

news & trends

- To Save Time, Slow Down
- Liposuction Won't Help Your Heart
- No Fast Food, No Car Sickness



prevention poll

Christmas is two months away, but the stores are already selling holiday merchandise. You feel:

- ☐ Joyful! 'Tis the season for lights and music.
- ☐ What? I haven't even gotten through Thanksgiving yet!
- ☐ Yikes! Time to start my holiday shopping.
- ☐ Bah humbug. Let's get the holidays over with.
- ☐ Blue. It's no fun feeling sad while others are making merry.

prevention newsletters

- Spotlight on Prevention
- Walk Off Weight
- Eat Up, Slim Down: Recipes and Cooking Tips



NEWS THAT CAN SAVE YOUR LIFE

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Health

- Allergies
- Alternative
- Arthritis
- Cancer
- Diabetes
- Heart Disease
- Women's Health
- More

Fitness

- Cardio
- Equipment
- Fitness Programs
- Getting Started
- Targeted Exercises
- Walking
- More

Food & Nutrition

- Cooking
- Food Safety
- Food for Health
- Nutrition
- Popular Diets
- Recipes
- Vitamins
- More

Weight Loss

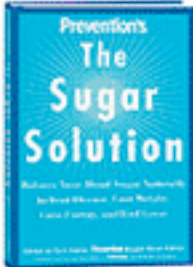
- Diet Challenges
- Diet Strategies
- Emotional Eating
- Popular Diets
- South Beach Diet
- More

Beauty

- Beauty Products
- Dental Care
- Hair Care
- Looking Younger
- Makeup Tips
- Skin Care
- More

Home & Family

- Healthy Home
- Healthy Kids
- Parenting
- Pets
- Relationships
- More



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