation area. Consider using a fitness-related image for a background. You may use one or more of the fitness images installed from the Ultimate Fitness Resource CD located in the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Fitness Images

Save any graphic images that you add to the *UF_Images* folder.

Step 9: Save the file before moving on to the next part of the simulation.

CHECK POINT

Carefully review all the steps included in this section to ensure you have included all the required elements and information in your top shared navigation area. Preview the Web site using your Internet browser and make any necessary changes before moving on to the next part of the simulation.

DESIGN TIP

When adding additional text or graphic images, be careful not to overcrowd the top shared navigation area of your Web site.



RESOURCE CD

Consider using one or more of the fitness images available from the Ultimate Fitness Resource CD to enhance your Web site. The fitness images are installed in the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Fitness Images



QUICK REFERENCE COLOR CHARTS

Ultimate Fitness RGB Web Color Chart				
Color	Blue	Black	Grey	White
Red (R)	18	0	102	255
Green (G)	52	0	102	255
Blue (B)	90	0	102	255

Ultimate Fitness Hexadecimal Values Web Color Chart	
Color	Hexadecimal Values
Blue	Hex={12, 34, 5A}
Black	Hex={00, 00, 00}
Grey	Hex={66, 66, 66}
White	Hex={FF, FF, FF}

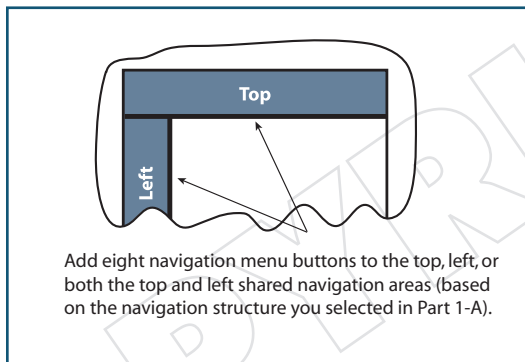
Part 2-B: Design, Build, and Add Navigation Menu Buttons to the Top and/or Left Shared Navigation Area(s)

TASK AND PURPOSE:

- To design each of the eight required navigation menu buttons and add them to either the top, left, or both the top and left shared navigation area(s). The navigation menu buttons will allow Web site visitors to go to each page in the Ultimate Fitness Web site.

Where you place the navigation menu buttons will depend on which navigation structure format you have selected to use from Part 1-A (see Figure 2.3).

Figure 2.3



STRATEGIES AND DESIGN TIPS TO CONSIDER:

- Keep the size of the buttons relatively the same to create a consistent, clean, and professional look.
- Carefully plan the pixel height and width of your buttons so that they will fit proportionately and symmetrically in your chosen shared navigation area.
- Use the same font style and color scheme when designing your menu buttons. This will help to maintain a consistent look and feel throughout the Web site.
- Consider using a *rollover* effect when designing your menu buttons (sometimes referred to as *swap* or *hover* buttons). Using this effect will make your menu buttons interactive and appear to be “pushed in” when users navigate through your Web site.

DESIGN TIP

Consider using a button *rollover* effect when creating your navigation menu buttons. This effect is also sometimes referred to as a *swap* or *hover* button effect.

The rollover effect is commonly applied to Web site buttons so that when users move the mouse pointer over each button, it changes color, glows, or gives a “pushed-in” appearance. Applying this effect will make the menu buttons interactive for the user.

To do this, you will need to build two or three versions of each button.

DESIGN TIP

The color of your buttons should complement or match the colors used in the Ultimate Fitness logo style you have selected to use in your Web site.

INSTRUCTIONS, INFORMATION, AND REQUIRED CONTENT:

NOTE: Read all of the steps in this section before proceeding to Step 1 below.

Step 1: Design and build the required navigation menu buttons.

Using your Web graphic design software, you will design and build the required eight navigation menu buttons for the Ultimate Fitness Web site.

Note: If you selected a top and bottom navigation structure, you will place all eight buttons horizontally across the top navigation area. If you selected a top, left, and bottom navigation structure, you can place all eight buttons across the top horizontally, in the left navigation area vertically, or you can divide the buttons by placing some in the top and some in the left shared navigation areas. Follow your paper sketch as a guide.

Table 2.3 provides the required eight navigation menu buttons that must be designed and placed in the Ultimate Fitness Web site shared navigation area(s). A description of the page that corresponds with each button is also provided in Table 2.3.

