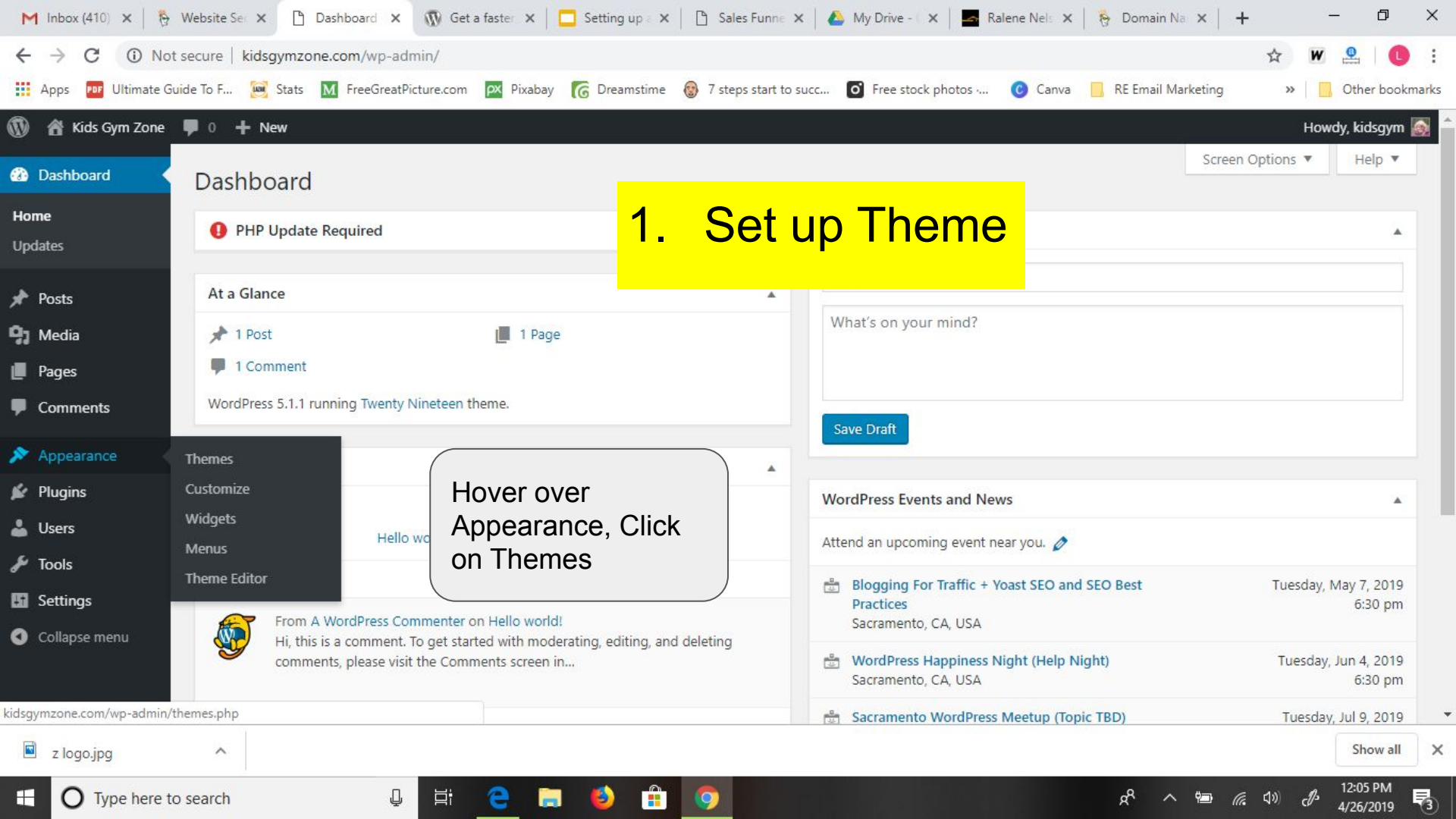


Setting up a Wordpress Site

Step 1.



1. Set up Theme

Hover over
Appearance, Click
on Themes

- Dashboard
- Posts
- Media
- Pages
- Comments
- Appearance (Active)
- Themes
- Customize
- Widgets
- Menus
- Theme Editor
- Plugins
- Users
- Tools
- Settings

Themes 3

[Add New](#)

Search installed themes...

Twenty Nineteen — The WordPress default theme for 2019
[Home](#) [About](#) [Blog](#) [Contact](#)

Welcome

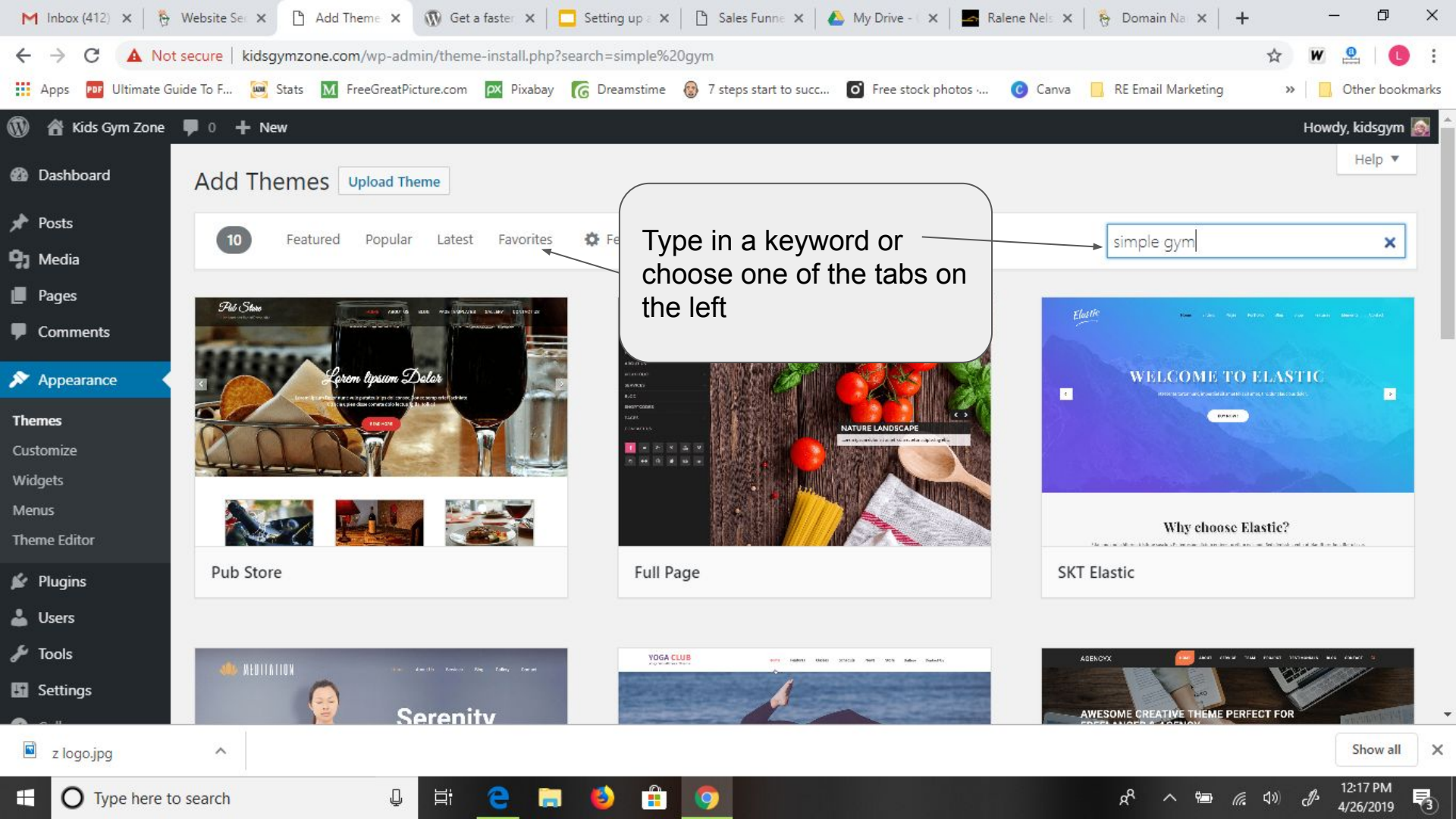
Digital strategy for unique small businesses

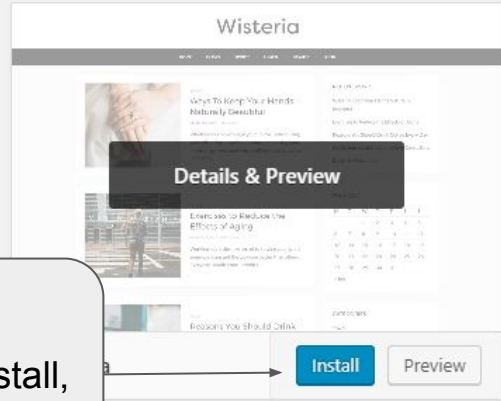
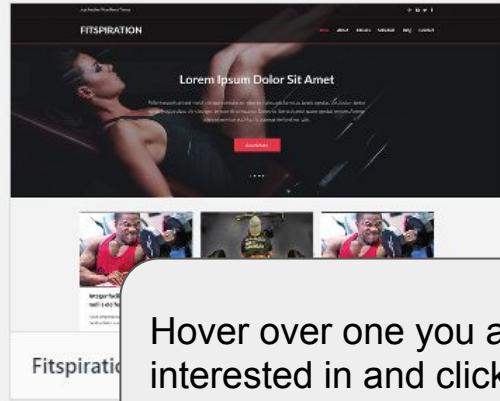
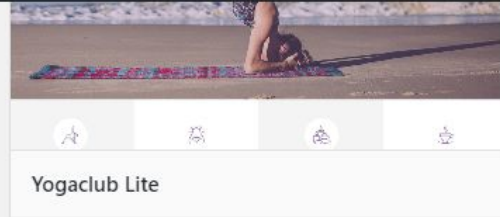
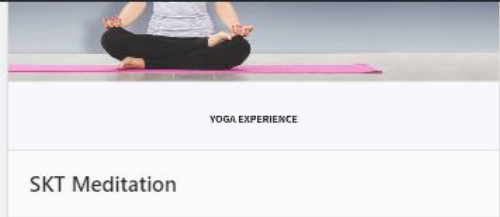
Active: Twenty Nineteen [Customize](#)

