

HOME

ADVENTURE

GEAR GUIDE

HEALTH & FITNESS

TRAVEL GUIDE

THIS MONTH'S TOC

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50 Greatest Health & Fitness Websites

The Internet has revolutionized the way men get their fitness information. But which of the billions of links, portals, and blogs can you trust? Here are the very best.

TRAINING

1 BEST RUNNING SITE

runnersworld.com

You know you're at the right place when the first thing you find is a complete database, searchable by distance and state, of every major race in the next 30 days. Then you get to great tips like these: Whether you breathe through your nose or mouth has no bearing on how fast you go. But switching up the cadence of your breathing (from two steps for each inhale and exhale, say, to a 3/3) is a quick cure for a sideache. Further down in the site, when you come across the World's Best Marathon Program training schedule, you can be sure it really is.

2 BEST CYCLING SITE

velonews.com

The depth of the advice here is impressive: Did you know you should drink your coffee before a morning workout because having it after can hamper rehydration? Or that the night- before-a-race big bowl of pasta is a myth? (Better to get your carb reqs with a whole day of gradual intake. Toast and cereal, two cups of rice and two slices of bread at dinner, etc.) Now you do -- and you haven't even logged on yet!

3 ALL THINGS TRIATHLON

triathletemag.com

The Tips/Training section has three times the info of other sportcentric sites -- from tips on running downhill (lean forward and visualize landing on the center of your foot so you don't make the plodder's telltale "slapping" sound) to avoiding wetsuit chafe (spray your armpits with Pam). And the workouts with "mini" and "sheer beginner" in the descriptions are so unintimidating they're downright inspirational.

4 KICK-ASS WORKOUT

crossfit.com

The "Murph": 1 mile Run, 100 Pull-ups, 200 Push-ups, 300 Squats, 1 mile Run. So reads a typical day's workout on this cultlike site that's become the hottest word-of-mouth fitness phenomenon on the Web. Devotees of the drills -- some of which take only 20 minutes -- include U.S. Special Ops members ("Team Mosul" is an active user group) and some of the top personal trainers in L.A.

Extra Credit: The navy lieutenant and CrossFit regular killed in Afghanistan for whom the above drill was named did it while wearing body armor. Feel free to sub a 20-pound weight vest.

5 MUSCLEHEAD'S PARADISE

t-nation.com

This one is like clicking on the world's largest e-iron pit. There's no shortage of hardcore lifting moves here -- like doing back extensions and two-armed dumbbell rows at the same time -- or enthusiastic talk about supplements and steroids, for that matter. But an advantage of the Web is that you can skip over the parts you don't want without worrying about getting thrown up against the lockers.

6 TRAVEL GYM FINDER

airportgyms.com

This search engine will find you a full-service health club within a short taxi ride of most major U.S. or Canadian airports -- and five layover-busting facilities in terminals.

The Top Three Deals on airportgyms.com

Chicago O'Hare: Eleven bucks scores you a day pass to the Hilton Chicago O'Hare's gym, and its sauna and indoor pool.

Las Vegas McCarran: 24-Hour Fitness, one floor under the baggage claim, has a massage therapist on duty plus 41 lifting stations, for just \$10 a day.

Columbus International: Life Time Fitness's two hoops courts, rock-climbing wall, and squash court are yours for cab fare and \$25, which local hotels discount to \$10.

7 BEST ADULT SWIMswiminfo.com

Skip the latest masters meet results and list of world records and go straight to Tips on Technique for a different swimmer's scoop every couple of weeks. (You'll speed up your breaststroke by strengthening your wrists, and always make sure to relax those ankles!). And with a workout database searchable by stroke and ability, you'll never be at a loss for a great progression freestyle set.

8 BEST E-TRAINERhdotraining.com

Websites have been promising the "virtual trainer" since the days of the 9600 bps modem. This one delivers. Input your fitness level, schedule, and goals, and this elite-athlete-run site will custom-design a routine. When you're not working out -- or reading the daily e-mail workout reminders -- troll the site's eMagazine for useful intel. For example: Make sure your intensity peaks at the end of your workout. Your body continues to use more calories post-exercise, so building momentum will maximize the burn.

9 GETTING THE WINNING EDGEsportsspecific.com

Through articles and multimedia interviews, training legends -- guys like Manny Ramirez's guru Juan Carlos Santana and kettlebell pioneer Pavel Tsatsouline -- offer up tips and routines for powering your soccer kick (you've got to work your hips, not just your legs) and getting more explosiveness out of the blocks (make sure you start with your shoulders over your hands). There's also a terrifically efficient 10-exercise circuit for adding strength without bulk. It was developed by Santana for scale-conscious wrestlers, but it's equally effective for cyclists and swimmers looking to limit drag. It has you alternate 30 seconds of activity with 15 of rest -- so you can blow through it twice in 15 minutes (\$100/year for full access).

