



Exercise

[ACE Exercise Database and Library](#)

The American Council on Exercise offers a free library of a variety of exercise movements. Each movement includes a detailed description and photo to ensure understanding and proper form.

[USDA Exercise and Fitness](#)

Learn about the health benefits of physical activity, and find resources like exercise logs, planners, and examples to help you stay consistent over time.

[Exercising on a Budget](#)

You do not need a gym membership or fancy equipment to get regular exercise. With a little creativity, you can find many ways to exercise for little or no money. From Medline Plus.

Medication, Supplements, and Herbal Remedies

[Medline Plus Herbs and Supplements](#)

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

[DailyMed](#)

DailyMed provides the most recent labeling submitted to the FDA by companies and currently in use. DailyMed contains labeling for prescription and nonprescription drugs for human and animal use, and for additional products such as medical gases, devices, cosmetics, dietary supplements, and medical foods. The labeling on DailyMed is typically reformatted to make them easier to read.

[American Botanical Council](#)

A nonprofit research and education organization dedicated to providing accurate and reliable information about herbal medicines.

Nutrition

[Finding the Truth: Reliable Nutrition and Health Information](#)

It is impossible to keep up with each new study, fad, fraud, cure, exposé, warning or hope that is being promoted or reported by someone. This is a practical guide to dissecting sources and making rational decisions about nutrition and health information.

[Dietary Guidelines for Americans](#)

A series of guidelines on nutrition and diet from the USDA. This guide includes recommendations for people of all ages.

[Healthy Eating on a Budget](#)

This tool can help you plan and shop smart to find foods that fit your budget and promote a healthy lifestyle.

[EatRight.org from the Academy of Nutrition and Dietetics](#)

As the world's largest organization of food and nutritional professionals, the Academy of Nutrition and Dietetics provides trustworthy nutrition information for all individuals.