

## WEBSITES

### Health and Nutrition

MSN health and fitness- [http:// health.msn.com](http://health.msn.com)

-always a lot of varying health info

Oprah.com

-ton of health info from variable sources; good resources for spiritual health

Hungrygirl.com

-sign up for the daily email. Fun website w/ recipes, tips, etc.

Nutrition Data- <http://www.nutritiondata.com/index.html>

-look up any food for complete nutritional info. Will also give suggestions on healthier substitutes, and has an area w/ fast food nutritional info.

New government pyramid and recommendations- [www.mypyramid.gov](http://www.mypyramid.gov)

National Weight Control Registry- <http://www.nwcr.ws/>

-The National Weight Control Registry (NWCR), established in 1994 by Rena Wing, Ph.D. from Brown Medical School, and James O. Hill, Ph.D. from the University of Colorado, is the largest prospective investigation of long-term successful weight loss maintenance. Given the prevailing belief that few individuals succeed at long-term weight loss, the NWCR was developed to identify and investigate the characteristics of individuals who have succeeded at long-term weight loss. The NWCR is tracking over 5,000 individuals who have lost significant amounts of weight and kept it off for long periods of time. Detailed questionnaires and annual follow-up surveys are used to examine the behavioral and psychological characteristics of weight maintainers, as well as the strategies they use to maintaining their weight losses. Research findings from the National Weight Control Registry have been featured in many national newspapers, magazines, and television broadcasts, including USA Today, Oprah magazine, The Washington Post, and Good Morning America.

K-State Rec Center Fitness Links- <http://recservices.k-state.edu/fitnessservices/FitnessLinks.htm>

-Awesome comprehensive list of all sorts of health related websites including fitness and exercise, nutrition, magazines, medical health, drug and alcohol information, and running

Kansas Health Foundation “Change Something” Campaign- [www.changesomething.org](http://www.changesomething.org)

-will need to download Flash

Body Positive- [bodypositive.com](http://bodypositive.com)

-learn to care for and accept your unique body

[allrecipes.com](http://allrecipes.com)

-not exactly a 'health' website, but they do have recipes that have short prep and cook times (which are provided along w/ the nutritional info.)

Kashi.com

### Local

Manhattan Directory of Organizations-

<http://www.themercury.com/view/article.asp?id=425-2005-02-26-80110-52>

-if this link does not work for you, go to the home page of the Manhattan Mercury, then go to the City Guide page and scroll all the way down to the bottom to Directory of Organizations. If you haven't already, you will probably need to set up an account with them (it's free)

-huge list of organizations including support groups, athletic organizations (running, dancing, hiking), education, political, and special interest groups to name a few.

Manhattan Mercury 'Community'- <http://www.themercury.com/Community/>

-Events going on right here in Manhattan, as well as columns (sometimes including health/ wellness interests).

K-state athletics (including link to Rec Center)- <http://www.k-state.edu/athletics/>

K-state Health and Safety website (including links to Lafene, nutrition office, womens' center, non-emergency care, travel clinic, etc.)- <http://www.k-state.edu/healthsafety/>

Maximum Performance Running Club (Contact Carrie Snyder @ [carriet@ksu.edu](mailto:carriet@ksu.edu) or 785-317-2267)

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K-State Fitness Services- <http://recservices.k-state.edu/fitnessservices/>

-Nutrition, personal training, and education services

K-State SNAC program- <http://www.k-state.edu/lafene/SNAC/>

-S.N.A.C. (Sensible Nutrition And body image Choices)

SNAC is a student peer education group focused on educating the University community about healthy eating strategies and body image.

A source of finding cool, different local goings-on are the billboards at coffee shops like Bluestem Bistro or Radina's in Aggieville. They will have info on local bands, exercise classes, and all sorts of opportunities.