Click on Add New

Twenty Seventeen

Twenty Sixteen





Hover over one you are interested in and click Install, then click Activate

- Dashboard
- Posts
- Media
- Pages
- Comments
- Appearance**
- Themes
- Customize
- Widgets
- Menus
- Header
- Background
- Theme Editor
- Plugins
- Users
- Tools

Themes 4

[Add New](#)

New theme activated. [Visit site](#)

Wisteria

Active: Wisteria

[Customize](#)

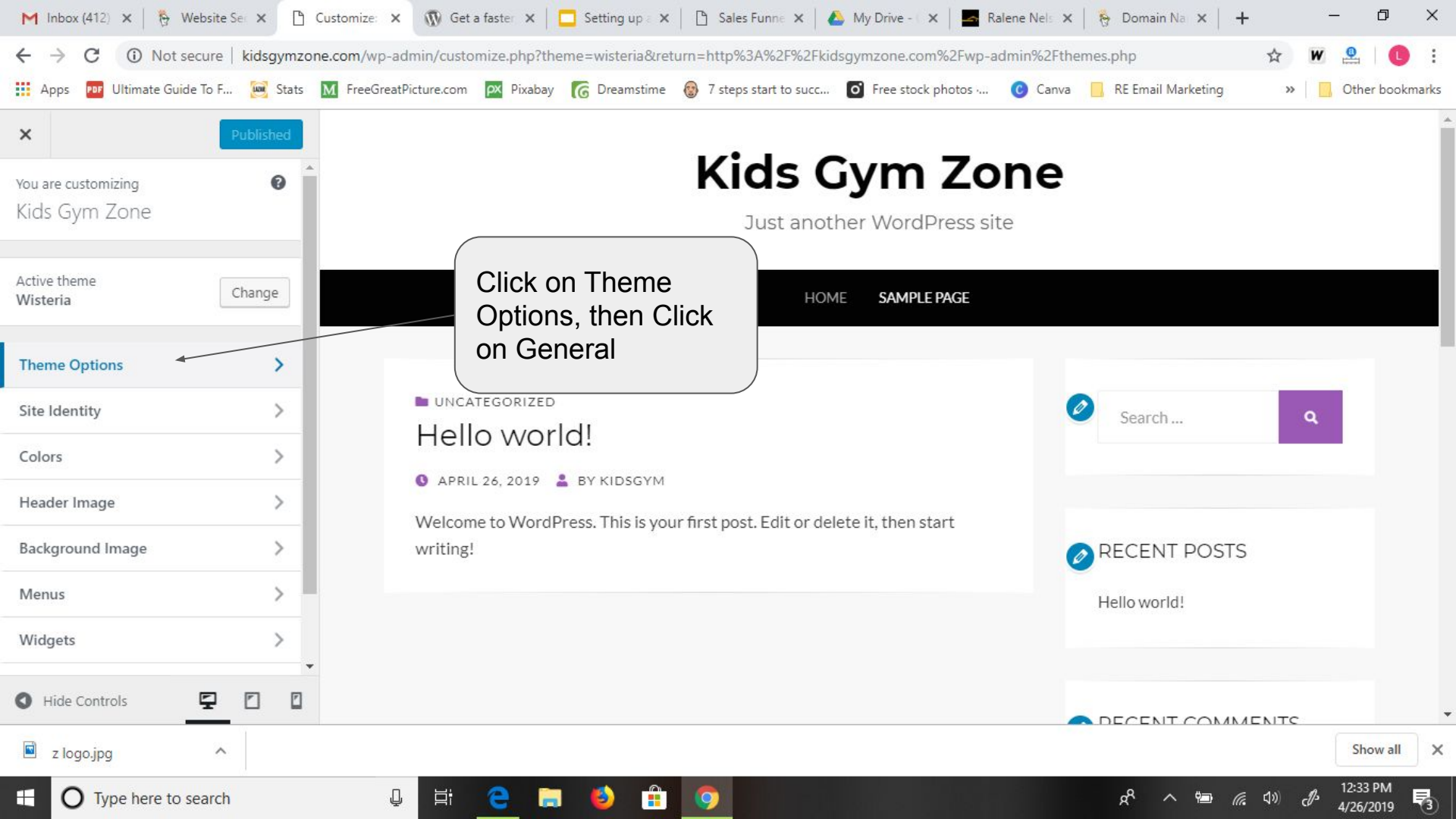
Welcome

Twenty Nineteen

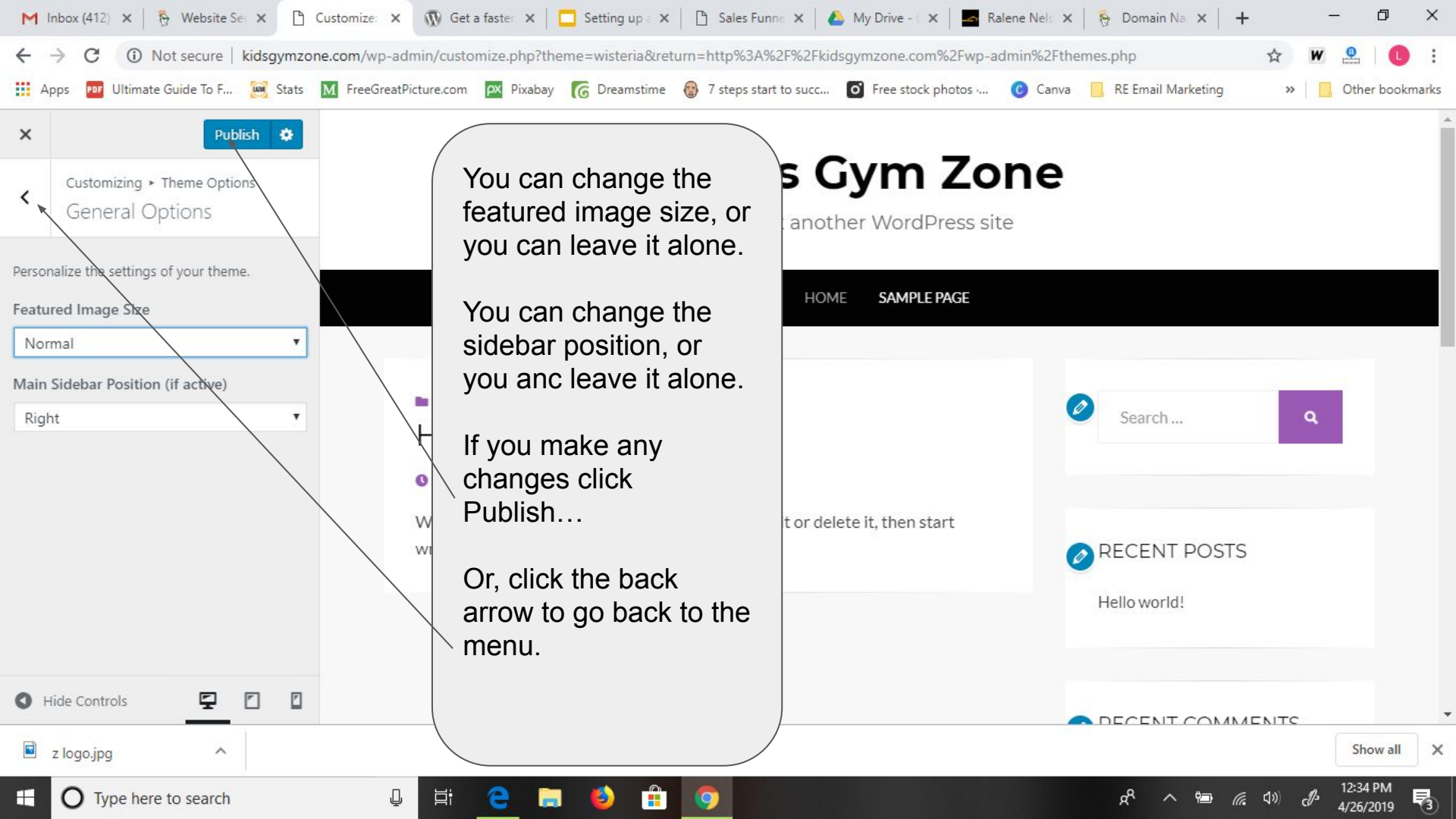
Twenty Seventeen

Twenty Seventeen

Click on Customize



Click on Theme Options, then Click on General

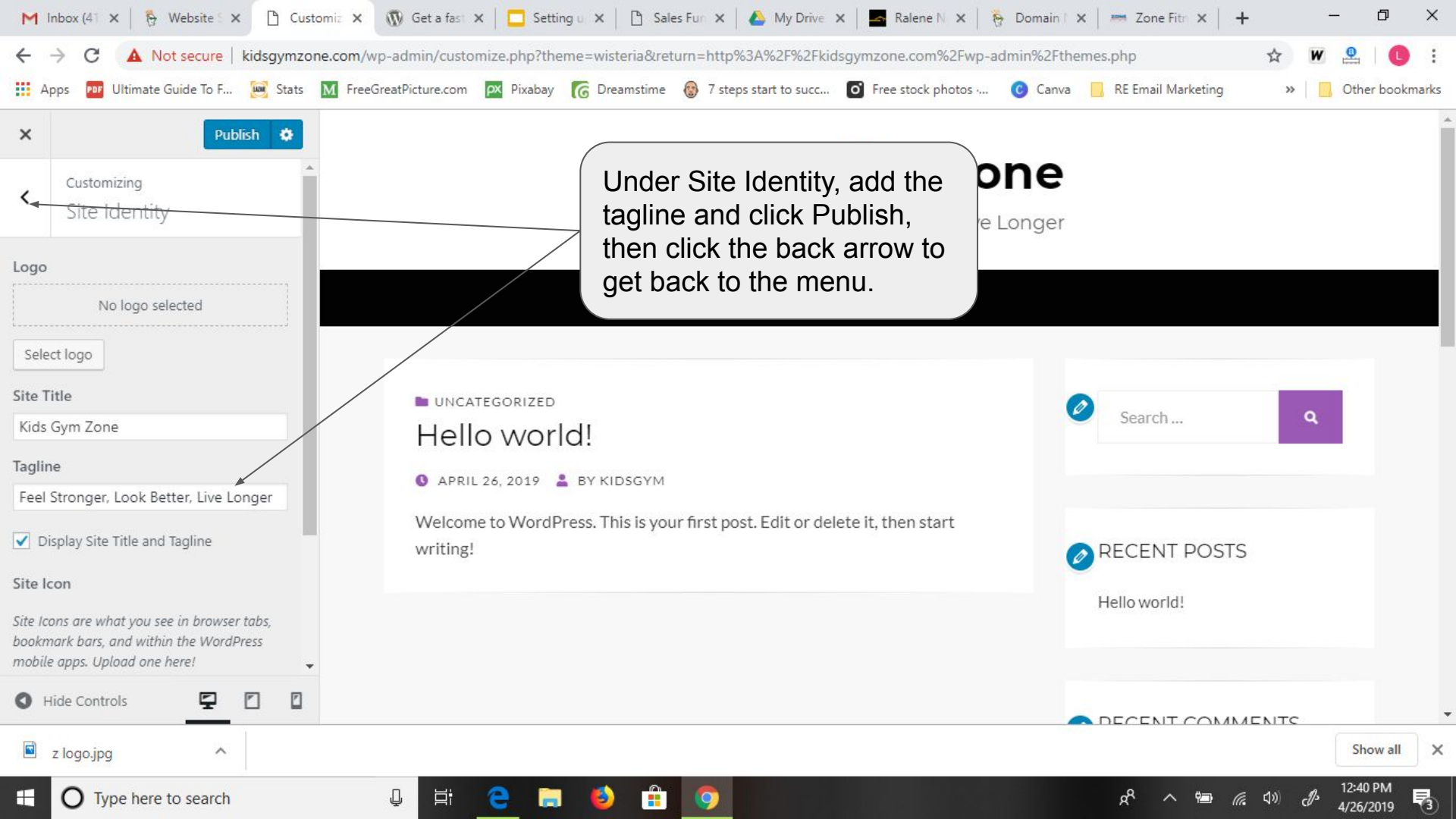


You can change the featured image size, or you can leave it alone.


