

How to Provide the Content for Your Website

To help us design a site that truly reflects your brand and message, we've created a step-by-step form that allows you to easily provide all your website content—text, images, videos, and ideas.

Once you've selected how many pages your website will have and named each one, you'll move on to adding content for each page.

Pages Are Built in Sections

Each page is typically made up of sections—these are different blocks of content that appear one after the other as the user scrolls down the page.

Think of a section as a sub-topic or content idea within a page. For example:

On a Home page, your sections might include:

- Hero banner (main intro)
- About the brand
- Services overview
- Testimonials
- Call to action

On a Contact page, you might have:

- A small intro or heading
- A contact form
- Map and address
- Social media links

You'll be able to choose how many sections you want for each page, and then provide content for each one.

All content fields are optional—each section can be as simple or detailed as you want. Some sections might only include a heading and an image, while others could have full text, buttons, and special features.

Lumora


HOMEABOUTSERVICESCONTACTCALL (301) 835-9124

Section 1

CALORIE CONTROL, BALANCED NUTRITION

Start living your healthiest life

BOOK AN APPOINTMENT



Section 2

Date & Time Selection

April 2025

M	T	W	T	F	S	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Book An Appointment


Wellness coaching with Lumora

Achieve balance and well-being with personalized coaching tailored to your needs. Lumora guides you through sustainable lifestyle changes to help you reach your health and wellness goals. Start your journey to a healthier life today.

Section 3

Coaching Services

Create the life you want to live




Personalized nutrition plans

Create customized meal plans tailored to your individual health goals, needs, lifestyle preferences to help you achieve optimal wellness.

start from: \$500

BOOK AN APPOINTMENT



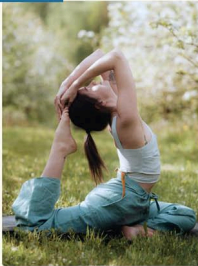
Weight management counseling

Through tailored nutrition plans, behavioral coaching, and fitness advice, we focus on sustainable results your overall well-being.

start from: \$1,000

BOOK AN APPOINTMENT

Section 4



Change your life through professional health coaching

I help clients transform their health through personalized nutrition and sustainable habits. I've guided over 100 clients to better well-being by focusing on small, manageable changes that lead to lasting results.

BOOK AN APPOINTMENT

What You'll Provide Per Section:

Heading.

A short title that introduces the section. It tells visitors (and search engines) what this part of the page is about.

Great headings do two important things:

- They guide your visitors. A strong heading catches attention and makes it easier to scan the page.
- They help with SEO (Search Engine Optimization). Search engines like Google read your headings to understand what your page is about. Clear and relevant headings improve your chances of showing up in search results.

Try to make your headings short, descriptive, and aligned with what your ideal customer would be searching for.

Description.

A paragraph or short explanation that gives context or detail.

Call to Action (Button/Link).

A primary action you want users to take (e.g., Learn More, Book a Call). This can relate to the section or the website's main goal.

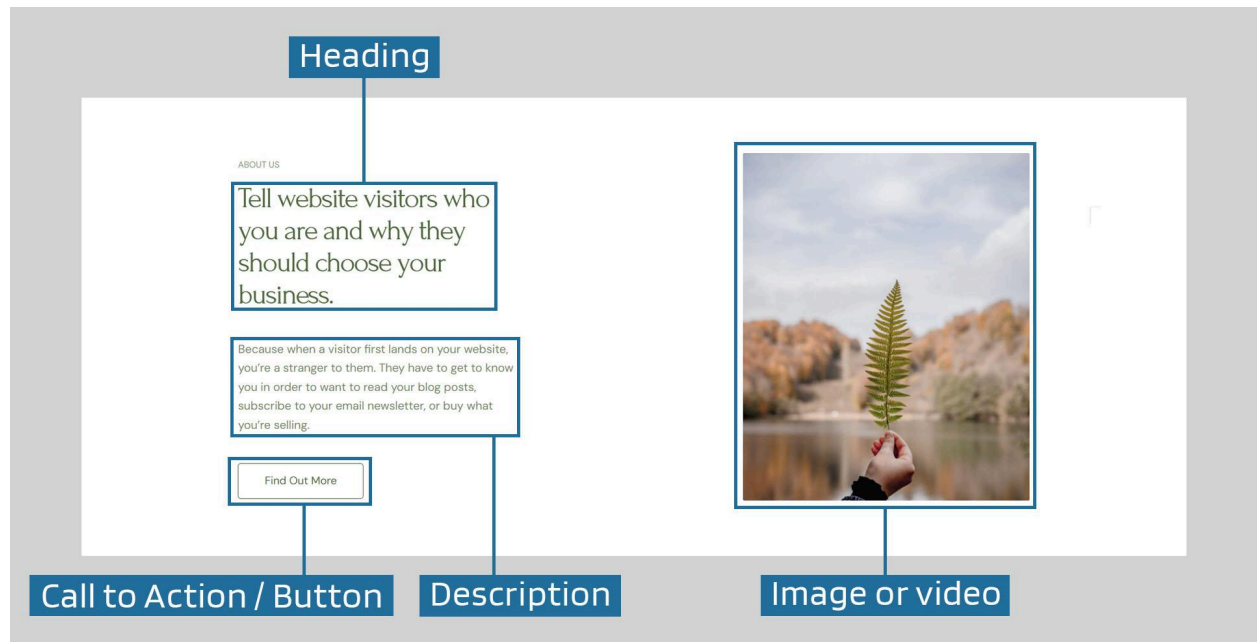
Secondary Call to Action (Optional).

