



## 7 Best Websites To Visit:

### 1 | [www.menshealth.com](http://www.menshealth.com)

Men's guide to Fitness, Health, Weight Loss, Nutrition, Sex, Style and Guy Wisdom.

### 2 | [www.womenshealthmag.com](http://www.womenshealthmag.com)

Women's Health is for the woman who wants to reach a healthy, attractive weight but doesn't equate that with having thighs the size of toothpicks. We know that exercising and eating well will make you happier and stronger (even if after-work runs can really suck). That looking and feeling good have very little to do with cosmetics and high heels (though they can help you feel glamorous on a Saturday night). And that life can be stressful since there's never enough time, but balance is achievable (with a little help).

### 3 | [www.athletes.com](http://www.athletes.com)

Create your own profile and gallery, link up with your team mates, read and contribute to the forums, and get advice from athletes like you (only just a little bit better than you).

### 4 | [www.webmd.com](http://www.webmd.com)

The WebMD content staff blends award-winning expertise in medicine, journalism, health communication and content creation to bring you the best health information.

### 5 | [www.weightwatchers.com](http://www.weightwatchers.com)

Their customers care about keeping weight off for the long haul. And this requires more than just a focus on food. The "Four Pillars" of the Weight Watchers approach promote healthy habits, a supportive environment, and exercise, in addition to making smarter food choices. And what you learn will stay with you for a lifetime.

### 6 | [www.ediets.com](http://www.ediets.com)

In addition to its online plans, eDiets.com also offers eDiets® DeliciouslyYours, a meal delivery service that ships freshly-prepared, nutritionally-balanced meals, snacks & desserts directly to the doors of those seeking a convenient way to eat well and lose weight.

### 7 | [www.nutrisystem.com](http://www.nutrisystem.com)

Live counseling, both online and via telephone, replaced traditional customer visits to brick-and-mortar centers, and created a new and extremely private way for people to deal with oftentimes difficult weight loss issues. Additionally, by way of online ordering, NutriSystem could now deliver its quality food and meal programs directly to consumer doorsteps, providing them with a convenient and streamlined way to learn better eating habits and lose weight.