You can change the sidebar position, or you can leave it alone.


If you make any changes click Publish...

Or, click the back arrow to go back to the menu.



Customizing Colors

Header Text Color
 Select Color

Background Color
 Select Color

Buttons: Publish, Settings (gear icon)

Footer: Hide Controls, Monitor, Tablet, Mobile icons


Kids Gym Zone

Feel Stronger, Look Better, Live Longer

Navigation: HOME, SAMPLE PAGE

The colors section will sometimes give you multiple options, in this theme you can change 2 things - the Header Text Color, and the Background Color. I just changed the Header text color.

Click Publish, then the back arrow.

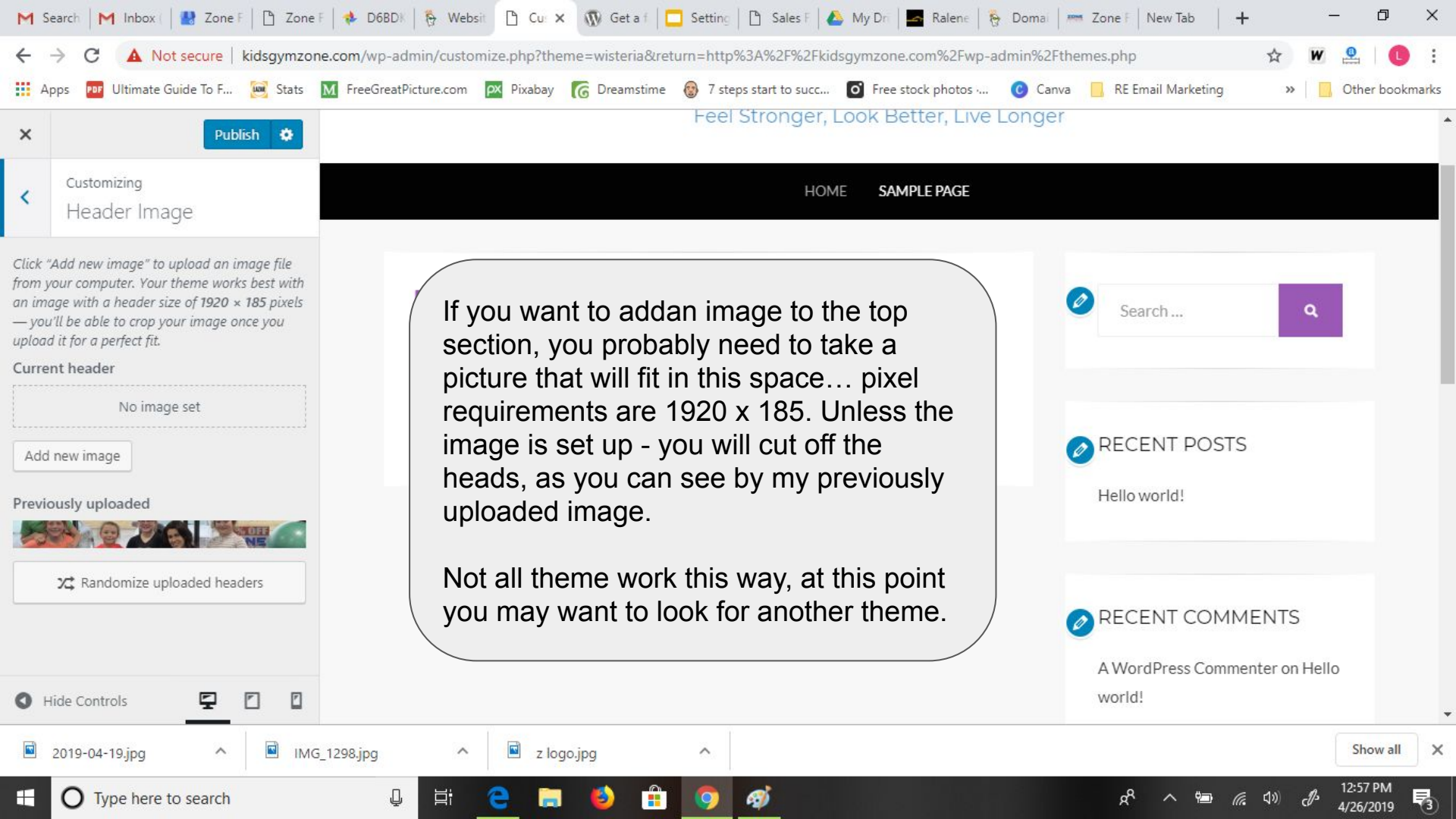
Search ... 

