

Healthy Living

The Internet: Key Resource For Healthful Advice

(NAPSA)—Staying fit and eating well are challenges for many people, and often, the toughest battle is getting started. Luckily, there are a number of credible resources on the Internet that provide advice on beginning an exercise program and adjusting to a healthier diet, as well as improving overall wellness.

For example, Internet users can visit a leading online directory—SuperPages.com—to find a collection of valuable resources about living a healthy lifestyle. Begin by going to www.superpages.com and clicking on the Health and Fitness section, found under the SuperTopics heading.

Fitness

In addition to overall fitness tips for a healthy body, the site provides specific advice for different age ranges, from youth to senior citizens. There are detailed fitness plans for all ability levels, as well as information about fitness issues that affect women and men differently. For example, weight-bearing exercises, such as walking, running and weight training, can help maintain healthy bone density to prevent osteoporosis, which is particularly important for women of any age.

Diet

Did you know that foods with protein, such as beans and eggs, fill you up faster and for a longer period than those with carbohydrates or fat? Find more dietary hints and calculate your caloric intake, body fat percentage and body weight with a variety of online tools. Also, view sample menu plans for a healthy diet and



When planning a healthier lifestyle, there are many credible resources on the Internet.

take quizzes about eating right.

Overall Wellness

Users can learn how the combination of proper nutrition, exercise and positive thinking can help them achieve overall wellness. The Internet is also a good source for information about alternative medicine options and the importance of good dental care.

In addition to finding health and fitness resources, visitors can also use the SuperPages.com yellow pages feature to search for health-related services available in their local areas, such as health clubs and gyms, nutritionists and health food stores.

SuperPages.com, which also powers directory services on sites including Excite, Lycos, AltaVista, Ask Jeeves, HotBot, BigFoot, Tripod, Angelfire, InfoSpace and MSN, is produced and marketed by Verizon Information Services.

To learn more, visit the Web site at www.superpages.com.