

**ACCESS THE HEALTH & FITNESS
INFORMATION FOR WHICH YOU
ALREADY PAID... AND DIDN'T
KNOW THAT YOU DID!**

By: <http://www.FitIntoYourJeans.com>

In this age of e-books for every fitness niche, supplements promising every benefit in the world, and massive amounts of advertising promising you that the advertisers' products will be the "end-all" for your health and fitness goals do yourself one favor. Take a minute and think about getting information for which you already paid.

That's right! You have already paid for **USEFUL** health and fitness information and probably didn't know that you did.

The U.S. government has compiled some very helpful and useful information to help you weed out many of the fraudulent, over-hyped, ridiculous advertising claims in the health and fitness industry. In addition, despite the belief that the "big bad government" is out to get you (according to infomercials and others making such claims), there are some genuinely helpful websites which can answer many of your most pressing questions.

And many of these websites are pretty easy to understand!

Take a few minutes and review the websites which are relevant to you. Before you do this, however, take a few minutes more and grab some of the most powerful technology you own: a pen and a piece of paper.

Consider how much money you have spent in the last 3 years (36 months) on the following:

- Personal trainers who didn't produce results
- Weight loss or diet pills which didn't work (or worse, had adverse effects)
- Infomercial fitness products now collecting dust in your closet or garage
- Fitness magazines which offered conflicting information, sometimes in the same issue!
- Special energy drinks supposedly which would help you burn fat
- Any other health and fitness-related product or service which has not helped you reach the goals you wanted in the first place

Get a rough estimate of all of these costs (not to mention the "cost" of your time and enthusiasm) and add them up. Imagine 3 years from now, looking back and realizing that a major percentage of the information which is useful to you cost you nothing extra out of your pocket.

That's right. U.S. taxpayers already paid for this information so take advantage of it!

Here are websites which should be relevant to just about everyone reading this report. Once you master the basics you then can become an INFORMED consumer and make specific choices about the next time you purchase special supplements or health & fitness-related information.

Incorporate the information which pertains to you, and enjoy your transformation into an INFORMED consumer!

Regarding Food Safety

- FOOD SAFETY: <http://www.foodsafety.gov/>
- FOOD SAFETY COMMON QUESTIONS:
http://www.fsis.usda.gov/Help/FAQs_Hotline_Preparation/index.asp
- FOOD STORAGE:
<http://www.fda.gov/consumer/updates/foodstorage072108.html>
- COLLEGE STUDENTS & FOOD SAFETY:
http://www.fsis.usda.gov/Fact_Sheets/Food_Safety_Tips_for_College_Students/index.asp
- ASSESSING THE COLOR OF YOUR MEAT & POULTRY:
http://www.fsis.usda.gov/PDF/Color_of_Meat_and_Poultry.pdf
- WHAT ABOUT THE WATER IN MEATS & POULTRY?:
http://www.fsis.usda.gov/PDF/Water_in_Meats.pdf

Know What You Are Eating

- UNDERSTANDING FOOD LABELS:
<http://www.cfsan.fda.gov/~acrobat/foodlab.pdf>
- HOW TO READ POULTRY LABELS:
http://www.fsis.usda.gov/PDF/Poultry_Label_Says_Fresh.pdf

Dietary Supplements

- MAKING INFORMED DECISIONS ABOUT DIETARY SUPPLEMENTS: <http://www.cfsan.fda.gov/~dms/ds-savvy.html>
- BOTANICAL DIETARY SUPPLEMENTS: <http://ods.od.nih.gov/factsheets/botanicalbackground.asp>
- COMPUTER ACCESS TO RESEARCH ON DIETARY SUPPLEMENTS: http://ods.od.nih.gov/research/cards_database.aspx

Dietary Guidelines

- MACRONUTRIET GUIDELINES: <http://www.iom.edu/Object.File/Master/7/300/0.pdf>
- ELEMENTS GUIDELINES: <http://www.iom.edu/Object.File/Master/7/294/0.pdf>
- VITAMINS GUIDELINES: <http://www.iom.edu/Object.File/Master/7/296/0.pdf>
- ELECTROLYTES & WATER GUIDELINES: <http://www.iom.edu/Object.File/Master/20/004/0.pdf>

Health Fraud Concerns

- HOW TO SPOT HEALTH FRAUD: http://www.fda.gov/fdac/features/1999/699_fraud.html
- FALSE ADVERTISING CASES CITED BY THE FTC: <http://www.ftc.gov/bcp/reports/dietadvertisingcases.shtm>

How To Filter Weight Loss Programs To Determine What Is Best For You

- HOW TO FILTER OUT AND CHOOSE ANY WEIGHT LOSS PROGRAM: <http://win.niddk.nih.gov/publications/choosing.htm>

Find Out More About Health Advertisers

HOW TO FIND OUT MORE ABOUT HEALTH ADVERTISERS ON THE INTERNET:

http://ods.od.nih.gov/Health_Information/How_To_Evaluate_Health_Information_on_the_Internet_Questions_and_Answers.aspx

Your Personalized Physical Activity Assessment

- A PERSONALIZED DIET AND PHYSICAL ACTIVITY ASSESSMENT TOOL: <http://www.mypyramidtracker.gov/>

Government Nutrition Assistance Programs

- GOVERNMENT NUTRITION ASSISTANCE PROGRAMS (FOR WHEN TIMES ARE TOUGH): <http://www.fns.usda.gov/fns/default.htm>