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WEBSITE OF THE DAY - realbuzz.com

A website that could very well save your life

by Ian Hughes published on 22 August 2006

Today's website of the day is realbuzz.com a website that could very well save your life. A report recently announced that there are now more obese people in the world than there are those suffering from starvation and malnutrition. That's quite a statistic and so it might be that you start to think about being a bit healthier. Many of us will have tried a healthy diet and/or gym membership, but so many of us drop by the wayside and let our bad old habits creep back in. Realbuzz can help to keep you motivated with tips and techniques for leading a fitter, healthier lifestyle. Whether you're a complete novice or a top triathlete, there'll be something here to keep you interested. We particularly like the "starting out" sections, which guide you through training regimes that won't cause you to hurt yourself or give up at an early stage. There's also advice on just enjoying the great outdoors - something that many people just don't find time to do. Diet and nutrition also feature strongly, but without being too preachy - something that most people find a real turn-off. So, take a look and start down the path to a fitter, healthier, happier you! www.realbuzz.com If you have a website that you want to tell us about email us via the feedback form.