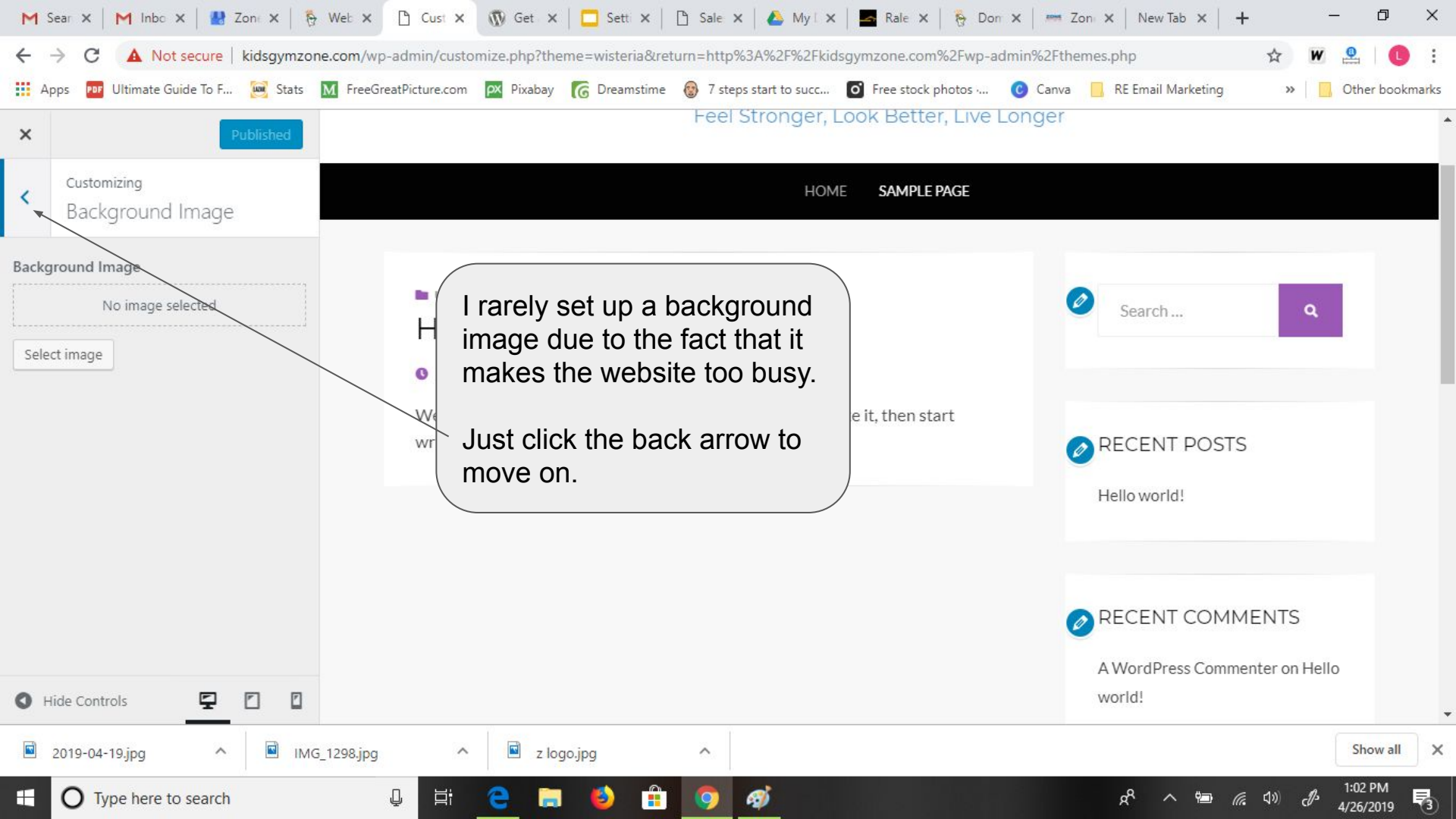
RECENT POSTS

Hello world!

RECENT COMMENTS

Show all





Feel Stronger, Look Better, Live Longer

HOME

SAMPLE PAGE

Customizing

Background Image

Background Image

No image selected

Select image

I rarely set up a background image due to the fact that it makes the website too busy.

Just click the back arrow to move on.

Search ...



RECENT POSTS

Hello world!

RECENT COMMENTS

A WordPress Commenter on Hello world!

2019-04-19.jpg

IMG_1298.jpg

z logo.jpg

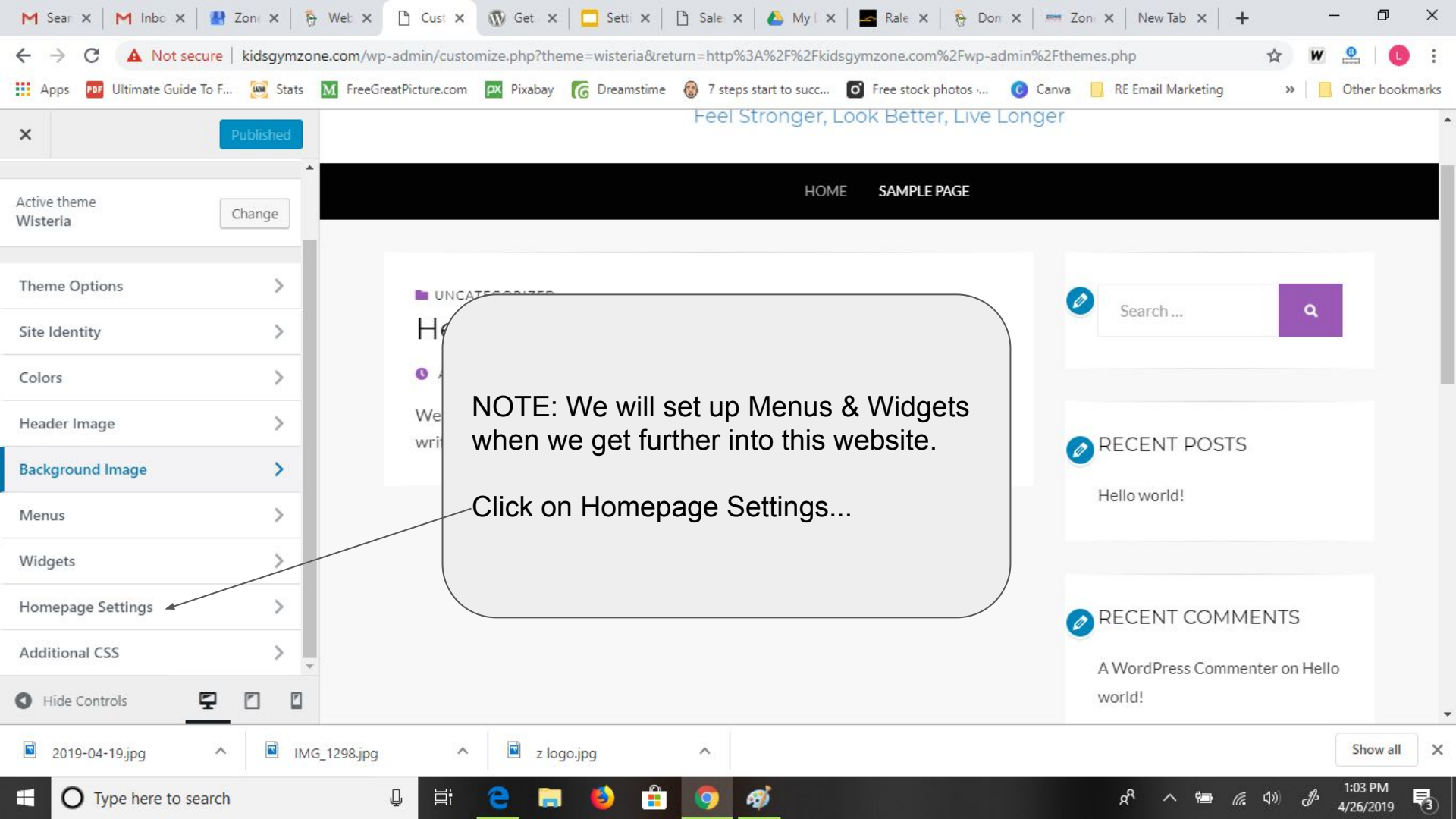
Show all

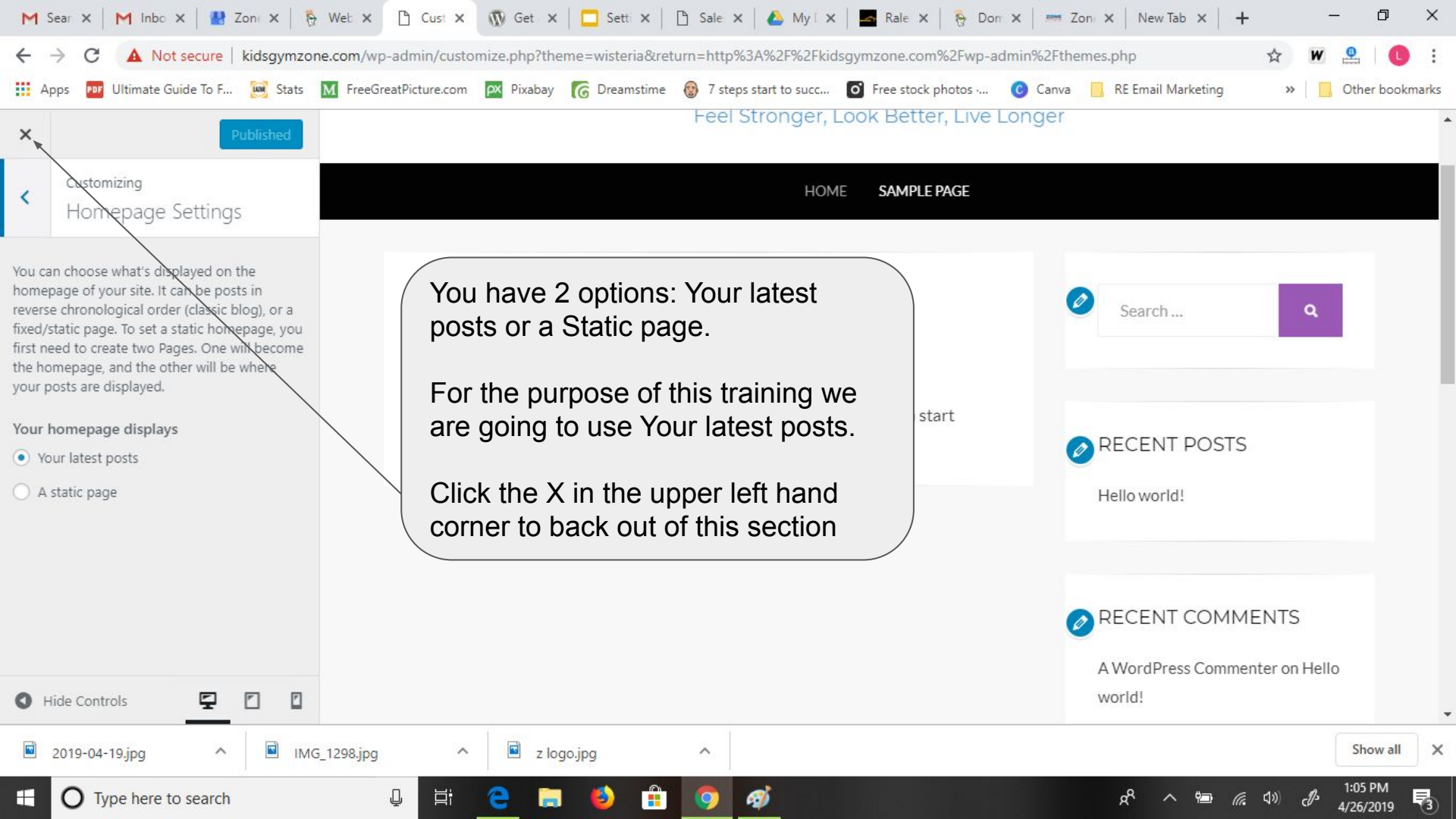


Type here to search

1:02 PM

4/26/2019





You have 2 options: Your latest posts or a Static page.

