

Fitness & Nutrition page debuts

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The lazy days of summer are upon us. School's out and vacations are on. Time to pull out those swimsuits, flip flops, and pool floats. Pour yourself a tall glass of lemonade or crunch into a cool slice of watermelon. And just take it easy.

While you might be out there relaxing, we here at CURE are working hard to respond to you. We listened to our readers' polls and have some new additions you requested, such as blogs and more information on nutrition and fitness. So while you're taking a moment out of the sun to check out our website, notice that our editorial staff now has blogs to keep you informed of the topics we think are important, the controversies that engage us, and stories that touch our hearts.

As CURE's Fitness and Nutrition editor, one subject that is close to me is health. So I'm excited to announce the launch of our new page dedicated to fitness and nutrition at www.curetoday.com. Here we will report on recent health news that affects cancer patients, survivors, and caregivers. We will also have links to all of CURE's articles on fitness and nutrition, including links to our "Food for Thought" columns. We will also have a weekly health tip to remind you of an easy way to stay healthy and well.

To commemorate the launch of CURE's Fitness & Nutrition page, tell me something you do in the comments section to keep yourself healthy and I might post your tip one week!

Oh, and by the way, while you are taking it easy out there--don't forget the sunscreen!