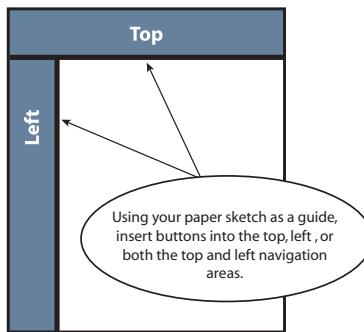
Do the following:

Review the information provided in Table 2.3. Then, design and build each of the eight navigation menu buttons using your Web graphic design software. **Save each button in the UF_Buttons folder using the file names given in Table 2.3.**

Step 2: With the Ultimate Fitness Web site open, open the file "UF_template."

Step 3: Based on the navigation structure you selected in Part 1, insert the required navigation menu buttons in either the top, left, or both the top and left navigation areas (see Figure 2.4).

Figure 2.4



DESIGN TIP

Keep the size of your menu buttons relatively the same to create a consistent, clean, professional look throughout your Web site.

IMPORTANT STEP

Be sure to save each menu button using the file names provided in Table 2.3. Save each menu button to the UF_Buttons folder.

QUICK REFERENCE COLOR CHARTS

Ultimate Fitness RGB Web Color Chart				
Color	Blue	Black	Grey	White
Red (R)	18	0	102	255
Green (G)	52	0	102	255
Blue (B)	90	0	102	255

Ultimate Fitness Hexadecimal Values Web Color Chart	
Color	Hexadecimal Values
Blue	Hex={12, 34, 5A}
Black	Hex={00, 00, 00}
Grey	Hex={66, 66, 66}
White	Hex={FF, FF, FF}



Note: You will hyperlink each of the navigation buttons to their corresponding pages as each page is built throughout the simulation.

Table 2.3

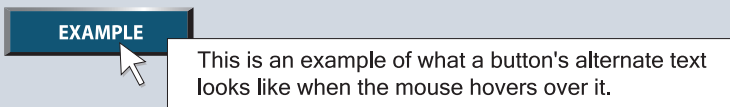
Required Navigation Menu Buttons in the Ultimate Fitness Web Site		
Button Title	Description of corresponding page	Save As File Name
Home	The <i>Homepage</i> will be the first page Web site visitors will see. The home button will allow visitors to return to the homepage when browsing through the Web site.	Home
Facilities	The <i>Facilities</i> page will provide Web site visitors with an overview of the Ultimate Fitness facility including a description of the free weight, cardio, and aerobic fitness rooms.	Facilities
About Us	The <i>About Us</i> page will give Web site visitors a description and background of the Ultimate Fitness establishment.	About_Us
Membership Plans	The <i>Membership Plans</i> page will provide Web site visitors with information on how to join Ultimate Fitness including various membership plans, prices, and specials.	Member_Plans
Fitness Tips	The <i>Fitness Tips</i> page will provide Web site visitors with a variety of workout routines, nutritional information and tips, and describe the personal training program available to Ultimate Fitness members.	Fitness_Tips
Class Schedule	The <i>Class Schedule</i> page will provide existing Ultimate Fitness members with current news, updates, and events happening at the Ultimate Fitness establishment.	Class_Schedule
Contact Us	The <i>Contact Us</i> page will provide Web site visitors with contact information including the Ultimate Fitness address, e-mail address, phone and fax numbers, and the hours of operation.	Contact_Us
Resources	The <i>Resources</i> page will give Web site visitors links to popular health and fitness-related Web sites.	Resources

Step 4: Add alternate text to each navigation menu button.

Add the alternate text shown in Table 2.4 to each of the corresponding navigation menu buttons.

What is alternate text?

Alternate Text (ALT text) is short phrases of text that become visible when the user hovers his or her mouse pointer over a button or graphic. Alternate text helps users find out more about Web site pages without actually clicking the button or graphic link. An example is shown below:



Note: If necessary, consult with your Web site design software and/or instructor to learn how to add alternate text to your menu buttons.

WEB FACT

Adding alternate text to Web buttons helps users find out more about Web site pages without having to click into the page.

Table 2.4

Alternate Text Required for Each Navigation Menu Button	
Button Title	Alternate Text
Home	<i>Ultimate Fitness homepage</i>
Facilities	<i>Learn more about the Ultimate Fitness facilities</i>
About Us	<i>Read more about Ultimate Fitness</i>
Membership Plans	<i>Learn how to join, view membership plans, pricing, and specials</i>
Fitness Tips	<i>Workout routines, nutrition tips, and more</i>
Class Schedule	<i>Ultimate Fitness news, events, and updates</i>
Contact Us	<i>How to reach Ultimate Fitness</i>
Resources	<i>Visit popular health and fitness-related Web sites</i>

Step 5: If you have elected to use a left shared navigation area, you may add additional text and/or graphic images to it now.

Save any graphic images that you add to the *UF_Images* folder.

Step 6: Save the file.

