

# Internet Resources

## **General Wellness**

National Institutes of Health  
<http://www.nih.gov>

WebMD  
<http://www.webmd.com>

iVillage  
<http://www.ivillagehealth.com>

## **Weight Loss/Weight Management**

American Dietetic Association  
<http://www.eatright.org/public>

A Program of Recovery from Weight Related Problems  
<http://www.coping.org/balanced/strategies/content.htm>

Cooking Light  
<http://www.cookinglight.com/cooking>

Weight Watchers  
<http://www.weightwatchers.com>

## **Smoking Cessation**

National Center for Chronic Disease Prevention and Health Promotion  
Tobacco Information and Prevention Sources  
<http://www.cdc.gov/tobacco>

## **Stress Management/Time Management**

About Stress  
<http://stress.about.com>

Mind Tools

<http://www.mindtools.com>