



USEFUL HEALTH AND WELLNESS WEB SITES

KETTERING MEDICAL CENTER CORPORATE WELLNESS – www.khnetwork.org/corporate_wellness/

- Printable Wellness Literature
- Health Challenges
- Monthly Electronic Newsletter
- 2009 Health Observances
- Useful Website Links
- Interactive Online Wellness Center
- Detailed descriptions of services

KETTERING HEALTH NETWORK www.khnetwork.org

- Health Services and Health Information

FITNESS AND EXERCISE

- Healthier Us – Government Site – www.healthierus.gov
- American Heart Association – Women and Exercise – www.choosetomove.org
- American Heart Association (walking program and tracker) – www.justmove.org
- Dayton Outdoor Recreation Retailers Association – www.go4theoutdoors.com
- President's Council on Physical Fitness – www.fitness.gov
- Ohio Bicycle Federation – www.ohiobike.org

NUTRITION

- US Department of Agriculture – www.mypyramid.gov
- Government Nutrition Site – www.nutrition.gov

- American Dietetic Association – www.eatright.org
- Gateway to Government Food Safety Information – www.foodsafety.gov
- Healthier Us – Government – www.healthierus.gov
- Food and Health Communications – www.foodandhealth.com

GENERAL AND SPECIFIC HEALTH ISSUES

- Web MD - www.WebMD.com
- US Department of Health and Human Services – www.healthfinder.gov
- Mayo Clinic – www.MayoClinic.com
- Center for Disease Control – www.cdc.gov
- Harvard Medical School's Consumer Information – www.intelihealth.com
- The National Women's Health Information Center – www.4woman.gov
- National Health Information – www.health.nih.gov
- National Institute of Health – www.medlineplus.gov
- American Cancer Society – www.cancer.org
- National Cancer Institute – www.cancer.gov
- American Institute for Cancer – www.aicr.org
- American Heart Association – www.americanheart.org
- American Diabetes Association – www.diabetes.org
- Alzheimer's – www.alz.org
- National Institute of Health – Senior Health – www.nihseniorhealth.gov
- National Institute on Aging – www.nia.nih.gov