

False hope – Sixty-five percent of diet pill users think they'll shed pounds—and don't know that most of the drugs aren't government-regulated, a study from the University of Connecticut in Storrs notes.

Fitness can be quick and portable - When it comes to exercise, we often visualize sweating in a gym for an hour. But you can get real benefits in as little as eight minutes or by doing some moves right at your desk. Try these fast and easy techniques for a fresh approach to fitness.

Keep your fitness routine fresh - There's more than one definition of fitness. From flexibility and strength to endurance and agility, getting in shape means combining different approaches to ensure that your routine never gets stale. Here's how to stay in shape by the numbers.

Lifting weights can make you stronger, increase your muscle tone and improve your bone density. But it's important to lift with the right technique, stretch enough, and rest between workouts. Here's how you can pump iron most effectively