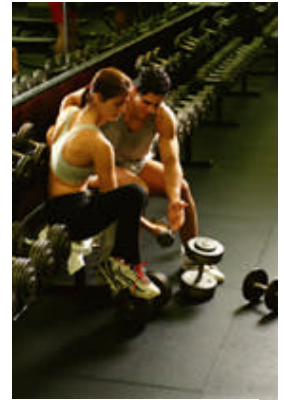




Getting into Shape

- Home Page
- Getting Married
- Having a Baby
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- Raising a Teenager
- Getting a Pet
- Buying a House
- Decorating Your House
- Starting a Garden
- Remodeling Your House
- Buying a Car
- Going to College
- Looking for a Job
- Starting a Home Business
- Creating a Web Site
- Going on a Trip
- Getting into Shape**
- Going Camping
- Going on a Date
- Hosting a Party

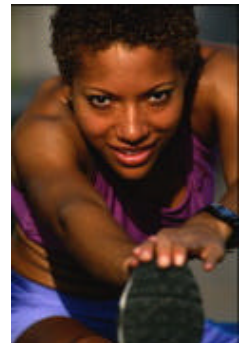
Getting into shape can be a difficult challenge, especially since there is so much varied, and often conflicting, information on the subject. What may be considered the latest and best diet or exercise program today may be considered just a fad tomorrow. That's why it's important to arm yourself with as much information as possible. We suggest you start by getting a couple good **books on exercise and nutrition**. Go to Barnes&Noble.com, type in keyword *fitness*, and you'll find such titles as **Body For Life**, **Eight Weeks to Optimum Health**, and **Live Right 4 Your Type**.



And just to make sure you stay on top of the latest news in exercise and nutrition, you can subscribe to one of the many magazines on the subject. At eNews, Category *Health & Fitness*, they have a variety of periodicals to choose from, including **Self**, **Muscle & Fitness**, and **Men's Journal**. You're sure to find the right magazine suited to your fitness goals and lifestyle.



Before you embark on your journey to becoming more fit, if you're truly serious, you must **quit smoking**. There's a great site called QuitSmoking.com that offers all the products, information, and resources to help you quit. They have **audio and video tapes**, **nicotine gum**, **smokeless cigarette substitutes**, **Quit Smoking Diaries**, and much more.



Now you're ready to begin getting into shape. We recommend starting at FitnessHeaven.com, where you'll find hundreds of useful articles on **health, fitness, wellness, diet, and athletics**.



Plus, they have excellent features like a **Gym Locator**, a **Medical Encyclopedia**, **Nutritional Analysis**, **Online Diets**, and a **Virtual Trainer**.

If your goal is to **drop a few pounds**, you should take a look at [DietPower](#). It's a **nutrition software** designed to **balance your diet** and **help you lose weight** by learning your body and eating habits. You tell the program how much you want to lose and when, and it designs a daily calorie budget for you.

And to make sure you're getting all the appropriate nutrients you need, [VitaCost.com](#) offers **vitamins, minerals, herbs, and nutritional supplements** at the **published wholesale cost**.

Finally, once you're on track to becoming more fit, you'll have to make sure you **stay active** in order to maintain your new shape. The best way to stay active is to **play sports**, and the best place to get the gear you need is [Fogdog Sports](#). They have everything from **skis to surfboards, basketballs to tennis balls, and baseball bats to golf clubs**.

Perhaps your goal is to pack on some muscle. If that's the case, check out [MuscleMaster.com](#), where you'll find all the **muscle-building supplements, training tips, and nutritional information** you need to get your body in top shape.

Congratulations, you should now be well on your way to becoming **healthier, more fit, and in better shape**.
What Next?
Why not try our [Going on a Date](#) decision tree so you can show off your new physique. Or hit the great outdoors with our [Going Camping](#) decision tree.



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