

The **PointMetric Health & Fitness Top 50** represents the most stable of the high-ranking web properties across a defined set of industry keywords. Search Engine Optimization (SEO) done correctly is an ongoing process and stability is a key factor for long-term organic search marketing success.

This list was created using a variety of criteria, most notably ranking and stability across the various keywords representing the industry. The PointMetric Top 50 list does not represent the web properties that have the highest rankings or the most traffic. This report reveals the pages with the most stable top positioning and should be viewed as a measure of who is least vulnerable to being supplanted in their organic search results position.



The complete **PointMetric Health & Fitness Industry Intelligence Report** provides detailed search marketing analysis and actionable information for key search engine optimization factors.

You can order the complete report, here:
www.pointmetric.com/health_fitness_report.html

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- 1 <http://www.whitehouse.gov/fsbr/health.html>
- 2 <http://www.fitnessmagazine.com/fitness/category.jhtml?categoryid=/templatedata/fitness/category/data/1145287778138.xml>
- 3 <http://thyroid.about.com/library/howto/htloseweight.htm>
- 4 <http://www.diabetes.org/nutrition-and-recipes/nutrition/healthyfoodchoices.jsp>
- 5 <http://www.weightloss.com/>
- 6 <http://www.weight-loss-diet-help.com/>
- 7 <http://www.meredith.com/mediakit/fitness/index.html>
- 8 <http://www.ext.colostate.edu/pubs/foodnut/09363.html>
- 9 <http://www.girlshealth.gov/fitness/index.htm>
- 10 <http://faqs.org/faqs/body-building/hardgainer-faq/>
- 11 <http://www.goldsgym1.com/>
- 12 <http://www.overstock.com/mens-fitness-clothing-buying-guide.html>
- 13 <http://www.healthclubs.com/>
- 14 <http://exercise.about.com/>
- 15 <http://www.southbeach-diet-plan.com/>
- 16 <http://www.tradekey.com/ks-lifetime-fitness/>
- 17 <http://www.mayoclinic.com/health/fitness-training/hq01305>
- 18 <http://www.mayoclinic.com/health/fitness/hq00171>
- 19 <http://allrecipes.com/recipes/healthy-living/main.aspx>
- 20 http://www.menshealth.com/cda/channelpage.do?site=menshealth&channel=fitness&cm_re=hp_-_channels_-_fitness
- 21 http://en.wikipedia.org/wiki/personal_training
- 22 <http://www.sparkpeople.com/>
- 23 <http://exercise.about.com/cs/weightloss/a/howtoloseweight.htm>
- 24 <http://dictionary.webmd.com/terms/biceps.xml>
- 25 http://www.healthyweightforum.org/eng/diets/south_beach_diet/

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- 26 <http://www.24hourfitness.com/findclubform.do>
- 27 <http://www.lafitness.com/pages/findclub.aspx>
- 28 <http://www.pilates.com/bbapp/v/about/pilates-benefits.html>
- 29 http://www.ballyfitness.com/clubs/new_clubs/
- 30 <http://www.bodybuilding.com/fun/exercises.php?mainmuscle=biceps>
- 31 <http://www.lafitness.com/>
- 32 <http://www.ltfriathlonseries.com/>
- 33 <http://diabetes.about.com/od/symptomsdiagnosis/p/symptoms.htm>
- 34 <http://www.lloydac.com/>
- 35 <http://www.mayoclinic.com/health/fitness/hq01543>
- 36 <http://www.faihandfitness.net/>
- 37 <http://www.pilatesannex.com/>
- 38 <http://www.southbeach-diet-plan.com/recipecollection.html>
- 39 <http://www.iwantsixpackabs.com/>
- 40 <http://www.mayoclinic.com/health/healthy-recipes/re99999>
- 41 <http://www.24hourfitness.bm/>
- 42 <http://www.mayoclinic.com/health/weight-training/hq01627>
- 43 http://www.epinions.com/curves_for_women
- 44 <http://www.fitnessmagazine.com/>
- 45 <http://www.jazzaiea.com/>
- 46 <http://www.centercurves.com/>
- 47 <http://www.sportsmedicine.com/>
- 48 <http://www.goldsgym.com/>
- 49 <http://dietbites.com/>
- 50 http://en.wikipedia.org/wiki/weight_training