

Top 10 Reasons to Join OverallHealth.com

Written by Shawn.

Friday, 19 June 2009 04:12 - Last Updated Friday, 19 June 2009 04:15

OverallHealth.com is a unique social networking website focusing on weight loss, fitness, exercise and health. Your OverallHealth.com profile can be used in conjunction with other popular social networking applications including MySpace, Twitter and Facebook- your OverallHealth.com profile can contain links to any of your other social networking applications.

OverallHealth.com does not want to replace any social networking applications; rather, we want to provide a purpose to social networking- healthy networking. [Top 10 Reasons to Join OverallHealth.com](http://OverallHealth.com) : 10. **It's FREE and it's FUN**

09. **Unique Profiles**

- Your profile is completely customizable – change your background picture, update all your information in several tabs (share as little or as much as you want). Comment on other profiles; share your health and fitness goals with other members. Track your progress- help, motivate, educate and inspire!
- OverallHealth.com profiles are well organized. Rather than sorting through some huge page of information, relevant information is grouped into tabs which are easily navigated.
- Xbox360 Gamertag – share your gamertag, compare games and find friends to play online.
- Amazon Wish List – show members what's on your Amazon Wish List.
- Gallery – A robust photo gallery is included in your profile. Add up to 50 photo galleries with 100 pictures in each! You control who can see your pictures, comment, download/ grab them. You can tag pictures containing other members.
- Blog – Blog in many different categories or request one. Blog for the site or just for your friends. RSS feed support. Users can comment on your blog.
- Your Reviews and Articles – your profile links to every review and article you've written.

08. **Find Friends** – Search other members to find those that share the same interests, health goals, etc. as you. Start a group and have fun!

07. **Reviews** – Top Diet reviews, top exercise equipment and supplements. Help other members determine what will work best for them. Blog about your experience with a diet,

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supplement or exercise program.

FREE eBooks Section. eBooks include, "

[Slimming Your Shadow: A Guide for Parents of Overweight Children](#)

"

06. **eBooks** – Read or contribute to our

05.

Restaurants, Fast Food, Recipes and Calorie Calculator

– learn to make healthy food choices when going out to eat. Find and share delicious healthy recipes. Use our calorie calculator to see how many calories you burned today.

04.

Games but no Drama

– Play games just for fun (snake, invaders, frogger and simon with more coming soon). Also, our profiles are limited to searching by health goals, name and email. You'll find there's less drama when your profile doesn't contain your sex and sexual preferences and users can't search for that type of thing. Membership is limited to those who are 18 years of age or older.

03.

Save Money!

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[Shop.OverallHealth.com](#)

is a new shopping comparison site that searches the web to find you the lowest discount fitness supplies anywhere. We constantly find sales and promotions offering even deeper discounts on popular fitness products, so keep checking back here for big savings on all your fitness supply needs. The site features all health related products and anything else you may be searching for!

02.

Make Money!

– What?! Yes, if you have a google adwords account you can place banner ads in your profile. Ads will display relevant content and you will earn money if someone clicks on your ad. Display targeted Google ads on your profile pages and earn from valid clicks or impressions. AdSense gives you access to Google's vast network of advertisers, so you can show ads that are suited to your audience's interests.

01.

Help and Inspire Others

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– Use your profile to encourage other members or use it to provide support. Contribute to the site by submitting an article seen by thousands of people (one of our top articles received over 5,000 views last week 6/7/09 – 6/13/09). You can also include adwords in your articles!

The long-term goal is for

OverallHealth.com

to be the ultimate information and inspiration source for those looking to lead a healthy lifestyle.

[Join OverallHealth.com today!](http://OverallHealth.com)