

## **Non-Fiction - Episode 2: May 2008**

The theme for May, as part of the national [year of reading](#), is 'Mind and Body'

*'Celebrate the links between reading and health in May'*

This is a list of some websites which you may find interesting related to the 'Mind and Body' theme.

Nutrition

[www.nutrition.org.uk](http://www.nutrition.org.uk)  
[www.5aday.nhs.uk](http://www.5aday.nhs.uk)

Healthy eating and lifestyle

[www.foodfitness.org.uk](http://www.foodfitness.org.uk)  
[www.mindbodysoul.gov.uk](http://www.mindbodysoul.gov.uk)  
[www.bbc.co.uk/health/healthy\\_living](http://www.bbc.co.uk/health/healthy_living)  
<http://lifeandhealth.guardian.co.uk>

A more heavyweight government report (on obesity):

'Healthy weight: Healthy lives – a cross government strategy for England'

[http://www.dh.gov.uk/en/PublicHealth/Healthimprovement/Obesity/DH\\_082383](http://www.dh.gov.uk/en/PublicHealth/Healthimprovement/Obesity/DH_082383)

Online dream interpretation

[www.dreammoods.com/dreamdictionary](http://www.dreammoods.com/dreamdictionary)

The human body and mind

[www.bbc.co.uk/science/humanbody](http://www.bbc.co.uk/science/humanbody)

Book swap kits for doctors surgeries?  
dentists?

[www.bbc.co.uk/raw/getinvolved/rawswaps](http://www.bbc.co.uk/raw/getinvolved/rawswaps)

Finally, don't forget May is [National Share-a-Story month](#)

