WebMD Living Healthy

Learn to live a healthier life, both for yourself and your family

There are many items offered on WebMD one of which is “Living Healthy”. Living Healthy offers information and tools to help you discover new ways of living an inspiring life through natural beauty, nutrition and diet, better relationships and an active lifestyle.

How to use WebMD Living Healthy
1. Type www.webmd.com into your web browser and press the enter key

2. Highlight and click on LIVING HEALTHY

NOTE: Placing your cursor over the words "LIVING HEALTHY" without clicking on it will bring up a box with areas of interest. You can quickly navigate to one of these areas by clicking on its link. For example clicking on “Women’s Health” will take you directly to the Women’s Health page.
3. Once you click on LIVING HEALTHY you are presented with a screen with multiple sections:

SECTION 1: At the very top, are quick links to all the LIVING HEALTHY main topics.

Click on the topic of interest to navigate to a page for more information and tools.

Living Healthy
Find your best self here. Discover new ways to live an inspiring life through natural beauty, nutrition and diet, an active lifestyle, and better relationships.

Clicking on "Healthy Beauty" brings you to a page with information on Face & Body care.

https://www.webmd.com/beauty/default.htm

Healthy Beauty  Food & Recipes  Weight Loss & Diet Plans
Fitness & Exercise  Sex & Relationships  50+: Live Better, Longer
Balance  Women's Health  Men's Health  Teen Boys
Teen Girls
SECTION 2: As you scroll down the LIVING HEALTHY page there are more resources and ways to navigate to areas of interest. This sections shows the following:

- Popular Tools
- Diet, Food & Fitness
- Women, Men & Teens
- Beauty, Balance & Relationships

And an opportunity to subscribe to WebMD Newsletters

Click on the topic of interest to navigate to a page for more information and tools

Popular Tools:

- Recipe Finder
  - Click here to search for delicious recipes by diet preference, cuisine, holidays etc….with nutrition details.

- Food Calorie Counter
  - Click here to search for and calculate calories, fat, carbs, protein and other nutrients in food and drinks, and to tally your daily caloric intake.

- Fitness Calorie Counter
  - Click here to see calories you can burn per exercise routine and calculate calories you burn during your daily workout routine.

- BMI Calculator
  - BMI stands for Body Mass Index and measures your healthy weight based on your height and is sometimes used to judge your risk for certain illnesses. Enter your data here to see your BMI.
SECTION 3: As you continue to scroll down the LIVING HEALTHY page, the next section provides quick links to all the topics and resources described in Section 1, along with featured items/articles.

Click on a sub-topic to navigate directly to that sub-topic.
SECTION 4: As you scroll to the very last section of the LIVING HEALTHY page, WebMD provides more useful healthy living information and tools.

Now, let's have a look in detail at one of the HEALTHY LIVING topics. We will select Healthy Beauty as our example. Click on the “Healthy Beauty” box as circled below:
Clicking on "Healthy Beauty" on the LIVING HEALTHY page brings you to “radiance by WebMD”.

Clicking on any of these heading provides a listing of subtopics

Here I have clicked on HEALTHY BEAUTY and displayed are subtopics from which to choose:

- Home keeps you in the main HEALTHY BEAUTY page
- News takes you to another page with featured articles, etc.

Click on each to explore

**NOTE:** All main topic areas (Food & Recipes, Balance etc..) have a similar look, feel and navigation
Healthy Beauty also has several sections and resources. Scroll down the page and explore. Click on any items of interest.

To go back to the previous page simply click on the “back” arrow of your browser OR click on the main icon on the page (see areas circled below)
Now let’s try another topic…..

Let’s navigate back to the main LIVING HEALTHY page. You can either click on the “back” button on your browser OR ……

Click this box in the right corner of your screen

If you click the box, you will be presented with this drop down…

Then click here

Then either click here to go to the main LIVING HEALTHY page

OR

Click on another topic of your choice …Let’s try “Aging Well”
If you chose “Aging Well” you will be presented with this page:

Now let’s practice by clicking to select the differing categories…there are plenty from which to choose … I have highlighted a few with the red boxes.

Don’t forget to scroll down the page for more interesting topics and tools.

Congratulations you are well on the way to exploring WebMD’s LIVING HEALTHY!