DESIGN TIP

If you are placing some or all of the menu buttons in the left navigation area, be sure to keep the width of each button identical. Doing so will allow you to neatly stack the buttons vertically, giving them a professionally designed look.



CHECK POINT

Carefully review all the steps provided in this section to ensure you have designed and inserted all eight required navigation menu buttons in your top and/or left shared navigation area(s). Preview the Web site using your Internet browser and make any necessary changes before moving on to the next part of the simulation.

COPYRIGHT

Part 2-C: Design and Build the Bottom Shared Navigation Area

TASK AND PURPOSE:

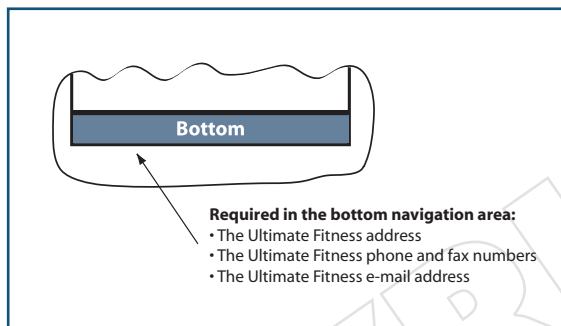
- To add the Ultimate Fitness contact information to the bottom navigation area of the Ultimate Fitness Web site (see Figure 2.5).
- To add a hyperlink to the Ultimate Fitness e-mail address.

WEB FACT

The bottom navigation area of a Web site is usually reserved for copyright and contact information.



Figure 2.5



STRATEGIES AND DESIGN TIPS TO CONSIDER:

- Since the bottom of any Web site is usually the least visible, use plain, easy-to-read text.
- Use a table that is the same pixel width as the one used to create your top shared navigation area.
- Use a background color or colors similar to or identical to those that you used in the top navigation area or a color used in the buttons you created.
- Consider aligning the text to the left or the center of the table in which you create the bottom navigation area.
- To save space, place the address, phone number, fax number, and e-mail address side-by-side separating each with a bullet symbol.
- Since this will be the first time you hyperlink text, experiment with different hyperlink effects. *Do you want the text to be underlined when hyperlinked? What color do you want the text to be once the Web site visitor has clicked on the hyperlinked text?*

Part 2-C continued: Design and Build the Bottom Shared Navigation Area

INSTRUCTIONS, INFORMATION, AND REQUIRED CONTENT:

NOTE: Read all of the steps in this section before proceeding to Step 1 below.

Step 1: With the Ultimate Fitness Web site open, open the file "UF_template."

Step 2: Add the following Ultimate Fitness contact information to the bottom shared navigation area:

350 Park Avenue • New York, NY 10019
Phone: 1.888.757.4856 • Fax: 1.888.757.4987
E-mail: contact@uf-online.com

Step 3: Hyperlink the Ultimate Fitness e-mail address.

Select the e-mail address you entered in Step 1 above and add a hyperlink that will send e-mail to the Ultimate Fitness e-mail address. Doing this will allow Web site visitors to e-mail Ultimate Fitness by clicking on the e-mail address hyperlink. The result should look similar to the one shown below.

E-mail: contact@uf-online.com

Note: If necessary, consult with your Web site design software and/or instructor to learn how to apply an e-mail hyperlink.

Step 4: Place the following text in the bottom navigation area:

©<insert current year here>. Ultimate Fitness.
Web site design by <insert your name here>.

Step 5: Save the file.

DESIGN TIP

Keep the size, style, and color of the text you enter consistent with the style and design theme you have established for your Web site.

DESIGN TIP

Experiment with the way you want your hyperlinked text to appear. Keep your hyperlinked text style identical throughout your entire Web site.



CHECK POINT

Carefully review all the steps provided in this section to ensure you have included all the information required for the bottom shared navigation area. Preview the Web site using your Internet browser and make any necessary changes before moving on to the next part of the simulation.

