

Let's get physical. Here are some fitness tools:

Take the Real Age Test for a personalized plan to help you eat healthier, sleep better, look younger and live longer.

<http://www.realage.com/reg/regvar/st1.aspx?mod=LONGFORM>

What is the mind-body-soul connection and function for your age?

http://fittv.discovery.com/convergence/mindbodysoul/mindbodysoul_02.html

Check out the Fit Tool Box for nutrition and fitness calculators and assessments.

<http://fittv.discovery.com/tools/tools.html>

- National Body Challenge 2008: Get heart-pumping workouts from Gilad when you sign up for the National Body Challenge. <http://health.discovery.com/national-body-challenge/national-body-challenge.html>

- Virtual Video Library: Download a fitness video for what ever part of your body you would like to workout.

<http://fittv.discovery.com/convergence/virtualvideotraining/virtualvideotraining.html>

- Training Tips from a Professional Trainer: Watch a short video for gym training tips from a personal trainer. <http://fittv.discovery.com/fansites/thegym/video/video.html>

- Prevention is all about being informed and getting screened at the right time. This is a great link for resources. <http://www.healthierus.gov/prevention.html>

Eat better. Look better. Feel better. Here are some great nutrition tools.

The New Food Pyramid. Link to a food planner, tracking and other fun tools.

<http://www.mypyramid.gov/>

Want to know the amount of each food group you need daily? Enter your information below to find out and receive a customized food guide.

<http://www.mypyramid.gov/mypyramid/index.aspx>

Healthy Cuisine Recipes. Get the healthy ingredients, step-by-step instructions, and nutritional information for all the recipes.

<http://fittv.discovery.com/fansites/fitcuisine/recipes.html>

Truth About Fad Diets: Want the skinny on today's popular diets? Click below to get the diet fundamentals, a sample menu and the pros and cons of each.

<http://fittv.discovery.com/fansites/dietdoctor/diets/diets.html>

Take the Sexy Foods Poll! <http://health.discovery.com/national-body-challenge/poll/sexy-food-poll.html>

Fending Off Fat Quiz. <http://health.discovery.com/national-body-challenge/adults/fend-off-fat/fend.html>