

Magazines as Valuable Resources

Look through the checkout counter at any supermarket, and you're inundated with the latest and greatest in diet and weight loss. Some seem like good ideas, but how do you separate a reliable source from hype? Below we've listed some respectable and engaging magazines to use as resources. Just remember to take everything with a grain of salt, and be a smart consumer.

Magazine	Focus	Recommendation
Prevention	Health, Fitness, Weight Loss, Diets	The writing is stellar and the focus is on overall health and wellbeing, as opposed to looking good in a bikini (although there's some of that too). Many of the women you'll see on the cover of Prevention don't look like super models. The advice is real; not just meant to sell you the latest gimmick from advertisers. Prevention has even featured Dr. Huberty (May, 2008).
Self	Nutrition, Health, Beauty	An everywoman sort of magazine. It focuses on the total well-being for women. Self magazine's content aims to inspire and encourage readers to be happier and healthier. Articles cover exercise techniques, healthy eating advice and recipes, beauty tips and current news in the medical world. Dr. Huberty has contributed to this magazine as well with exercise programs and advice (February, 2009).
Shape	Diet, Fitness, Recipes, Healthy Eating Expertise	One of the most popular women's health and fitness magazines in the world. Shape magazine is written for women who have an active lifestyle and want to look and feel good. The focus of Shape is on healthy living, with regular features on recipes, workouts, fitness tools and fashion and beauty advice. They have even featured a bit about Fit Minded as well (November, 2010).
Health	Health News, Wellness, Medical Information, Recipes	This publication bills itself as "the smart women's guide to life" and it covers everything from beauty secrets to nutrition and exercise routines.
Fitness	Workouts, Healthy Recipes, Weight Loss, Health, Beauty	This magazine includes the latest findings on diet trends, studies, and picture-by-picture information about how to perform certain exercises. Fitness Magazine tends to focus on trends rather than diets and exercises that have been proven to work which may confuse dieters seeking solid, age old advice.
Oprah	Health and Fitness, Careers, Relationships, Fashion, Books, Food	The main theme of O The Oprah magazine is "Live Your Best Life," and its content offers smart women tools to explore their dreams, express themselves and make better life choices.
Women's Health	Health, Fitness, Weight Loss, Nutrition, Relationships, Beauty, Style, Emotional well-being	Mixes a little bit of a Cosmo feel into a fitness magazine. Women's Health magazine is written for a new generation of women that want practical information on healthy living. Women's Health provides tips and advice for integrating getting in shape and feeling good into their busy schedules.