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Wellness Plan!**
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Tip of the Day

During a flat or incline dumbbell press, never let the weight travel outside of your elbows at 90* degrees.

Fitscape's Specialists

Ask Ari...



**Exercise
Specialist**

Ask Deborah...



**Registered
Dietitian**

Online Events

"Henna Allergy"

Learn why you may want to re-think using Henna for body design on HealthSource.

- [More events...](#)

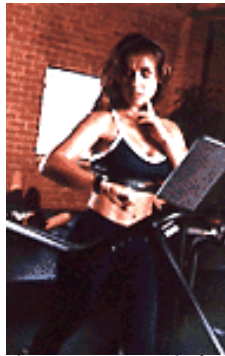
Reviews

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Questions & Answers



How many calories do I need to burn or lose weight?..

- 11/09/2000

To lose weight, the body needs to create a caloric deficit...

I want to have a flat stomach. What do you recommend?..

- 11/04/2000

A balanced diet (number of calories consumed is equal or less than those ingested), cardiovascular activity 3-5 days per week for 30-60 minutes, and abdominal and lower back exercises...

Nutrition



High Fat / Low Carb Diet & Meal Planning

It seems like lately many people are into the high fat (meat, eggs, cheese) low or no fat carbohydrate diet. I was just wondering what your opinion of this diet is? It doesn't seem healthy to me...

- [Full Article](#)



Vitamin and Supplement Shop

[Click here to find the right tools to help you achieve your fitness goals!](#)

Exercise

Make Your Holiday Travel Healthy

by Karen Asp

Usually, you love traveling. But this holiday season, you're not in the mood to stand in long lines at the airport or fight fatigue behind the wheel. You get stressed and tired enough as it is...

- [Full Article](#)



News

- [FEATURE: AIDS Drug Advances Leave Poor Behind.](#)
- [FDA's 30 SPF Sunscreen Limit Might Block Innovation](#)
- [Brain Differences in Schizophrenia Measured](#)
- [Swings in Eye Pressure Up Blindness Risk in Glaucoma](#)
- [Treating Depression Helps Stroke Patients](#)
- [More news...](#)

This Month's Target Area

Arms

Wellness Tools

Health Poll

Does your employer provide (check all that apply):

☐ Fitness center

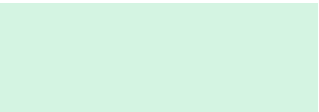
☐ Health seminars

☐ Smoking
cessation
programs

☐ Free cholesterol
screenings

☐ Ergonomic
environment

Past Polls



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