

# STAYING FIT AND HEALTHY

## New Technologies Can Help You Keep That Resolution

(NAPSA)—It's not only dieting that can be a weighty matter, it's also keeping that New Year's resolution to get in shape and lose weight. Today there are numerous technologies on the Web to help with just that. Here are a few free tips offered by the diet and fitness experts at Diet.com.

1. **Exercise videos:** Learn easy moves to keep your workouts fun and exciting by watching free fitness videos online.

2. **Podcasts:** Download an inspirational podcast with tips and tricks to listen to on the road. You can find tips for eating healthy, exercising, looking your best and more.

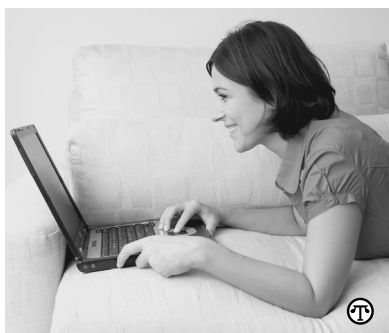
3. **Video Weight Loss Challenge:** Join a group of motivated individuals on YouTube who will make sure you are sticking to your plan. You'll get lots of support from other like-minded dieters and may even win a cash reward. To join, visit <http://www.diet.com/go/weightlosschallenge>.

4. **Blogs:** Write a blog to share your journey with others. Get support and inspiration from others who are looking to lose weight, too.

5. **Message boards:** Connect with medical professionals, dietitians and personal trainers through an online network of experts.

6. **Quizzes:** Learn what type of dieter you are and the best ways to be successful with a diet, even if you are a couch potato.

Getting plenty of support along the way is also important when it comes to keeping your resolution.



**A variety of new computer-based tools and technologies is now available to help you keep that resolution to get in shape and lose weight.**

On Diet.com you can:

A) Send a private message to a team of experts, including Dr. Robert Kushner and other registered dietitians and certified personal trainers, if you need answers to specific health or fitness questions.

B) Find a diet buddy in your area to work out with and keep yourself motivated.

C) Join an online group to make new friends and share new ideas and tips for keeping your resolution.

The trick to keeping your New Year's resolution is to make a specific plan. Rather than just saying that you want to lose weight, make specific goals and set dates to reach them by. Remember, make reaching your goals easier by using all the new online tools available.

To learn more about diet and fitness solutions, visit [www.diet.com](http://www.diet.com).