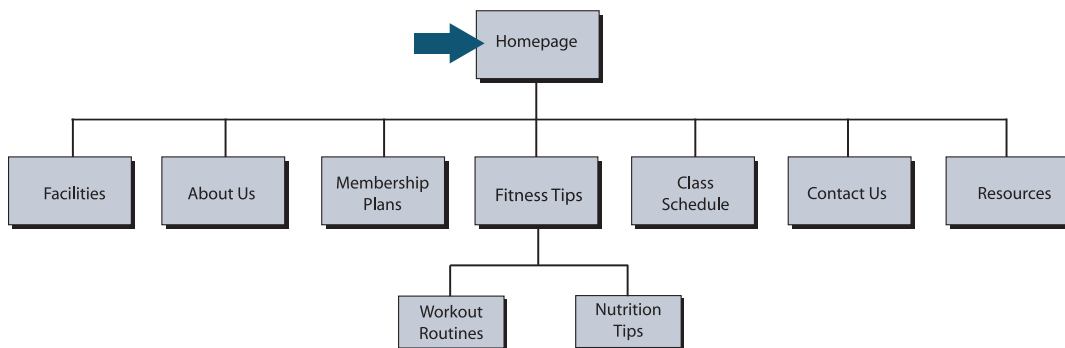
QUICK REFERENCE COLOR CHARTS

Ultimate Fitness RGB Web Color Chart				
Color	Blue	Black	Grey	White
Red (R)	18	0	102	255
Green (G)	52	0	102	255
Blue (B)	90	0	102	255

Ultimate Fitness Hexadecimal Values Web Color Chart	
Color	Hexadecimal Values
Blue	Hex={12, 34, 5A}
Black	Hex={00, 00, 00}
Grey	Hex={66, 66, 66}
White	Hex={FF, FF, FF}

Part 3: Design and Build the Homepage

Approximate completion time for this section: 2-3 hours





Part 3: Design and Build the Homepage

TASK AND PURPOSE:

- To design and build the Homepage for the Ultimate Fitness Web site.
- The purpose of the Homepage is to provide Web site visitors with an overview of the Ultimate Fitness establishment.

STRATEGIES AND DESIGN TIPS TO CONSIDER:

- The Homepage is the most visible and visited page of every Web site. It is the one page that will either keep visitors interested or turn them away to another Web site. Take your time when designing the homepage.
- Try to provide a friendly, welcoming layout and design on your Homepage.
- Keep your font selection consistent throughout not only the Homepage, but every page you create on the Web site. The same rule applies for applying colors and styles to text and graphic images.
- Whenever a substantial amount of text appears on a page, consider using graphic images to help visitors visualize the message being conveyed.
- Consider adding a picture caption to give meaning to any graphic image that you add to your Web site.
- Use colors that are consistent with those provided in the Ultimate Fitness Web Color Charts.
- Before you begin building the Homepage using your Web design software, read all of the instructions, information, and required content provided in this part of the simulation.
- Use the Web Page Planning form to create a thumbnail sketch of the layout and design of your Homepage.

WEB FACT

The Homepage is the first page Web site visitors will see. It is the “first impression” a Web designer will make. Remember to take your time in planning your Homepage. You don’t get a second chance to make a good first impression.



RESOURCE CD

Use the Web Page Planning Form installed from the Ultimate Fitness Resource CD to plan your Homepage on paper before starting any work on the computer.



Now is a good time to print several copies of the Web Page Planning Form installed from the Ultimate Fitness Resource CD. You will need one copy for each remaining part of the simulation. The Web Page Planning Form can be accessed and printed from the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Student Documents

INSTRUCTIONS, INFORMATION, AND REQUIRED CONTENT:

NOTE: Read all of the steps in this section before proceeding to Step 1 below.

Step 1: With the Ultimate Fitness Web site open, do the following:

1. Open the file "UF_template."
2. From the *File* menu of your software, choose *Save As* and rename the file "index."

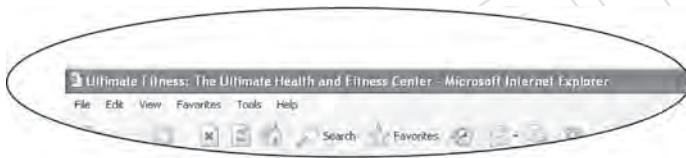
Note: Before you begin this section, be sure that all of the navigation areas you have previously built and designed are visible in the work area within your Web site design software.

Step 2: Add the following browser page title to the Homepage:

Ultimate Fitness: The Ultimate Health and Fitness Center

What is a browser page title?

The browser page title is the text that you add to a Web page's properties so that it appears in a Web browser's title bar. An example is shown below.



Note: If necessary, consult with your Web site design software and/or instructor to learn how to add a browser page title to a Web page.

Step 3: Add the following headline to the top area of the Homepage:

*Welcome to Ultimate Fitness:
The Ultimate Health and Fitness Center*

Format the text so that it is consistent with the style and design theme you have established for your Web site.

Note: You may change the wording of the headline as long as it does not change its meaning or interpretation.

IMPORTANT STEP

Do not forget to add the browser page title to the Homepage.

DESIGN TIP

Keep the headline text in your homepage consistent with the style and design theme you have established for your Web site.

Part 3 continued: Design and Build the Homepage

Step 4: Add the text given below beneath the headline you added in Step 3.