For the purpose of this training we are going to use Your latest posts.

Click the X in the upper left hand corner to back out of this section

Search x Inbo x Zon x Web x

Not secure | kidsgymzone.com/wp-admin

Apps PDF Ultimate Guide To F... Stats M FreeGreatPictu

Kids Gym Zone 0 + New

- Dashboard
- Posts
- Media
- Pages
- Comments
- Appearance
- Plugins
- Users
- Tools
- Settings**

General

- Writing
- Reading
- Discussion
- Media
- Permalinks

WordPress Address (URL)

Site Address (URL)

Email Address

Membership

New User Default Role

Site Language

Timezone

- Cambridge Bay
- Campo Grande
- Cancun
- Caracas
- Cayenne
- Cayman
- Chicago
- Chihuahua
- Costa Rica
- Creston
- Cuiaba
- Curacao
- Danmarkshavn
- Dawson
- Dawson Creek
- Denver
- Detroit
- Dominica
- Edmonton
- UTC+0

Sale x My l x Rale x Don x Zon x New Tab x +

7 steps start to succ... Free stock photos ... Canva RE Email Marketing Other bookmarks

Howdy, kidsgym

[your site home page to be different from your WordPress installation directory.](#)

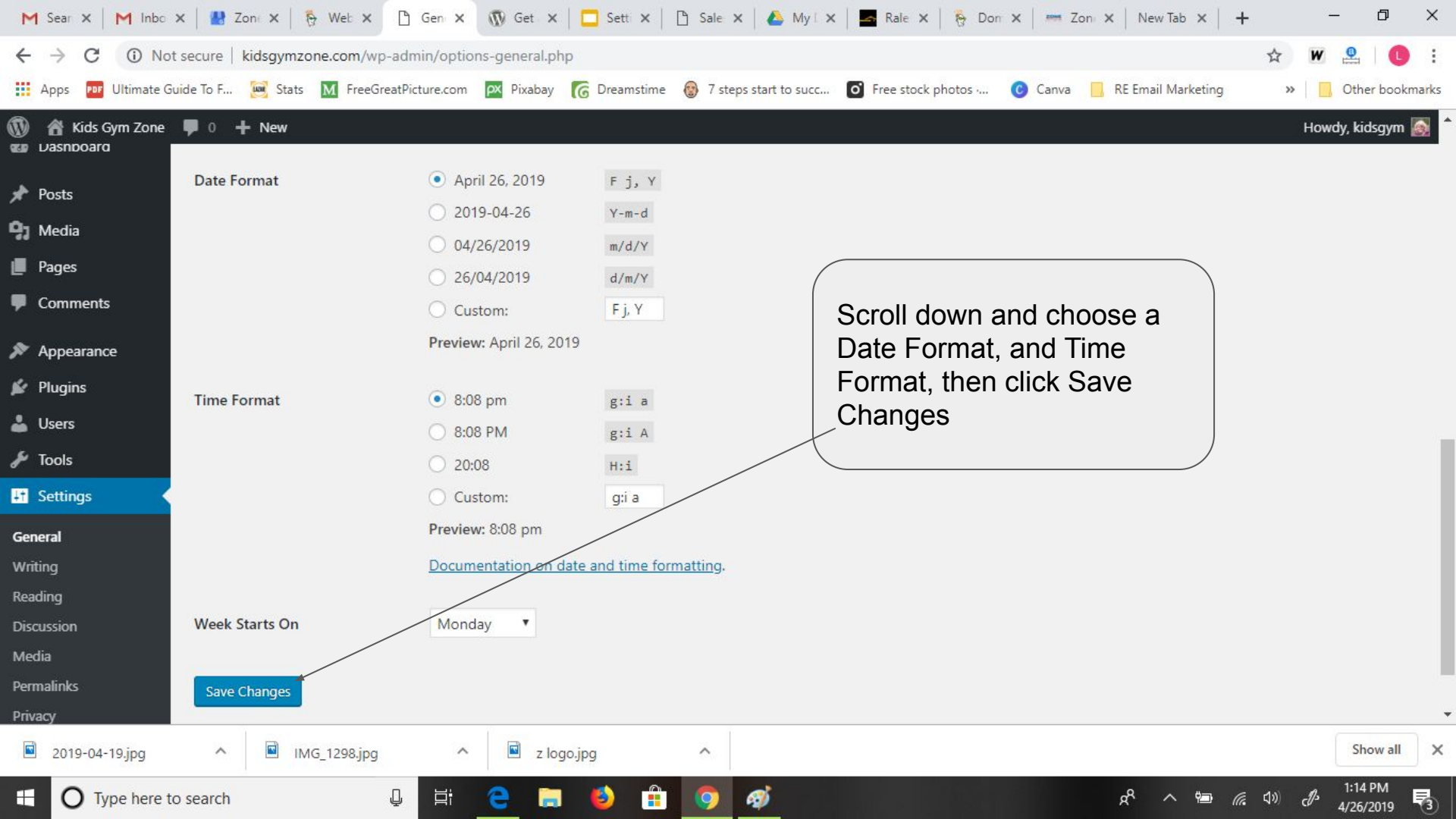
oses. If you change this we will send you a Address will not

Scroll down and click on Settings.

In this screen scroll down to Timezone, click open the down arrow and scroll up to Amerca and choose a major city near you.

Choose either a city in the same timezone as you or a UTC timezone offset.

Universal time (UTC) is 2019-04-26 20:08:56 .



Date Format

- ☒ April 26, 2019
- ☐ 2019-04-26
- ☐ 04/26/2019
- ☐ 26/04/2019
- ☐ Custom:

Preview: April 26, 2019

Time Format

- ☒ 8:08 pm
- ☐ 8:08 PM
- ☐ 20:08
- ☐ Custom:

Preview: 8:08 pm

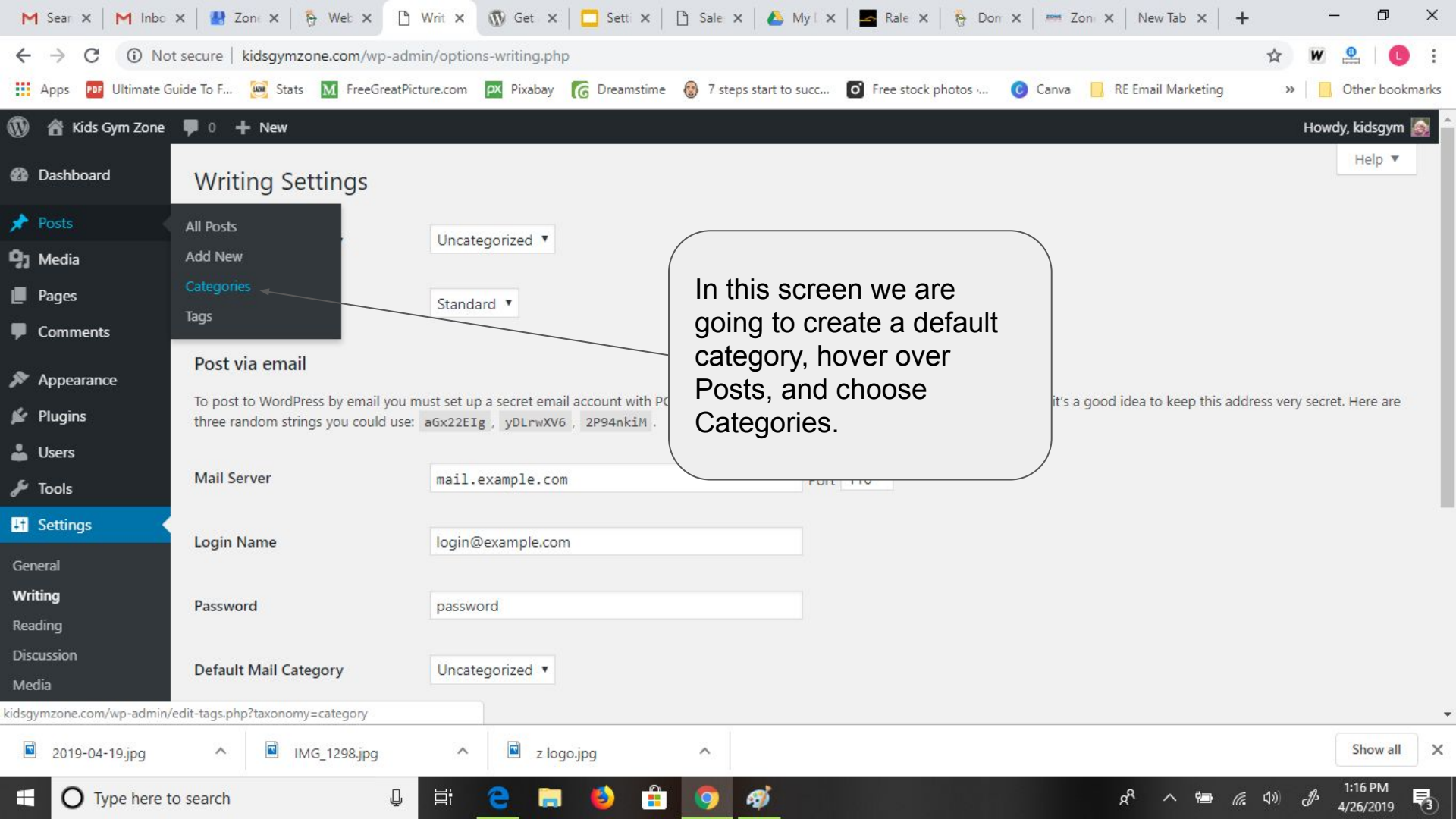
[Documentation on date and time formatting.](#)