ACHES & PAINS**11 ROAD RASH RX**bravesoldier.com

The online marketing organ for Brave Soldier salves is a great source of info for dressing your latest gory bike mishap. You should raise your protein intake to aid tissue building and resist the urge to "let the air get to it." Wounds heal up to 45 percent faster when kept moist and covered in gauze, because enzymes in the body's drainage can liquefy the dead tissue. But the site's star attraction is its gallery of the world's most vividly disgusting road-rash porn. Ouch!

12 OH, YOUR ACHING BACKtexasback.com

The nationally renowned Texas Back Institute wants your business. Lucky for you, to advertise it has put together the best DIY back-pain tips on the Web. No sifting through long boring articles. Just go to Spine Care for snappy illustrated do's and don'ts (don't lift a box without kneeling first) and nuggets like its ice massage:

Texas Back on the Rocks

* Fill styrofoam cup with water, freeze.

- * Peel off bottom inch or two of cup.
- * Massage painful area in circular motion for up to seven minutes.

13 JUST FOR KICKS

aapsm.org

Every three months or so, when this bare-bones site run by the American Academy of Podiatric Sports Medicine updates its lists of favorite running shoes, there are a bunch of industry executives whose day is either made or ruined -- and serious runners who fire up their printers. Before you take your copy with you to the store, be sure to also check out the site's classic list of kicks selection tips: Have you been insisting the shoe bends at the exact spot at the ball of your foot where your toes actually bend? You will now.

14 STAYING OFF THE DL

sportsinjuryclinic.net

The next best thing to having your own medical and training staff. The Injury Index section turns you on to good rehab advice, like buying your own wobble board. It's only \$70 at the r2f-usa.com link -- and spending just 15 minutes on it each day is like ankle insurance. If that fails, just click on where it hurts at the Virtual Therapist and then, depending on the diagnosis, go to Find a Clinic for the best nonvirtual treatment near you.

TRAVEL MEDICINE

15 WINTER CRISIS CENTRAL

avalanche.org

The accident reports can be a little unnerving -- "two hikers caught, one injured, one buried and killed" is a typical entry -- but go to Weather under Resources and click on the location of your next ice-climbing or heli-skiing trip. It's the best way to steer clear of trouble.

avalanche.org's Top Tips for Surviving an Avalanche

Discard all equipment (Yes, that includes your snowmobile). Make swimming motions, try to stay on top, and work your way to the edge of the slide.

Do not cry out or open your mouth.

Get your hands in front of your face and make an air space as you come to a stop.

16 DEPARTURE CHECKLIST

cdc.gov/travel

The essential bookmark for far-flung adventurers. The Centers for Disease Control and Prevention's massive site contains the latest on vaccinations (lots of countries in West Africa are requiring yellow fever certificates now), gear (don't forget that digital thermometer!), and dodging the world's deadliest ills. And while the bureaucratic prose isn't thrilling, there are times, like in the med kit instructions, you can almost see the Secretary of Health and Human Services winking at you: "Other items that may be useful in certain circumstances:... latex condoms."

DIET & NUTRITION

17 WEIGHT-LOSS SECRET WEAPON

fitday.com

Fad diets never work long-term -- this site does. Input the foods you ate, and it calculates the number of calories you've taken in. Log the exercise you've done, and it calculates calories burned -- it even takes into account the energy you expended walking to the snack bar. After a few days, you'll have created the world's most precise diet log. And each time you click on Reports, you can see how you're tracking to hit your target weight loss.

Really Fun Fact: "Moderate" sexual activity uses 9 calories/half-hour, but kicking it up to "vigorous" burns 15.

18 FOOD PYRAMID POWER

oldwayspt.org

Forget the USDA food pyramid. Oldways, a nonprofit nutritional think tank, has collaborated with Harvard to design four food pyramids based on the world's healthiest diets. Asian, Mediterranean, Latin, and vegetarian plans are all available in downloadable PDFs so you can start eating plant proteins and increasing your lifespan ASAP. Good news: You can drink every day in moderation. Bad news: Red meat is now a monthly treat. Order a fantastic fusion pyramid of all four for just three bucks.

