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# FREE FITNESS TOOLS FOR ACCOMPLISHING YOUR FITNESS GOALS

VISIT [VIPHEALTHSECRETS.COM](http://VIPHEALTHSECRETS.COM) TO LEARN HOW TO LIVE A  
LONGER, HEALTHIER AND HAPPIER LIFE...

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## Introduction

Unflattering fitness statistics for the beginning of the 2000's presented by the Health Examination Surveys and the National Center for Health Statistics show being overweight and obesity as a major problem. In the United States alone, roughly one-third of all adults, more than 60 million people, are overweight. And history shows that the percentage of overweight people has been increasing over the years.

Let's face it, fitness is a necessity but it's not always fun. Breaking out into a sweat while straining to lift, run or whatever you're trying to get your body to do doesn't always bring a smile to the face. But some cool free fitness tools might just do the trick! Let's see what's out there and how the tools can help with your fitness goals.



# Free Fitness Tool Scripts

Whether you're a fitness newbie, an athlete, interested business associates and clients, or for whatever reason, there are fitness tools out there. Available for free, you can use them on your own personal website to use at your leisure.

Interested in fitness for your family, friends, or as a coach, check out the latest online fitness tools or have someone help you add them to your website.

A couple of companies who've paired up to offer free fitness scripts for website tools are ScriptDungeon at: [www.scriptdungeon.com](http://www.scriptdungeon.com) and My Fitness and Health at: [www.my-health-and-fitness.org](http://www.my-health-and-fitness.org). Check out their arsenal of free fitness tools below. For more information on each as well as working demos, download links and help with them head to the two sites above. Search by tool name at ScriptDungeon. And search by tool via icons and brief descriptions at My Fitness and Health in their side menu bar.

**Office Fitness Timer** - offer a bunch of free scripts. One is called, "Office Fitness Timer." Simply add it to your website and help your visitors...and yourself...stay fit while you work. This is a javascript timer. When it reaches pre-set time is finished, it starts flashing so you can see it, stop working out, and sit back down at your PC once again.

**Daily Diabetes Diet Counter** - With this free color javascript tool, simply activate it once at the beginning of the day and log your food intake in all day long, as it keeps track of calories, fats, starches & more, plus total them instantly for printing out.

**Weight Loss Recipe Book** - Add this nifty recipe manager to your website and build a community with it, inviting others to add recipes. The tool has captcha validation in place to stop automated entries, plus a complete admin system to set up admin help, setup categories, approve and manage recipes and more!



**Calorie Burning Calculator** - Use this tool to help you calculate how many calories you need per day to maintain your ideal body weight or basal metabolic rate (BMR). It's adjustable to coordinate with the look of your website.

**Quick Health Calculator Features** - This javascript tool is similar to the calorie burner above but offers you a way to measure your BMI (body mass index) and size-related health risks. The tool is also adjustable to match your website.

**Health Tip and Exercise Tip Email Buddy** - Subscribe to daily tips to help you meet your own personal fitness goals. Go in and revise them messages and include inspirational quotes with them to give yourself a little boost, too.

Search the sites above for more tools, demos and scripts. And search your favorite search engine for even more.

## Free Print Fitness Magazines & Other Offers

Get plenty of fun fitness help offline with magazine advice, fitness product and service reviews, expert and a whole lot more. These fitness tools are also industry niche. Popular places to go for some of the top publications available follow.

eschock full of exercise tips, workout articles, features stories, case studies great for marketers in the health ese free magazines plus some of their

Signup for magazines at:

TradePub <http://www.tradepub.com>

The Yotta Company, Inc. <http://magazines.yotta.com>

Magazines to checkout for free issues at those sites:

“Fitness Management”

“New Mother”

“Fierce Healthcare”

“Fierce Healthcare IT”

“Medical Electronics Manufacturing”

To grab at least a couple of free fitness issues of “free fitness magazines” and find cool offers a lot issues free and/or steep discounts all for just

popular off-the-shelf magazines, search of time on the net. You may get two igning up online.

Another way to hook up with lots of fun fitness stuff and freebies is to head over to Amazon.com. Search their “Magazine” category with “magazines turn up like “Shape,” “Fitness,” “Cooking others. Key in the magazine’s title or publishing c laptop or PC, and then checkout the website for th

“Fitness” as the keyword. Popular “Light,” “Golf Digest” and many ompany into another Window on your emagazine.

Often these print magazines have excellent sites full use. Plus they often offer free reports and guides or sent to you via postal mail. They also offer lot feature stories on the sites. And they often include print issues of their magazines if you sign up for subscriptions or multiple orders (like if you order friends). There are plenty of free ezines offered carry you through all year long and then some more

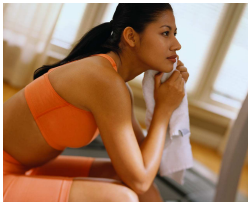
ll of free fitness and nutrition tools to that can be either downloaded instantly s of great articles, case studies and e special offers like a couple of free a year or discounts on multiple year a couple of subscriptions as gifts for on those sites, too, with tips on tools to ach your fitness goals.