Format the text so that it is consistent with the style and design theme you have established for your Web site.

Since 1998, Ultimate Fitness has provided the amenities of a large health club chain, with the service and personality of a hometown gym. Please browse our site to find out about our top-rated facility.

Come check us out using our free one-week trial pass located on the "Membership Plans" page.

Ultimate Fitness is a proud member of The International Health, Racquet & Sports Club Association (IHRSA). IHRSA is a non-profit trade association representing health & fitness facilities, gyms, spas, sports clubs, and suppliers worldwide. The Mission of IHRSA is to grow, protect, and promote the industry, and to provide its members with benefits that will help them be more successful.

We have membership plans to meet any budget. For example, if working out and training on the weekend doesn't fit your schedule, Ultimate Fitness is proud to be one of the few fitness facilities offering weekday-only memberships.



Note: You will be required to hyperlink the text that reads "Membership Plans" above to the membership plans page, which you will create in Part 6 of the simulation.

Step 5: Add a graphic image to enhance the visual appeal of the text you entered in Step 4.

A variety of fitness-related images are installed from the Ultimate Fitness Resource CD located in the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Fitness Images

Save any graphic images that you add to the *UF_Images* folder.

DESIGN TIP

Consider dividing the welcome message text into columns to make it easier to read for Web site visitors.



QUICK REFERENCE COLOR CHARTS

Ultimate Fitness RGB Web Color Chart				
Color	Blue	Black	Grey	White
Red (R)	18	0	102	255
Green (G)	52	0	102	255
Blue (B)	90	0	102	255

Ultimate Fitness Hexadecimal Values Web Color Chart	
Color	Hexadecimal Values
Blue	Hex={12, 34, 5A}
Black	Hex={00, 00, 00}
Grey	Hex={66, 66, 66}
White	Hex={FF, FF, FF}

RESOURCE CD

Consider using one of the fitness images available from the Ultimate Fitness Resource CD to enhance your Web site. The fitness images are installed in the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Fitness Images



Part 3 continued: Design and Build the Homepage

Step 6: Create two VIP Member Passes as graphic images.

To help attract new members, Ultimate Fitness will include two VIP (*Very Important Person*) passes on its homepage. Both of these passes will be hyperlinked to the *Membership Plans* page later in the simulation.

Use your Web graphic design software to create the two VIP passes shown in Figure 3.1. Design the VIP passes so that they look professional and are consistent with the design theme you have established thus far. Experiment with adding graphic images and typefaces (fonts) that will be eye-catching to the visitor.

Save the VIP graphic images to the *UF_Images* folder as “VIP1” and “VIP2,” respectively.

Figure 3.1

VIP Pass Graphic Image #1:

VIP PASS
50% Off One-Month Membership!
Pay Only \$17.99 for your first month. Just mention this Web site coupon when you call or come in to Ultimate Fitness.

VIP Pass Graphic Image #2:

VIP PASS
Free One-Week Trial Pass!
Come in free for one week and try Ultimate Fitness. Just mention this Web site coupon when you call or visit Ultimate Fitness.



Note: You will hyperlink the two VIP graphics to the *Membership Plans* page after it is built later in the simulation.

DESIGN TIP

When creating the two VIP graphic images, consider designing each one to look like a coupon. This will encourage users to click on the graphics.

DESIGN TIP

To help draw attention to the VIP passes, consider using a graphic image inside each of them.

QUICK REFERENCE COLOR CHARTS

Ultimate Fitness RGB Web Color Chart				
Color	Blue	Black	Grey	White
Red (R)	18	0	102	255
Green (G)	52	0	102	255
Blue (B)	90	0	102	255

Ultimate Fitness Hexadecimal Values Web Color Chart	
Color	Hexadecimal Values
Blue	Hex={12, 34, 5A}
Black	Hex={00, 00, 00}
Grey	Hex={66, 66, 66}
White	Hex={FF, FF, FF}

Step 7: Place the two VIP Pass graphic images on the Homepage.

Insert the two VIP passes you created in Step 6 above on the Homepage. Be sure to place these images in an area on the Homepage where they will easily be seen by Web site visitors.

Part 3 continued: Design and Build the Homepage

Step 8: Add the following headline to the Homepage:

Our Class Schedule is Now Online!

Format the text so that it is consistent with the style and design theme you have established for your Web site.

Step 9: Add the text given below and place it beneath the headline you entered in Step 8.

Format the text so that it is consistent with the style and design theme you have established for your Web site.

In addition to our state-of-the-art weight training facility room, Ultimate Fitness offers a variety of aerobic, cardio, and personal training classes. This page is updated monthly. As a member, you can always check the class schedule online by visiting our Web site.

