

No equipment exercises for women:

http://www.womenshealthmag.com/fitness/no-equipment-required-workout?cm_mmc=AD_Newsletter_-736202_-11212011_-Read-on

No equipment exercises for men: <http://www.menshealth.com/weight-loss/abs-diet-weight-free-total-body-workout>

Build your own workout: <http://gainfitness.com/strength>

Healthy recipes: <http://www.1001recipe.com/>

Diabetic recipes: <http://www.diabeticlifestyle.com/recipes>