

# Health.discovery.com

[health.discovery.com/centers/heart/basal/basal.html](http://health.discovery.com/centers/heart/basal/basal.html)

[health.discovery.com/tools/assessments.html](http://health.discovery.com/tools/assessments.html)

[health.discovery.com/videos](http://health.discovery.com/videos)

[health.discovery.com en espaol](#)

you could substitute personal responsibility for your list

[health.discovery.com](http://health.discovery.com)

if you can't really do anything then what is the point, other than to know i feel like crap.

[health.discovery.com/tools/calculators/basal/basal.html](http://health.discovery.com/tools/calculators/basal/basal.html)