19 BEST HEALTHY RECIPES

mealsforyou.com

Somewhere between stuffed-crust pizza and organic tofu is this remarkably guy-friendly healthy-eating resource. Here, you'll find thousands of simple recipes and practical bytes like this one for reducing the salt in your diet: Each time you're about to reach for the Morton's, try a dash of freshly ground mustard seeds instead.

Best reason to bookmark: Kitchen Tips lists grilling times for practically every cut of meat, from emu patties to quartered duck.

20 DINNER 411

deliciousdecisions.org

It's dinnertime, and all you have is Cheez-Its, chicken breasts, the dregs of the milk carton, and some spices? Not a problem. According to this site -- the American Heart Association's cross between Google, Iron Chef, and Name That Tune -- you've got all the makings for Cheesy Oven-Fried Chicken. And wait until you see how easily a potato and a few dribblings of peanut oil turns into Oven French Fries.

21 SUPPLEMENT WATCHDOG

consumerlab.com

Do you know which brand in a test of leading vitamin waters was the only one to meet its vitamin A and C claims?* In addition to making you the local GNC's most informed customer, this site's independent study results are your best protection when venturing into the loosely regulated realm of supplements and sports nutrition. The studies that make news tend to require full access, but you can also find good free advice like the "disintegration" test: Put a non-extended-release tablet in warm vinegar and stir for 30 minutes. If the pill doesn't break apart, it probably won't dissolve in your body either and you should look for a new brand. (\$24/year for full access).

Answer: *Propel Fitness Water

SERIOUS MEDICINE

22 BEST SEXUAL HEALTH BLOG

blogs.health.yahoo.com/experts/sexderogatis

When you need some answers, but just can't bring yourself to ask your family doc, try the Dr. Kinsey of the blogosphere. Leonard Derogatis, of Johns Hopkins, has seen it all in 30+ years of practice: couples who haven't had sex in years, the fiftysomething deliveryman and his wife who were used to having sex four times a day, priapism so bad it damages the penis, premature ejaculators so consumed with their problem they end up with E.D. So, don't be embarrassed about that little clubjenna.com addiction. Just log on and see what the good doctor has to say.

23 BEST CANCER SITE

cancer.gov When your world is rocked by the Big C, the National Cancer Institute's site is a port in the storm. Everything from fact sheets that let you tell if that mouth sore is a cancerous lesion (if it's white and/or a smooth, bright red, definitely get it checked out) to the pros and cons of the latest non-Hodgkins chemo is presented in impeccably organized, clear, and (most important) calm fashion. Just enter your cancer and zip code into Clinical Trials and up pops every offering in descending order of proximity to FDA approval and to your home.

Best reason to bookmark: The Dictionary of Cancer Terms is an essential cancer-English glossary.

24 PRESCRIPTION HOTLINE

rxlist.com

This site is like a friendly old neighborhood pharmacist who can answer all your questions about side effects (yes, Prozac can upset your stomach), herbal alternatives, generics, and how and when you should take your medication -- and it also links to drugstore.com, to ensure you're getting the friendliest price.

25 BEST MEDICAL LIBRARY

nlm.nih.gov

Maybe you're anxiously trying to ID that lingering mystery flulike ailment you brought home from Mexico. (It sounds like it could be rock fever, which comes from eating bad cheese, but combination antibiotic therapy should take care of it.) Or perhaps you're just looking for another reason to feel good about your Lipitor. (A recent study found that, in addition to lowering cholesterol, statin use was associated with a 62-percent drop in prostate cancer risk.) This info and about 15 million more articles can be accessed here at the National Library of Medicine's online stacks. And if -- okay, when -- you get lost, Ask Cosmo does for the NLM what Ask Jeeves does for the whole Web.

Best reason to bookmark: The homepage has breaking news, like the finding that omega-6 fatty acids in many bakery snacks (different from the good omega-3s in fish) promote prostate tumor cell growth.

26 DOC IN A BOX

webmd.com

Can millions of hypochondriacs be wrong? The interactive, anatomically correct Symptom Checker is still the best way to determine at 3 am whether that pus seeping from your big toenail merits a trip to the E.R.* With the Weight Loss Clinic, Find a Doctor, and Newly Diagnosed links, you can also find a custom diet, a nearby cardiologist, and prepare 10 questions for your doctor about your recent GERD diagnosis.

Answer: *Go back to bed: It's likely a treatable infection that'll wait for you to call your doc in the am.

27 HEALTH POLICE

quackwatch.org

The Web's Public Citizen for health care investigates shady operators and posts smart -- and scathing -- exposés of their claims. High on the hit list: crank chiropractors and diet scams.