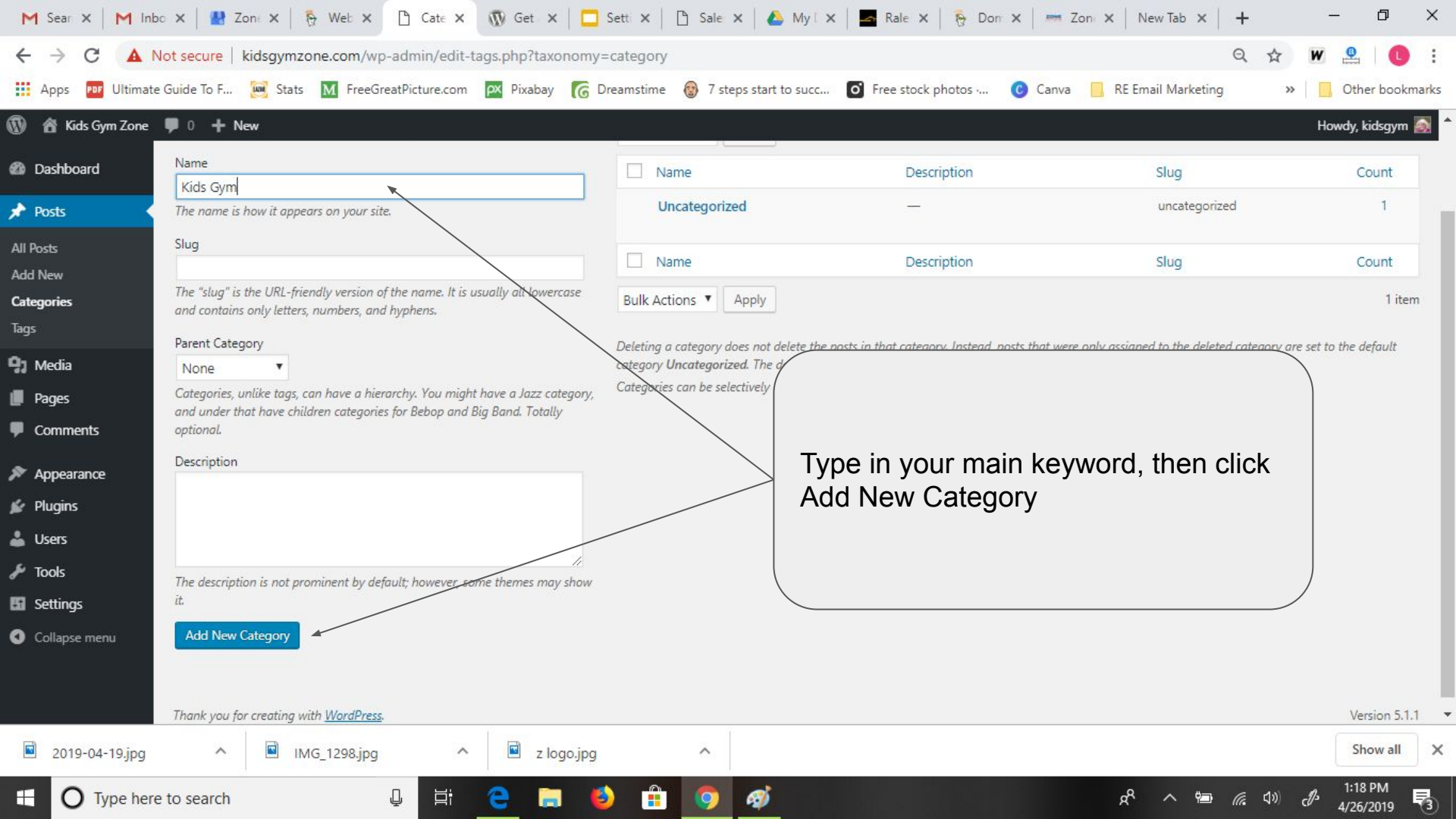
Week Starts On

Monday ▼

Save Changes

Scroll down and choose a Date Format, and Time Format, then click Save Changes





Name

Kids Gym

The name is how it appears on your site.

Slug

The "slug" is the URL-friendly version of the name. It is usually all lowercase and contains only letters, numbers, and hyphens.

Parent Category

None

Categories, unlike tags, can have a hierarchy. You might have a Jazz category, and under that have children categories for Bebop and Big Band. Totally optional.

Description

The description is not prominent by default; however, some themes may show it.

Add New Category

Thank you for creating with [WordPress](#).

