

Websites to lose weight and get fit

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HERE is something for all those people who made a New Year's resolution to lose weight or get fit and are finding it hard to keep the momentum going.

We've found a couple of websites about health and fitness that might provide the snippet of information that will restore the motivation to continue on the path to a better you.

Healthcastle (www.healthcastle.com) is a Canadian website that boasts 350,000 monthly readers and claims to be "the most comprehensive nutrition community run by registered dietitians on the internet".

"The HealthCastle community places a main focus on preventative health," the page explained.

"Popular topics include diet tips to lower cholesterol, common diet myths, popular convenience food reviews and issues related to women's health.

"We do not preach the ABCs of nutrition, because it's boring. Instead we debunk diet myths and make sense of breaking nutrition news so that readers will learn the essence of healthy eating.

"HealthCastle is accredited by the Health on Net (HON) Foundation, an international organisation in special consultative status with the Economic and Social Council of the United Nations.

"We follow the HON code of conduct and pledge to provide quality and trustworthy health information."

The BBC also has a page that's dedicated to healthy living (www.bbc.co.uk/health/healthy_living/) which covers topics from nutrition and fitness to travel health and complementary medicine.

Those people who have already committed to a weight-loss program, but are looking for an online source that will help monitor their progress, could check out My Fitness Pal (www.myfitnesspal.com).

Advertisement for ANZ First Visa credit cards. Text: "For new customers on these credit cards", "Apply now", "Response in 60 seconds". Includes ANZ and VISA logos.

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