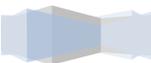




Health and Wellness Blogs

Whatever your New Year's resolutions or personal goals are, health and wellness blogs are a great way to kick-start your journey to achieving them. The internet is easy access to a plethora of testimonials written by people like you, trying to better their lives and providing others the information and motivation to do so as well. Here are a few to check out!

1. **Mr. Healthy:** A guide to complete health that covers topics from nutrition to exercise and everything in between. Information and tips on every aspect of health including spiritual, emotional and mental well-being make this blog an excellent resource to start the New Year with. www.mrhealthy.com
2. **Zen Habits:** Offering simple ways to be productive and to take control of your life by simplifying and making life easier, Leo writes on productivity, organization, living frugally and engraining good habits to live a well life. www.zenhabits.net
3. **A Better Bag of Groceries:** Rating foods on a scale from 1 to 100 based on nutritional value, this blog makes shopping for healthy foods a breeze! Melissa, creator of the blog shares her experiences in nutrition as she will inspire you to come home with a better bag of groceries yourself. www.abetterbagofgroceries.com
4. **The New York Times Health Blog:** Considered to be the largest overall health blog in terms of accurate information, number of people following and influence on people. Enough said! www.well.blogs.nytimes.com
5. **Greenwala:** If you have wanted to make your mark in the Green Era, then this blog is for you. It is all about green living and bringing positive changes in health and so much more. www.greenwala.com
6. **The Great Fitness Experiment:** Charlotte Hilton does all of your dirty work by giving advice and exercise commandments in the fitness world a try to see what works and what is a waste of time. Not only that, she shares insight on living healthy and adds some comic relief to the dreadful word "exercise". www.thegreatfitnessexperiment.com



7. **Weight Ladder:** A blog specifically addressing people who want to lose weight. New posts almost daily with top quality information to help shed the pounds off. www.weightladder.com
8. **Zen to Fitness:** Taking a “Zen” like approach, Chris covers a range of topics in wellness including nutrition, exercise and most importantly in the world of Zen. He helps to decrease and maybe even eliminate stress from your busy life. www.zentofitness.com

For more information about health and wellness blogs, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or Sharon.Rateike@forthc.com.

