

# My Goto Health and Fitness Websites and Blogs

Are you looking for information that is related to health or fitness online?

There are so many health and fitness websites and blogs online but the truth is: Not every health and fitness website or blog provides up-to-date resources. Many of the health and fitness resources you find online are written by freelancers who are not health or fitness practitioners or have any experiences so they write basically what they find and read online which might or may not be facts or outdated.

Hence, it is advised that you read or get health related resources from websites and blogs that are up-to-date, well researched, written by professionals and experts in the field.

On this doc i will share some of the most authoritative, trusted and professionally written health and fitness websites and blogs.

1. [Uptodate.com](http://Uptodate.com)
2. [Vitalhealthrecipes.wordpress.com](http://Vitalhealthrecipes.wordpress.com)
3. [Nih.gov](http://Nih.gov)
4. [Vitalhealthrecipes.com](http://Vitalhealthrecipes.com)
5. [sites.google.com/site/healthdrugsfitness](http://sites.google.com/site/healthdrugsfitness)
6. <https://mikerachel.wixsite.com/vitalhealthrecipes>
7. <https://vitalhealthrecipes.tumblr.com>
8. [Vitalhealthrecipes.yolasite.com](http://Vitalhealthrecipes.yolasite.com)
9. [Vitalhealthrecipes.webnode.com](http://Vitalhealthrecipes.webnode.com)