☐ Name

Description

Slug

Count

Uncategorized

—

uncategorized

1

☐ Name

Description

Slug

Count

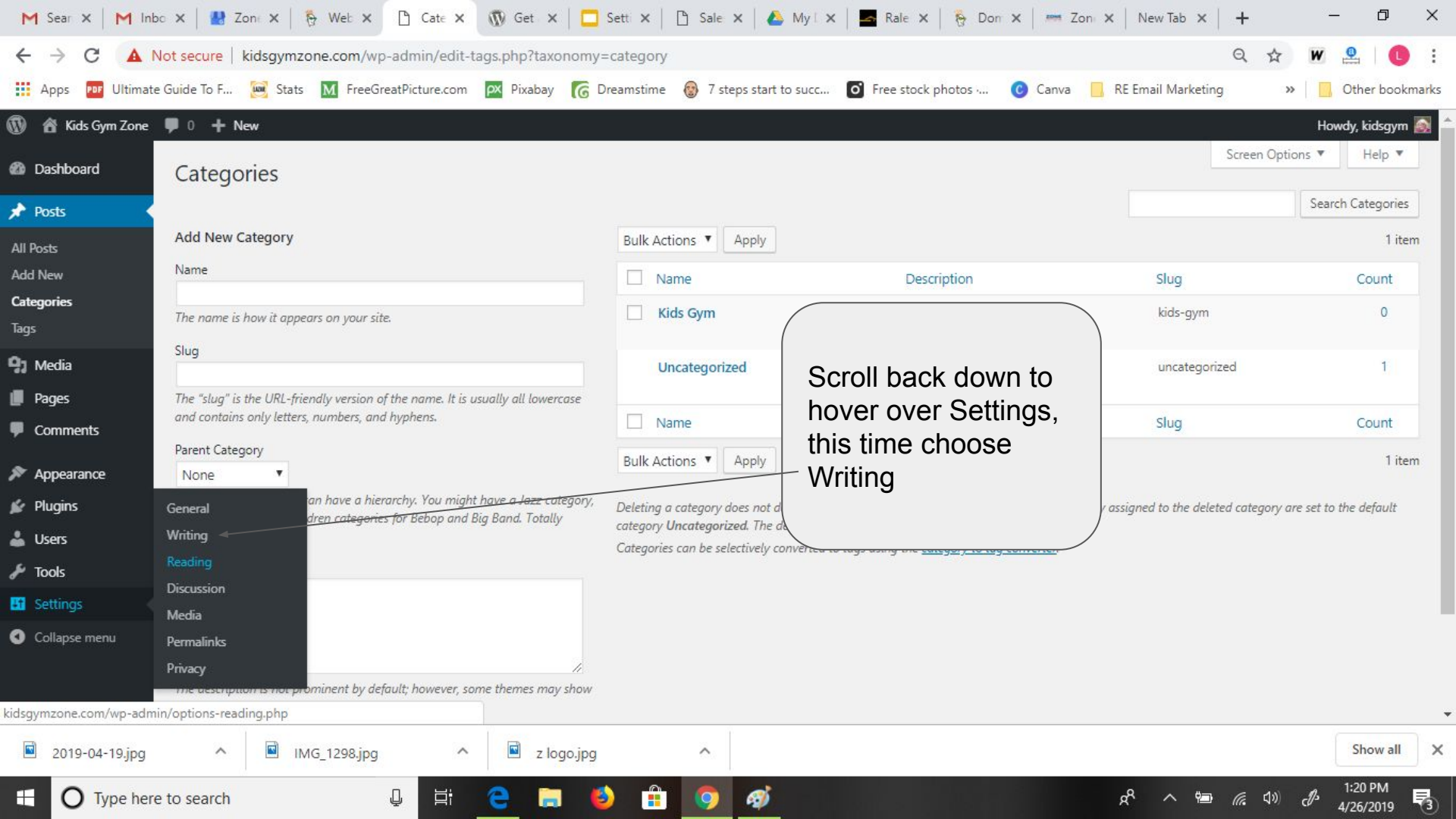
Bulk Actions

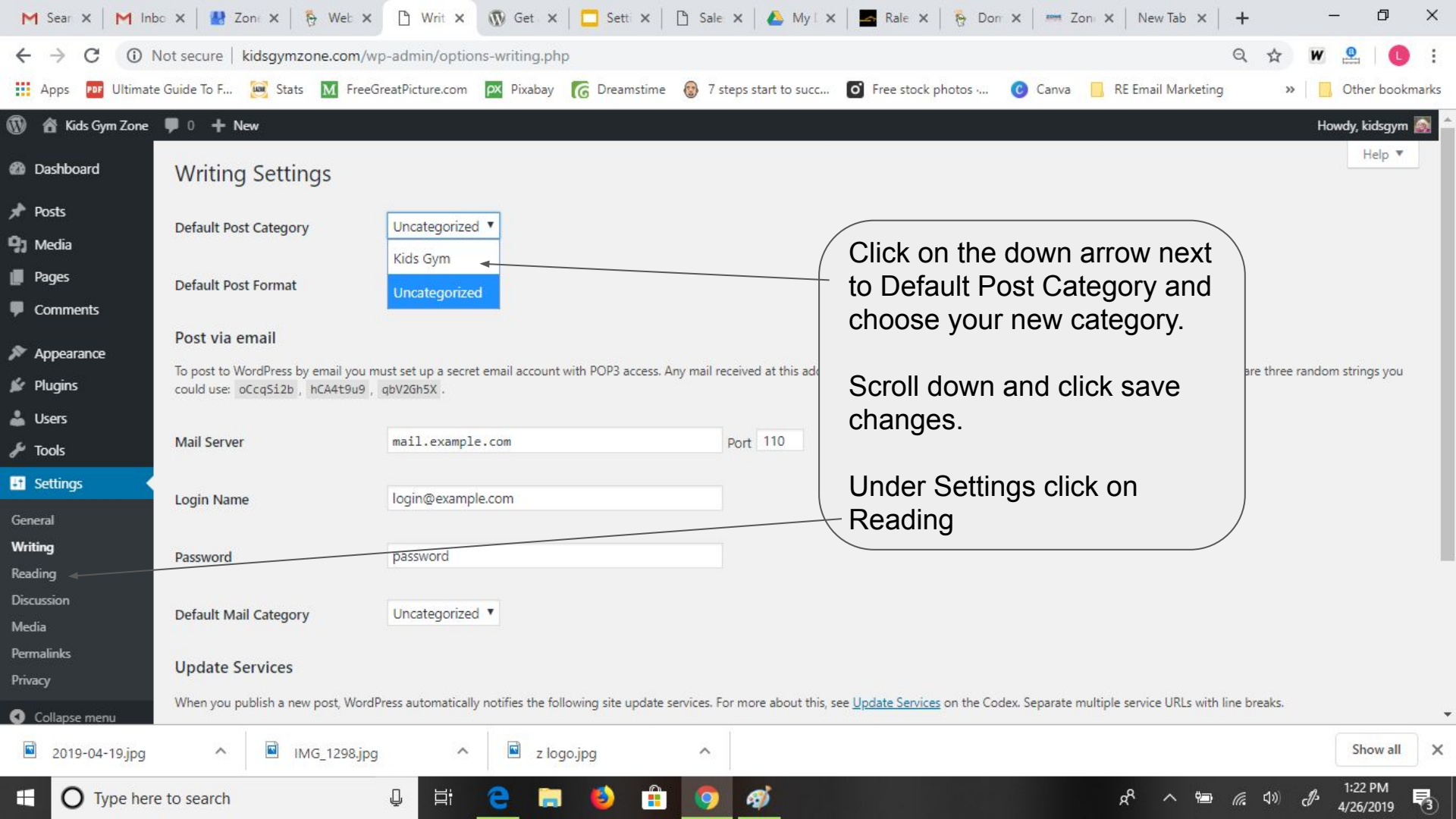
Apply

1 item

Deleting a category does not delete the posts in that category. Instead, posts that were only assigned to the deleted category are set to the default category **Uncategorized**. The default category can be selectively changed.

Type in your main keyword, then click Add New Category





Writing Settings

Default Post Category

Uncategorized ▼
Kids Gym
Uncategorized

Default Post Format

Post via email

To post to WordPress by email you must set up a secret email account with POP3 access. Any mail received at this address could use: oCcQ5i2b , hCA4t9u9 , qbV2Gh5X .

Mail Server

mail.example.com

Port 110

Login Name

login@example.com

Password

password

Default Mail Category

Uncategorized ▼

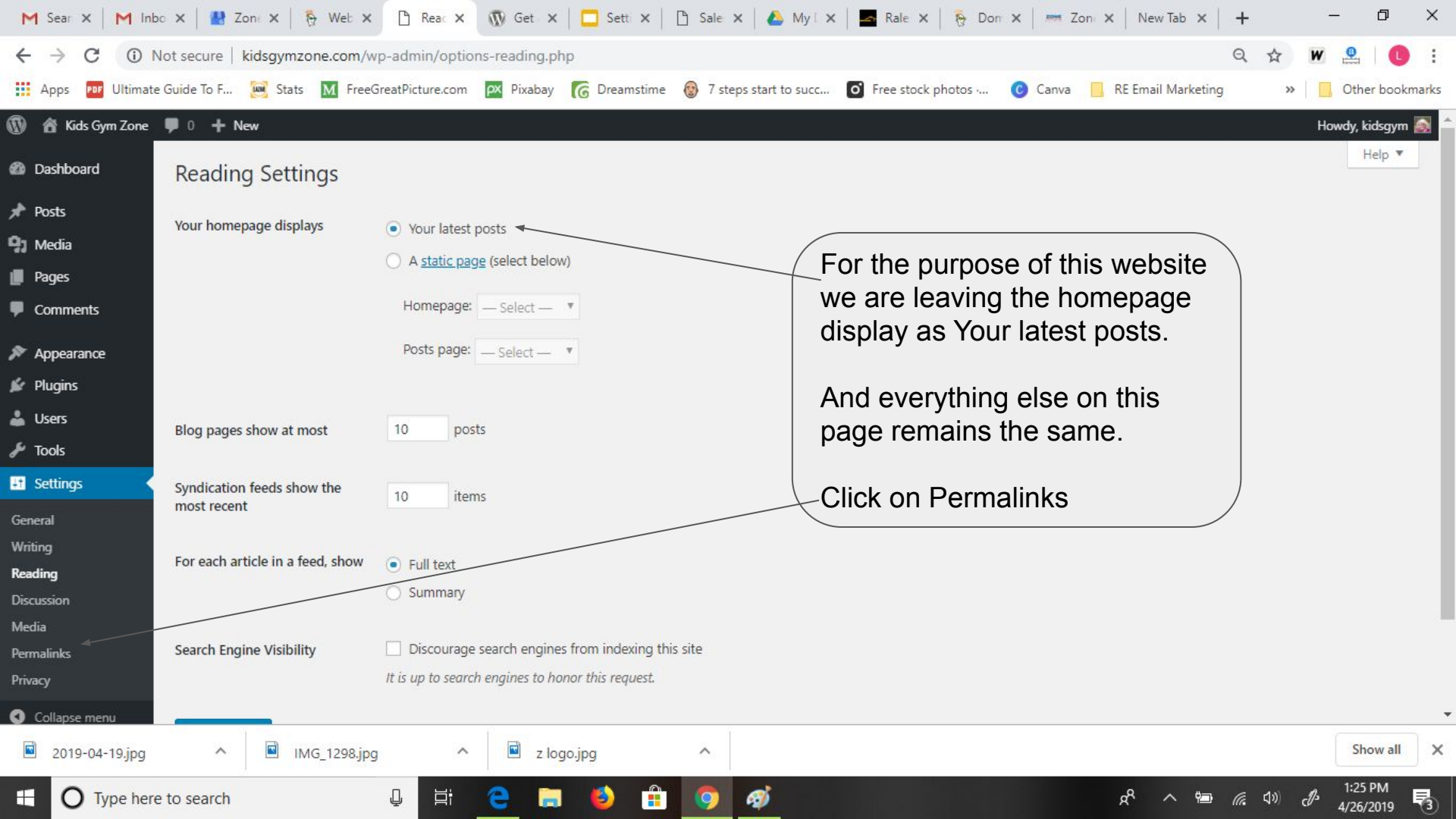
Update Services

When you publish a new post, WordPress automatically notifies the following site update services. For more about this, see [Update Services](#) on the Codex. Separate multiple service URLs with line breaks.

Click on the down arrow next to Default Post Category and choose your new category.

Scroll down and click save changes.

