

<http://www.pocket-lint.com/news/6014/bupa-health-check-wellbeing-fitness>

WEBSITE OF THE DAY - bupa.co.uk/health_information

A site that could help with a new you for 2007

by Ian Hughes published on 2 January 2007

So the fog of New Year's Eve is probably lifting a little easier today and all those good intentions and bold words are coming back to haunt.

If you've said you're going to take better care of yourself in 2007 this is a good place to start.

A collection of informative articles aimed at improving general health and wellbeing, prepared by medical professionals. You may think that it's going to be a thinly-veiled attempt by Bupa to recruit new members, but the fitness programmes, and in particular the running section, are well put-together and easy to follow without being at all condescending.

This could be the first click on the way to a fitter, healthier 2007.

www.bupa.co.uk/health_information

If you have a website that you want to tell us about email us via the feedback form.

