

newsworthy trends

Reaching Your Personal Goals In 2006

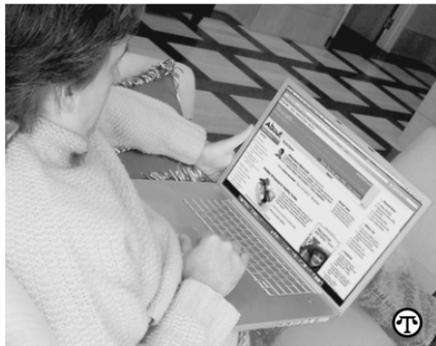
(NAPSA)—If you've vowed to exercise more frequently, you may want to start by sitting down—at your computer. More than ever before, the Internet has become a sort of support system for those eager to adopt healthy, financially sound, and socially satisfying habits in 2006.

Nearly half of all Americans began the year with a personal goal, according to a just-released survey by the top 10 Web site About.com. And millions of them are using everything from blogs to RSS feeds to special-interest sites to find what's often a hefty amount of practical information and advice.

"Hefty" being an apt description, since losing weight appears to be most people's top goal.

"In fact," notes Shereen Jegtvig, About.com's Guide to Nutrition, "looking back, nearly 44 percent of those surveyed wish they had lost weight in 2005, and cite 'weight loss' and 'health and fitness' as the areas they're most interested in."

Both those subjects figure prominently among the free articles About.com offers on a whopping 57,000 topics ranging from nutrition to finance to quitting smoking. Its experts (called "Guides"), such as Jennifer R. Scott, who writes a weight-loss



The Web now offers support for people trying to meet their goals.

column and has herself used the Web to help slim down considerably and plans to continue to utilize it to lose another 25 pounds, describe themselves as "passionate people with practical advice and solutions for almost any question."

And with lack of willpower routinely cited as a big concern among goal-setters, visitors might want to sign up for free e-mails that include the latest news and encouraging anecdotes. Also potentially helpful: free Web courses on a variety of topics, including "Eight Weeks to a Healthier Body," "Shaping Up Your Credit Report," and "Quit Smoking 101."

For more information, visit www.about.com.