Click here to visit our fitness class schedule online.



Note: You will be required to hyperlink the text that reads “Click here to visit our fitness class schedule online” above to the *Class Schedule* page, which you will create in Part 8 of the simulation.

Step 10: Add additional text and/or graphic images that help to enhance the professionalism and visual appeal of the Homepage.

You can access a variety of high-quality fitness images installed from the Ultimate Fitness Resource CD. The fitness images are located in the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Fitness Images

Save any graphic images that you add to the *UF_Images* folder.

DESIGN TIP

Keep the size, style, and color of the text you enter consistent with the style and design theme you have established for your Web site.



RESOURCE CD

Consider using one or more of the fitness images available from the Ultimate Fitness Resource CD to enhance your Web site. The fitness images are installed in the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Fitness Images



Part 3 continued: Design and Build the Homepage

Step 11: Hyperlink the navigation menu button titled *Home* to the Homepage (file name "*index*").



Step 12: Save the file before moving on to the next part of the simulation.

IMPORTANT STEP

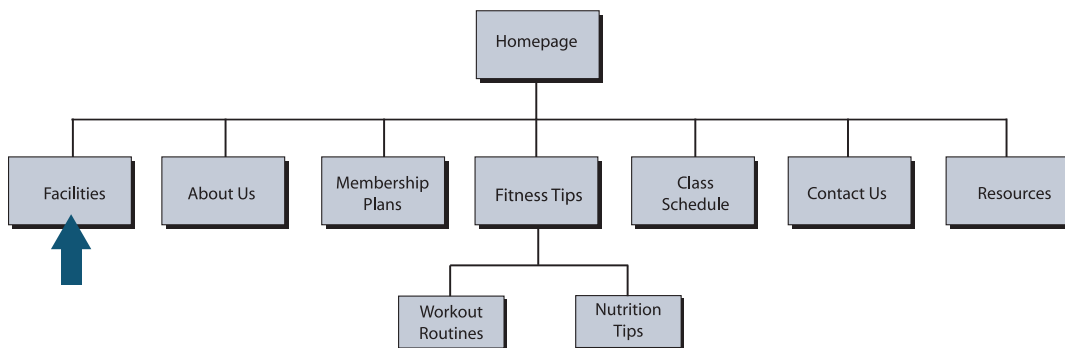
Do not forget to hyperlink the Home menu button to the Homepage.

CHECK POINT

Carefully review all the steps provided in this section to ensure you have included all the information required for the Homepage. Preview the Web site using your Internet browser and make any necessary changes before moving on to the next part of the simulation.

Part 4: Design and Build the Facilities Page

Approximate completion time for this section: 2-3 hours





Part 4: Design and Build the Facilities Page

TASK AND PURPOSE:

- To design and build the Facilities page for the Ultimate Fitness Web site.
- The Facilities page will provide Web site visitors with a tour of the Ultimate Fitness facility by combining text and graphic images.

STRATEGIES AND DESIGN TIPS TO CONSIDER:

- Keep the text style, color, and size consistent throughout each page in your Web site.
- When entering the list of fitness equipment in Step 6, consider using bullets to make the list easy to read for Web site visitors. Also consider formatting the list into columns to avoid users having to scroll down the page to read the list.
- Before you begin building the Facilities page using your Web design software, read all of the instructions, information, and required content provided in this part of the simulation.
- Consider adding a picture caption to give meaning to any graphic images that you add to your Web site.
- Use the Web Page Planning Form to create a thumbnail sketch of the layout and design of your Facilities page.

INSTRUCTIONS, INFORMATION, AND REQUIRED CONTENT:

NOTE: Read all of the steps in this section before proceeding to Step 1 below.

Step 1: With the Ultimate Fitness Web site open, do the following:

1. Open the file "index."
2. From the file menu of your software, choose *Save As* and rename the file "facilities."

Note: Opening the *index* file and saving it as *facilities* will allow you to quickly use the same formatting features that you used when creating the index file (homepage). This procedure will be used throughout the remainder of the simulation.

Step 2: Add the following browser page title to the Facilities page:

Ultimate Fitness: State-of-the-Art Health and Fitness Facilities

RESOURCE CD

Use the Web Page Planning Form installed from the Ultimate Fitness Resource CD to plan your Facilities page on paper before starting any work on the computer.



IMPORTANT STEP

Do not forget to add the browser page title to the Facilities page.

Part 4 continued: Design and Build the Facilities Page

Step 3: Add the following headline to the top area of the Facilities page:

Welcome to the Facilities Tour of Ultimate Fitness

Format the text so that it is consistent with the style and design theme you have established for your Web site.