The Top Signs of a Quacky Health Site

Claims ordinary food additives and preservatives could poison you. encourages you to have a chiropractor check and adjust your spine on a regular basis. Warns certain foods can cause hyperactivity.

28 ONLINE PHARMACY

pharmacychecker.com

This carefully vetted clearinghouse takes the guesswork out of buying your Viagra or statin online. Fill an existing prescription or get a new one by typing in the drug you need, whereupon several outlets and prices for it pop up, many based in Canada. The savings from pharmacies north of the border can still be up to 80 percent.

Best buy: A membership snags you deals with even bigger discounts (\$19.95/year).

29 HOTWIRE YOUR HEALTH CARE

medem.com

Now that you do your bill paying and DVD ordering online, why not your health care? This site, co-founded by the American Medical Association, enables you create an "iHealthRecord" file, which lets you store your medical records, make appointments, obtain prescriptions, and interact with your doctor, all online. And it's free (except for the small fee most docs charge for the consults) -- you just have to get your physician

to sign up, too.

30 HOSPITAL REPORT CARDS

healthgrades.com

Think of it as the Better Business Bureau for health care providers. Before you get stuck with a lemon, pay the \$9.95 fee to check a hospital's safety ratings and average procedure costs and lengths of stay. Or \$7.95 to dig up the comparable files on an individual doctor.

31 THANK YOU FOR NOT SMOKING

quitnet.com

A full-service Friendster for cig addicts. Set up a profile, then start getting support from successful quitters for free. About \$10/month buys you online consults with a trained cessation counselor, plus a custom quit plan to help you hit on the right battery of nicotine replacement or prescription therapy.

32,33,34 BIG DISEASE BLOGS

thecancerblog.com, thediabetesblog.com, and thecardioblog.com

These top killers of American men are all taken on by the same network that produces 75 leading blogs on topics as varied as Telemedicine and Xbox 2. Postings link to the latest respected journal studies, with none of the strident ideology found on, say, drudgereport.com. So when the diabetes site gives you a lead on a quick and easy trick to reduce the glucose spike from ingesting high-glycemic foods like mashed potatoes (mix in a little whey protein), you can bank on it.

35,36,37 THE CALCULATORS

nhlbisupport.com/bmi

The most precise way of measuring if you're, you know, fat is body mass index, a vital indicator for your risk of heart disease, diabetes, and certain cancers. But how do you calculate it? Step on a scale, plug your weight and height into this calculator, and press Compute BMI.

heartriskevaluations.com/test.htm

While you're calculating BMI, have your cholesterol and blood pressure numbers handy and plug them into this cardiac risk generator. In addition to a score that tells you how you compare to the average American (and if you've been to the mall lately, you know you don't want to have much in common with the average American), you get a custom report with tips for lowering your risk by exercise, diet, and quitting smoking. (See No. 31.)

livingto100.com

The perfect companion to those websites that determine how long your 401k will last after retirement. This life-expectancy calculator predicts how long you'll live if you continue your current lifestyle and gives you the health and nutrition advice you'll need to push back your funeral date.

GEAR

38 BEST BOYS' TOYS

hdosport.com

Created by athletes for athletes, this is the place to check out the best high-performance stuff on the market -- MP3-player swim goggles, lightweight GPS devices, impact-reducing bike pants. If you're ever going to find a single gizmo that tells you the calories you're burning, your altitude, speed to .0001 of a second, and the score of the Patriots game, it'll be here first.

Splurge: Polar s625x This ultrafancy heart rate monitor also tracks speed, distance, your VO2 Max, and lets you analyze your workout on your PC (\$350).

39 FITNESS GEAR OF THE YEAR

jumpUSA.com

Great source for balls, bands, 'bells, and everything else you need to get bigger, faster, leaner, all searchable by sport and activity -- at some of the best prices on the

Web.

Best Deal: weighted gloves These 1.2-lb minimitts will kick up your running and martial arts (\$30).

40 HOME GYM DEPOT

gymsource.com

Click here to buy from all the home gym lines -- elliptical trainer to weight bench. They ship anywhere, and no matter where you live, they'll service your machine for life.

41 BEST ATHLETIC SHOE STORE

roadrunnersports.com

So interactive, it's like being in a bricks-and-mortar store. Compare 2 Shoes opens two pairs in the same browser window, so you can see how they stack up on features like shock absorption, arch support, and weight. And Endangered Shoes lets you buy cool discontinued brands before they become extinct.