Under Settings click on Reading



Reading Settings

Your homepage displays

- ☒ Your latest posts
- ☐ A [static page](#) (select below)

Homepage:

Posts page:

Blog pages show at most posts

Syndication feeds show the most recent items

For each article in a feed, show

☒ Full text

☐ Summary

Search Engine Visibility

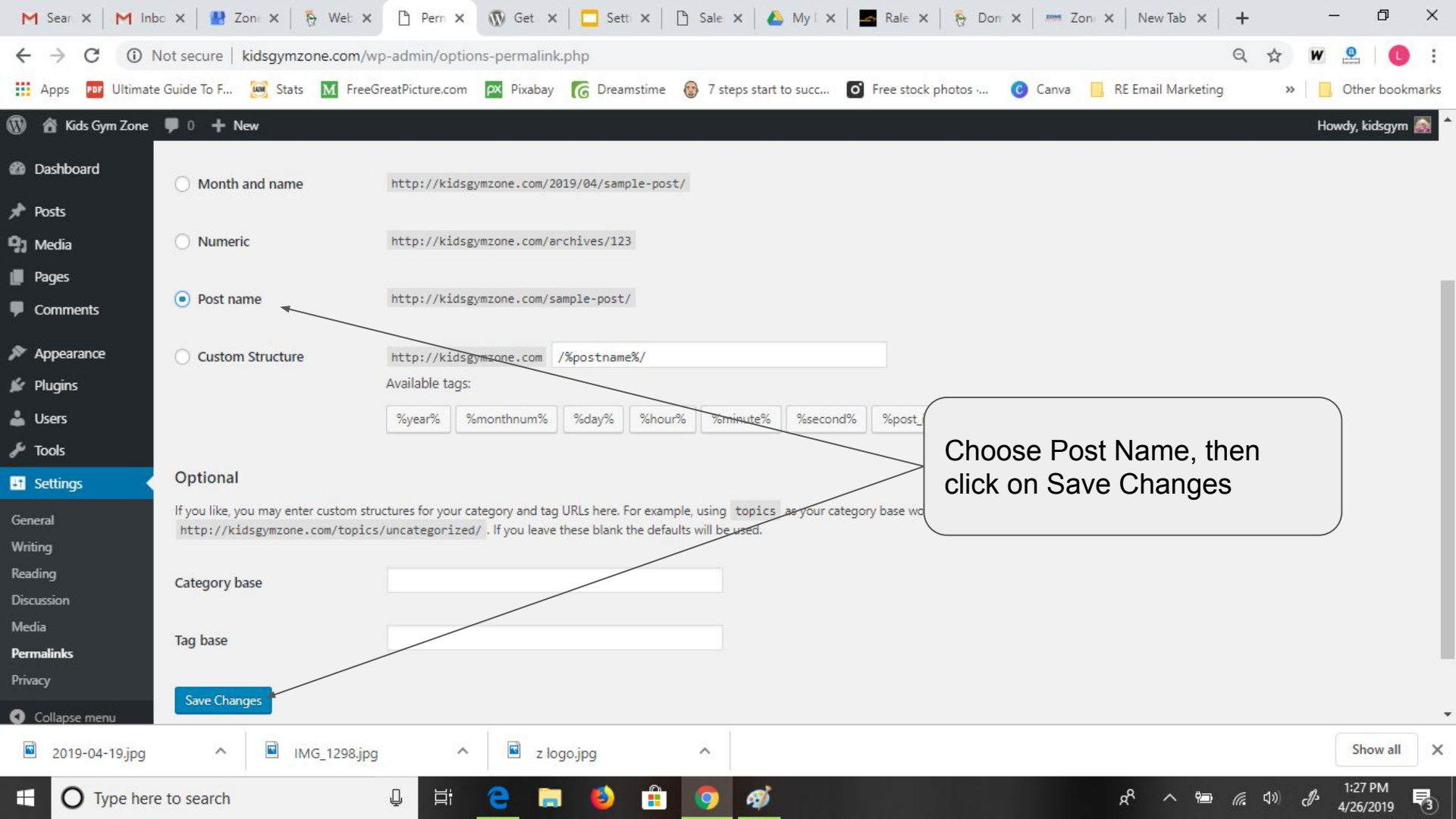
☐ Discourage search engines from indexing this site

It is up to search engines to honor this request.

For the purpose of this website we are leaving the homepage display as Your latest posts.

And everything else on this page remains the same.

Click on Permalinks



☐ Month and name `http://kidsgymzone.com/2019/04/sample-post/`

☐ Numeric `http://kidsgymzone.com/archives/123`

☒ Post name `http://kidsgymzone.com/sample-post/`

☐ Custom Structure `http://kidsgymzone.com /%postname%/`

Available tags:

`%year%` `%monthnum%` `%day%` `%hour%` `%minute%` `%second%` `%post_`

Optional

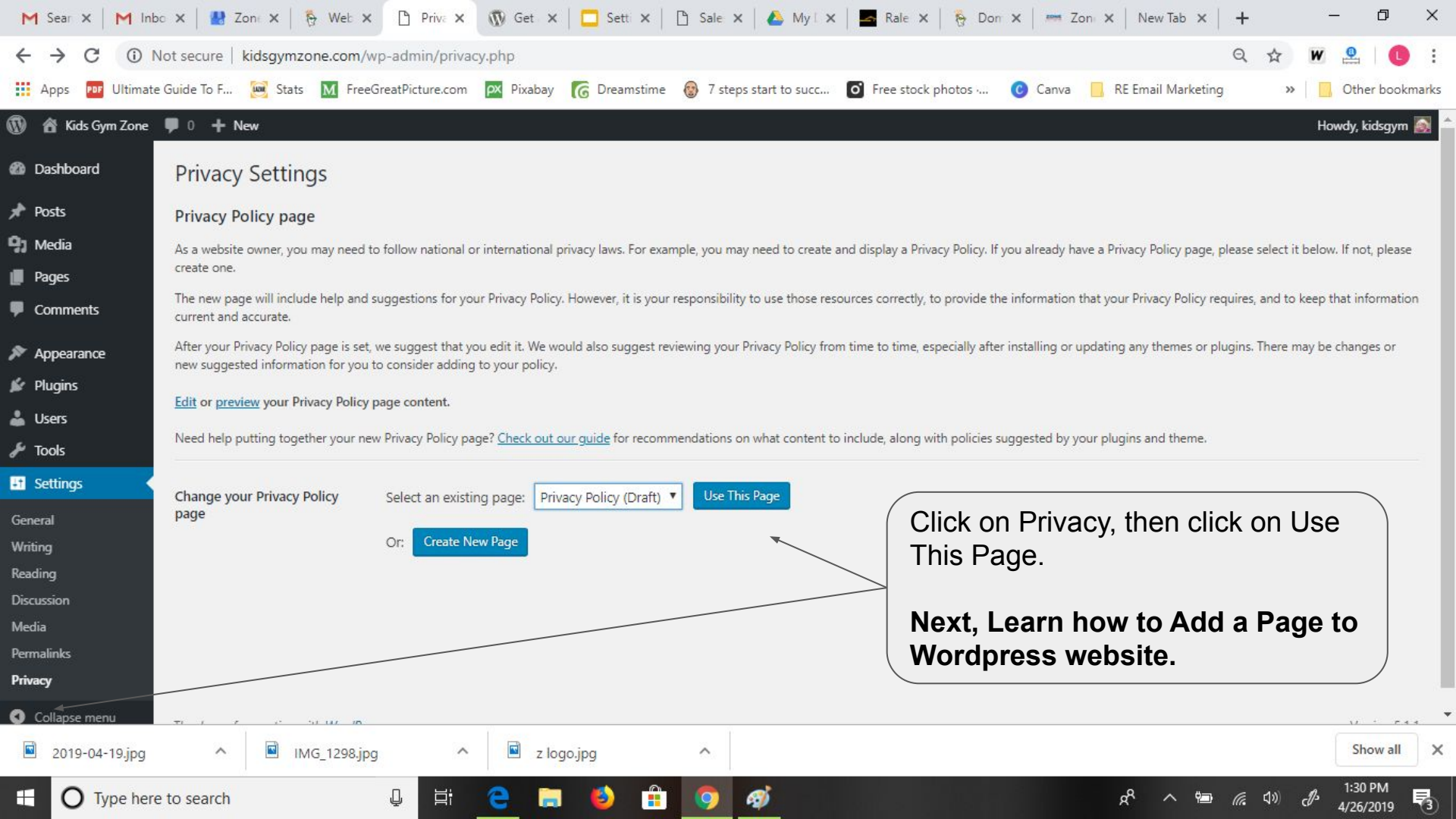
If you like, you may enter custom structures for your category and tag URLs here. For example, using `topics` as your category base would be `http://kidsgymzone.com/topics/uncategorized/`. If you leave these blank the defaults will be used.

Category base

Tag base

[Save Changes](#)

Choose Post Name, then
click on Save Changes



Privacy Settings

Privacy Policy page

As a website owner, you may need to follow national or international privacy laws. For example, you may need to create and display a Privacy Policy. If you already have a Privacy Policy page, please select it below. If not, please create one.

The new page will include help and suggestions for your Privacy Policy. However, it is your responsibility to use those resources correctly, to provide the information that your Privacy Policy requires, and to keep that information current and accurate.

After your Privacy Policy page is set, we suggest that you edit it. We would also suggest reviewing your Privacy Policy from time to time, especially after installing or updating any themes or plugins. There may be changes or new suggested information for you to consider adding to your policy.

[Edit](#) or [preview](#) your Privacy Policy page content.

Need help putting together your new Privacy Policy page? [Check out our guide](#) for recommendations on what content to include, along with policies suggested by your plugins and theme.

Change your Privacy Policy page

Select an existing page: Privacy Policy (Draft) Use This Page

Or: Create New Page

Click on Privacy, then click on Use This Page.

Next, Learn how to Add a Page to Wordpress website.