Note: You may change the wording of the headline as long as it does not change its meaning or interpretation.

Step 4: Add the text given below just beneath the headline you entered in Step 3 above.

Format the text so that it is consistent with the style and design theme you have established for your Web site.

The Ultimate Fitness state-of-the-art facility consists of more than 20,000 square feet of health and fitness equipment space. The facility features one free weight gym area, two aerobics rooms, a cardio room, a sauna room and Jacuzzi pool. We also have separate men's and women's locker rooms that contain lockers, changing rooms, and shower areas.

Step 5: Add a graphic image that will visually illustrate the text you entered in Step 4 above.

Consider using one of the fitness images available from the Ultimate Fitness Resource CD to enhance your Web site. The fitness images are installed in the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Fitness Images

Save any graphic images that you add to the *UF_Images* folder.

DESIGN TIP

Keep the size, style, and color of the text you enter consistent with the style and design theme you have established for your Web site.



RESOURCE CD

Consider using one of the fitness images available from the Ultimate Fitness Resource CD to enhance your Web site. The fitness images are installed in the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Fitness Images



QUICK REFERENCE COLOR CHARTS

Ultimate Fitness RGB Web Color Chart				
Color	Blue	Black	Grey	White
Red (R)	18	0	102	255
Green (G)	52	0	102	255
Blue (B)	90	0	102	255

Ultimate Fitness Hexadecimal Values Web Color Chart	
Color	Hexadecimal Values
Blue	Hex={12, 34, 5A}
Black	Hex={00, 00, 00}
Grey	Hex={66, 66, 66}
White	Hex={FF, FF, FF}

Part 4 continued: Design and Build the Facilities Page

Step 6: Add the headline and list of fitness equipment below to the Facilities page.

Format the text so that it is consistent with the style and design theme you have established for your Web site.

The Ultimate Fitness facility features the best in training, fitness equipment, and accommodations including:

- Aerobics
- Circuit Training
- Elliptical Trainers
- Free Weights
- Group Cycling (Spinning)
- Kickboxing
- Men's and Women's Locker Rooms
- Multi-screen Video System
- Personal Training
- Pilates
- Plate-loaded Machines
- Snack/Juice Bar
- Stair Climbers
- Stationary Cycling
- Step Aerobics
- Treadmills
- Yoga

Step 7: Add additional text and/or graphic images that enhance the look and appearance of the Facilities page.

You can access a variety of high-quality fitness images installed from the Ultimate Fitness Resource CD. The fitness images are located in the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Fitness Images

Save any graphic images that you add to the *UF_Images* folder.

Step 8: Hyperlink the navigation menu button titled *Facilities* to the Facilities page (file name "*facilities*").



Step 9: Save the file before moving on to the next part of the simulation.

DESIGN TIP

When entering the list of fitness equipment in Step 6, consider formatting the list using bullets.



RESOURCE CD

Consider using one or more of the fitness images available from the Ultimate Fitness Resource CD to enhance your Web site. The fitness images are installed in the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Fitness Images



IMPORTANT STEP

Do not forget to hyperlink the Facilities menu button to the facilities page.



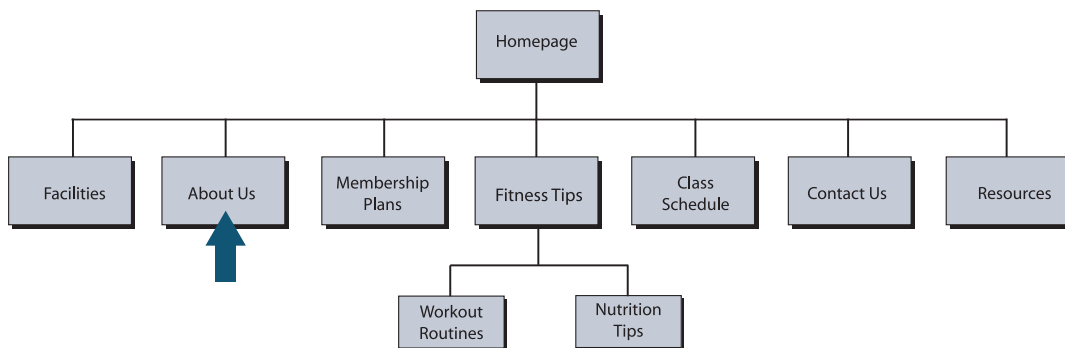
 **CHECK POINT**

Carefully review all the steps provided in this section to ensure you have included all the information required for the Facilities page. Preview the Web site using your Internet browser and make any necessary changes before moving on to the next part of the simulation.

