

Healthy Living

WEBSITES

As New Year's resolutions are decided upon, now is the time when most people will begin making their plans for dropping the excess weight they may have gained during the holiday season. Whether you are in this group or not, visit the following websites to make sure you are preparing for the future by living a healthy lifestyle today.

www.AmericanHeart.org

Visit the American Heart Association website to learn about taking the right steps to prevent heart disease. In 2004, cardiovascular diseases were the leading cause of death among women and men. The AHA website offers a variety of information on living a healthy lifestyle by offering advice on diet and nutrition, exercise and fitness, lowering your cholesterol and much more. Visiting the American Heart Association website can be a lifesaving measure. Use this website to find out if you are at risk for heart disease or a stroke and take the necessary precautions to ensure you are living a healthy lifestyle.

www.Health.Discovery.com

Accept the challenge! Last year the Discovery Health Channel hosted a National Body Challenge. During the 2004 event, people from across the country collectively lost over 200,000 pounds. Because of the success of the National Body Challenge in 2004, the Discovery Health Channel is sponsoring this event again beginning on January 15, 2005. This challenge is a free, eight-week program to encourage people from across the country to lose weight, while giving them the necessary tools and advice for living a healthy lifestyle. Registration begins on December 28, 2004 and continues until January 20, 2005. Learn more about the National Body Challenge at www.health.discovery.com, and challenge yourself to live a healthier lifestyle.

www.FamilyDoctor.org

This website offers a wide variety of information about living a healthy lifestyle mentally and physically. The FamilyDoctor.org has helpful suggestions about food choices and also gives instructions on how to create and maintain a food diary. It offers advice on how to cope with stress and ways to start an exercise routine. It even has a section on staying healthy specifically designed for teenagers. This website is sure to answer all your questions about healthy living, eating well and beginning an exercise program.

www.Prevention.com

Much like the others featured in this article, this website offers tips and suggestions for living a healthy lifestyle. Prevention.com gives ideas for snacking healthy during a busy day, 8 steps to great sleep, ways to beat stress and much more. In addition, this website also offers a great deal of information on diabetes, heart disease, and special sections on both men's and women's health.



WEBSITE REVIEW