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Hosting Basics

Laura Gibson - 2026-07-18 - [Getting Started](#)

Hosting is like renting space on the internet where your website lives. Just like your gym needs a physical space, your website needs a digital one. That's what hosting provides.

At Kilo, all of our websites are hosted on **Cloudways**, a high-performance hosting platform known for speed, reliability, and security.

The best part? **You don't need to do anything.**

We fully manage the hosting for you. This means:

- Your website is stored on secure, fast servers.
- We handle server updates, backups, and monitoring.
- If anything goes wrong, we're here to fix it.

So you can focus on running your gym, and we'll take care of the tech.

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