COPYRIGHT

Part 5: Design and Build the About Us Page

Approximate completion time for this section: 1-2 hours





Part 5: Design and Build the About Us Page

TASK AND PURPOSE:

- To design and build the About Us page of the Ultimate Fitness Web site.
- The About Us page will provide Web site visitors with a more detailed overview of the history and background of the Ultimate Fitness establishment.

STRATEGIES AND DESIGN TIPS TO CONSIDER:

- Keep the size, color, and design of the text you will be adding to the About Us page consistent with those used on other pages of your Web site.
- When adding additional text and/or graphic images, be careful not to overcrowd the page.
- Use colors that are consistent with those provided in the Ultimate Fitness Web Color Charts.
- Before you begin building the About Us page using your Web design software, read all of the instructions, information, and required content provided in this part of the simulation.
- Use the Web Page Planning form to create a thumbnail sketch of the layout and design of your About Us page.

INSTRUCTIONS, INFORMATION, AND REQUIRED CONTENT:

NOTE: Read all of the steps in this section before proceeding to Step 1 below.

Step 1: With the Ultimate Fitness Web site open, do the following:

1. Open the file "facilities."
2. From the file menu of your software, choose *Save As* and rename the file "about_us."

Step 2: Add the following browser page title to the About Us page:

Ultimate Fitness: Read All About Us

RESOURCE CD

Use the Web Page Planning Form installed from the Ultimate Fitness Resource CD to plan your About Us page on paper before starting any work on the computer.



WEB PAGE PLANNING FORM

Client Name: _____
 Web Page Name: _____
 Web Page Content: _____
 Web Page Purpose: _____

What is the purpose of this Web page?

Who is the intended target audience of this Web page?

Provide graphic images to use:

Final width of page: _____
 Final height of page: _____

THUMBNAIL SKETCH (DRAFT OF WEB PAGE)

© Ultimate Fitness 2010

IMPORTANT STEP

Do not forget to add the browser page title to the About Us page.

Part 5 continued: Design and Build the About Us Page

Step 3: Add the following headline to the top area of the About Us page:

Read All About Ultimate Fitness

Format the text so that it is consistent with the style and design theme you have established for your Web site.

Step 4: Add the text given below just beneath the headline you entered in Step 3.

Format the text so that it is consistent with the style and design theme you have established for your Web site.

Ultimate Fitness has an atmosphere that will make beginners feel right at home, yet there's enough equipment for high performance athletic training as well. We offer names including Cybex®, Hammer Strength®, Body Masters® and more.

We have no high-pressure sales people!

Our membership packages are flexible so you can sign up for a shorter term and not be locked into a long-term commitment. The people who sign you up are the same people you'll see every time you come in to work out.

Many of our member service representatives are also certified fitness trainers. This makes our staff able to help you whenever you need it, not just by appointment.

As part of your membership, you can sign up for free personal training sessions. To check the availability of our personal trainers, please click here to see our personal training and aerobics class schedule.

DESIGN TIP

Keep the size, style, and color of the text you enter consistent with the style and design theme you have established for your Web site.



QUICK REFERENCE COLOR CHARTS

Ultimate Fitness RGB Web Color Chart				
Color	Blue	Black	Grey	White
Red (R)	18	0	102	255
Green (G)	52	0	102	255
Blue (B)	90	0	102	255

Ultimate Fitness Hexadecimal Values Web Color Chart	
Color	Hexadecimal Values
Blue	Hex={12, 34, 5A}
Black	Hex={00, 00, 00}
Grey	Hex={66, 66, 66}
White	Hex={FF, FF, FF}



Note: You will be required to hyperlink the text above that reads "please click here to see our personal training and aerobics class schedule" to the *Class Schedule* page, which you will create in Part 8 of the simulation.

Part 5 continued: Design and Build the About Us Page

Step 5: Add additional text and/or graphic images that help to enhance the look and appearance of the About Us page.

Consider using one or more of the fitness images available from the Ultimate Fitness Resource CD to enhance your Web site. The fitness images are installed in the following directory:

<drive letter>:\Ultimate Fitness Resource CD\Fitness Images

Save any graphic images that you add to the *UF_Images* folder.

Step 6: Hyperlink the navigation menu button titled *About Us* to the About Us page (file name "*about_us*").



Step 7: Save the file before moving on to the next part of the simulation.

RESOURCE CD

Consider using one or more of the fitness images available from the Ultimate Fitness Resource CD to enhance your Web site.



IMPORTANT STEP

Do not forget to hyperlink the About Us menu button to the About Us page.



CHECK POINT

Carefully review all the steps provided in this section to ensure you have included all the information required for the About Us page. Preview the Web site using your Internet browser and make any necessary changes before moving on to the next part of the simulation.