## Forums and Social Networking

Reach out to fellow fitness buddies online for more information that's shared between friends. And not to best use the tools plus plan and manage your fit to set up a fitness program, for example, that's no tools might not get you where you need to go.

free tools. You might be surprised at only get tool info, but get info on how fitness goals with them. You don't want it good or right for you. Otherwise the

Some popular places to seek free fitness help, information and plenty of cool tools follow, along with a little navigation help. Get your sneakers laced, hit the pavement and click on over to...



MySpace, an online community that helps people connect with new friends and reconnect with old friends is at: <http://myspace.com>. And all types of friends can help point you out of fantastic free fitness tools.

Some fun ways to connect there and make friends, establish relationships and social network to find these good ideas are:

1) Register for free at MySpace and set up your profile. Insert key phrases about what your goals are like so that people can find them in online searches. For example, if you're in a special program, write something like, "I'm using the Bill Phillips Body for Life program and am looking for other people to share fitness tips with..." Then go to the MySpace search tool, click 'MySpace' so that you will be searching there, as opposed to the entire web via Google's search engine, and key in phrases like 'Bill Phillips' and 'Body for Life' to find others who have these key phrases in their profiles, blogs and other MySpace areas. When you find people, send them a brief message about yourself and how you're researching for fitness friends. And invite them to be friends so that their icon and profile link appear under your profile, and yours appears under theirs.

2) Set up your own MySpace blog. It's very quick and easy. Simply click on the Blog link in your profile, then Post New Blog to write up an entry. In your entries, again list key phrases that can turn up in searches. Mention any diet programs like Weight Watchers, any health and fitness programs or gyms like the World Gym, any nutrition shakes like Myoplex, any health bars, etc. An excellent way to strike up contacts is to start journaling there on your blog. Share your fitness goals for the upcoming year online. And each post by inviting other fitness friends to connect. And check your email there from time to time.

3) Search for Groups at MySpace by clicking the menu link for them along the top. Then click on the 'Health, Wellness, Fitness' category. Search through the groups and join a couple or more like: Women's Fitness, Fitness for Athletes, Bodybuilding and more. Each group has its own forum where thousands of members to network with socially online. Join in and mingle, post, reply to others. Find new friends and invite them to be your friends. Ask about free fitness tools and sit back and see how many post neat links and other information for you. Share your information with them, too.



Other places to hook up with online friends are on forums. Search for some with keyword phrases like ‘fitness forums’ or better yet, head to Big Boards at: <http://rankings.big-boards.com> and search for active boards/forums where lively discussions are ongoing. You can use the search tool at the top and key in something like “fitness” and find specific forums for you to check out like these, both with thousands of members to hook up with for lots of free fitness tools:

- Bodybuilding <http://forum.bodybuilding.com> - Bodybuilding and fitness related forums.
- Elite Fitness <http://www.elitefitness.com/forum> - Diet and fitness and bodybuilding messageboards.

## Free Fitness Audios, Video, Books & More

There are loads of places around the Internet to grab more free fitness tools. Start with larger organizations and companies to find their caches like Google™ Video at: <http://video.google.com> and search ‘fitness’ and other targeted terms.

ab more free fitness tools. Start with



Check out more free fitness tools, charts, tips and aids plus sign up for zines that keep you posted of new fitness reports, ebooks, audio files and more as they become available at sites like these:

- Free Bodybuilding Tips
- National Gym Association <http://www.nationalgym.com>
- National Aerobics and Fitness Association of America <http://www.afa.com>
- National Association for Health and Fitness <http://www.physicalfitness.org>
- The U.S. Department of Health & Human Services <http://www.os.dhhs.gov>
- U.S. Food and Drug Administration <http://www.fda.gov> and their report, “How to Lose and Manage Weight” [http://www.fda.gov/oc/opacom/hot\\_topics/obesity.html](http://www.fda.gov/oc/opacom/hot_topics/obesity.html)
- FTC document, ‘Dietary Supplements: An Advertising Guide for Industry’ <http://www.ftc.gov/bcp/conline/pubs/buspubs/dietsupp>
- U.S. Health Portal <http://www.health.gov>
- Office of the Surgeon General <http://www.surgeongeneral.gov>
- Free Bodybuilding Tips <http://teenbodybuildingtips.info>

Bookmark each site above and become familiar with its free reports, health and fitness tips, articles and other aids and tools. Sign up for news notifications and e-zines and start a folder to copy them in on your computer. And label a print folder to keep important copies handy offline, too.

So no need to go it alone: Let your arsenal of online and offline tools help you accomplish your fitness goals for the upcoming year.

There's no better time to get fit!

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**DISCLAIMER:** This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

Since natural and/or dietary supplements are not FDA approved they must be accompanied by a two-part disclaimer on the product label: that the statement has not been evaluated by FDA and that the product is not intended to "diagnose, **treat, cure or prevent any disease.**"