A second option, like Download PDF, View Pricing, or See Portfolio.

Images or Video.

Visual content to support the section. This could be directly related (like a product photo) or more general (like a background video). You'll be able to upload files or share a link from a platform like Google Drive or Dropbox.

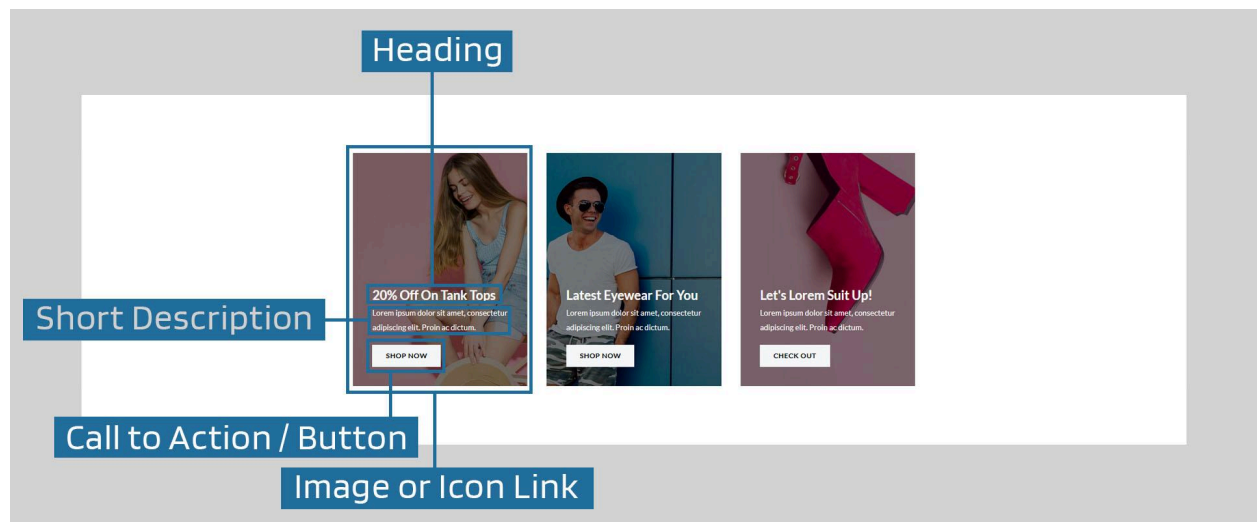
Example:



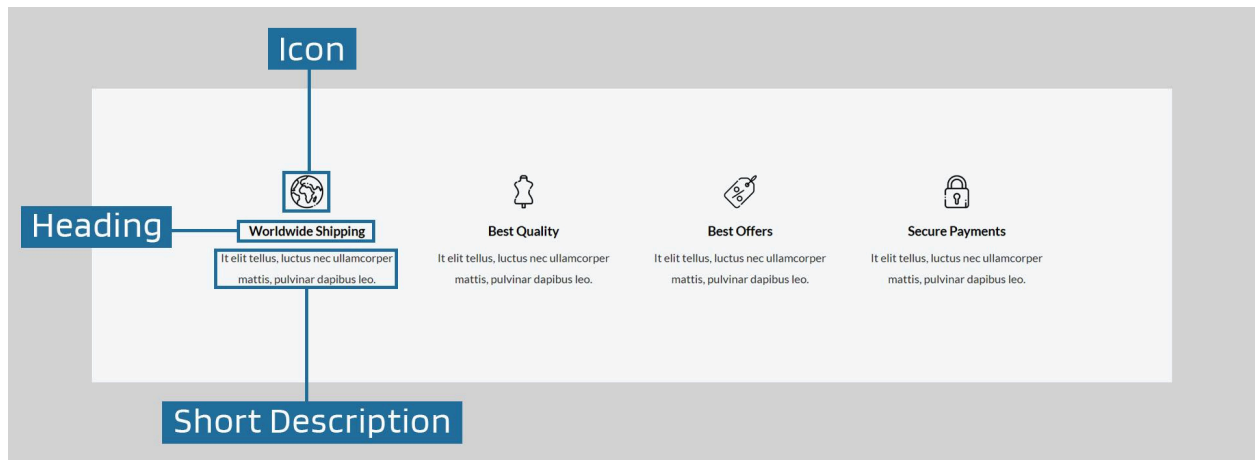
Content Items.

Bulleted points, features, key messages, or grouped text that supports the section topic.

Example 1:



Example 2:



Special Elements or Features.

If you'd like to include things like:

- Contact forms
- Testimonials
- Logo sliders
- Product previews
- Event calendars
- Booking widgets

Just let us know what you envision—we'll help make it work.

Reference or Inspiration Links

You can share links to websites, sections, or design elements you like, along with a short description of what you love about them. This helps us match your style, tone, or features.