

## January Health Observance:

It's the time of the year when we think about New Year's Resolutions and trimming down our bodies. What diet works? What work out is best for me?

There's a lot of stuff out there & it's easy to confuse what to watch and listen to. It's a good thing to get educated on healthy habits and easy ones that you can commit to every day! Review the web sites listed below for some great, healthy lifestyle ideas.

<http://www.healthyweight.net/>

<http://www.webmd.com/diet/tc/healthy-weight-what-is-a-healthy-weight>

<http://www.healthyweight.net/hww.htm>

<http://besthealthyweight.com/>

[http://www.helpguide.org/life/healthy\\_weight\\_loss.htm](http://www.helpguide.org/life/healthy_weight_loss.htm)

Find your BMI:

<http://www.nhlbisupport.com/bmi/>