42 BEST BIKE SHOP

excelsports.com

Sure, this cycling gear e-shop has the right names (Pearl Izumi, Castelli, Assos), but the real beauty lies in the personal care that goes into selecting the inventory: The cycling-mad creators seem to choose each item to sell as if they were going to use it themselves, which they probably are.

GENERAL PRACTICE

43 STRAIGHT DOPE

askmen.com

Yes, the tone is raunchy and, yes, some articles are sponsored in part by advertisers. But this slick site offers surprisingly in-depth coverage on a broad range of health, diet, and sex topics. The content is suggested by readers, so if you've ever wondered why there's blood in your semen* or if a tapeworm can kill you**, e-mail your questions to the editors.

Answers: *It may stem from an irritation of the urethra, a prostate infection, or prolonged rough sex. **Probably not.

44 HOTTEST SEX TIPS

sexinfo101.com

Sex sites tend to fall into the serious sexual health category (see No. 22) or full-on porn. This is the rare smart compendium of actual bedroom advice (hint: don't ignore the underside of her breasts -- it's a grade-A erogenous zone). Still, the most informative feature may be the user polls. Look up the Female Prefs sexual fantasy survey. The threesome results are very interesting.

45 BEST DISASTER STRATEGIES

captaindaves.com

Until Hurricane Katrina destroyed New Orleans, the ramblings and rants on this survivalist site might have struck you as almost comically paranoid. Now, "Store enough water, food, medical supplies and personal necessities such as prescription medicine or diapers to last at least two weeks. A 72-hour kit is not enough," "If the cell phone system is down, text messages will often get through even when voice calls do not," and "Scan copies of important papers and photos and store them on a CD or DVD along with critical computer files" seem just like good due diligence. As of press time, Captain Dave was working on a full assessment of Katrina and a detailed update on how to survive a similar catastrophe.

46 BABIES FOR DUMMIES

drgreene.com

This site, from practicing pediatrician and father of four Dr. Alan Greene, eases new-dad anxiety with its friendly Q&A format--and won't revoke your parental privileges for

asking, "What if I drop the kid?" (Short answer: Relax. He's never actually heard of it happening, but if it does, infants are more resilient than you think.) Plus loads of smart, useful tips -- like: You should wash a newborn's hair at the end of the bath, so he doesn't lose too much body heat.

47 BEST WEIRD MEDICINE

drweil.com

Practically the definition of New Age, this homepage of Harvard-educated holistic guru Dr. Andrew Weil is like a crash course in detoxifying your life. Go to the Men's Health section under Health Centers for Weil's classic food-as-medicine advice, including how to use watermelon to help lower your risk of prostate cancer.

48 POST-PARTY DEPRESSION

hungover.net

Climb out of bed and drag yourself over to these reader-posted hangover cures from hard-drinkers throughout the English-speaking world. Restore mental functioning by playing The Secret Slur: Guess What He's Saying for a chance to win a commemorative hungover.net T-shirt.

The Top Four Hangover Cures from hungover.net

1. Take 500-1,000 mgs aspirin, drink a Gatorade, and take one 25 mg Dramamine.
2. Drink at least 5-6 full glasses of water when you're at your most drunk, right before you pass out.
3. Excedrin Migraine. Promised to have you feeling better in 30 minutes.
4. Ginger. And if you have a juicer, crush it up and mix with O.J. "It burns ya through but it works like a dream!"

49 HOME DETOX

ehw.org

The no-nonsense "Healthy House" portion of this site will help you safeguard your home against asbestos, radon, and carbon monoxide. Check out the section on asthma-inducing cockroaches (pesticides are a waste of money -- better to sprinkle borate powder) and household waste (protect your town's water supply by soaking up driveway oil with kitty litter, rather than hosing it into the gutter).

50 CATCHING THE ITCH

poisonivy.aesir.com

Chances are good you've been on the business end of poison ivy, since it takes only a billionth of a gram of its sap to cause an allergic reaction. Look to this, the world's best P.I. site, for dozens of helpful folk remedies (honey, baking soda, vinegar, and the inside of a banana peel top the list of homegrown treatments), plant eradication tips (never burn the leaves -- the smoke can damage lungs), and the answer to that most pertinent of questions: Send in a photo of the suspected vine and the staff, Antiques Roadshow-style, will tell you whether it's really poison ivy.

Best Reason to Forward It to Your Friends: The Rash Hall of Fame makes the road rash gallery (No. 11) look like elitemodel.com

By: **Jamie Beckman**

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