

The American Cancer Society's website gives you important information on getting fit, eating healthy, stopping the smoking habit, and ways to lower your risk of cancer, diabetes, heart disease and stroke. It also has a very informative newsletter that is free of charge.

This website also provides you with helpful tools and resources to assess how healthy your lifestyle is. These tools can calculate; body mass index, daily calorie needs, calories burned in a workout. It also calculates target heart rate.

**The American Cancer Society's website is:
<http://www.fightcancer.org>. To login type the word, "cancer".**