



Health and Fitness Resources

Health

How To Live To 90	LP 612.68 Lef
How Not To Be My Patient	613 Cre
Younger Next Year	613 Cro
Energy Addict	613 Gor
Tired Of Being Tired	613 Han
Total Renewal	613 Lip
Live Now Age Later	613 Ros
Eating Well For Optimum Health	613 Wei
8 Minutes In The Morning	613.7 Cru
Don't Get Duped!	613.7 For
Get With the Program	613.7 Gre
Make The Connection	613.7 Gre
The Art of Getting Well	615.5 Spe
Wear And Tear	616.7223 Arn
The Perricone Promise	646.7 Per

Getting Into Shape

Building Strength And Stamina	613.71 Wes
Ready, Set, Go!	613.7 Cam
The World's Fittest You	613.7 Dec
Curves	613.7 Hea
Fat Daddy, Fit Daddy	613.7 Sch
U.S. Navy SEALs Workout Guide	613.71 Cha
Gary Yanker's Walking Workouts	613.71 Yan
Motherwell Maternity Fitness Plan	618.2 Ber

Shaping Up In A Sports Way

Baseball	796.357
Boxing	613.7
Golf	796.352
Croquet, Field Hockey	796.355
Walking	613.71
Cycling	796.6
Running	796.44
Tennis	796.346
Dancing	792.8
Yoga	613.7046



Weight Training

Fitness Weight Training	613.713 Bae
Practical Weight Training	646.75 Pre
Stronger Legs And Lower Body	613.71 Rob
Strength Training For Young Athletes	613.7 Kra
Strength Training Past 50	613.7 Wes
Weight Training	613.71 Bae

Weight Loss

Dr. Atkins' New Diet Revolution	613.25 Atk
The Fat Flush Plan	613.25 Git
Getting Thin And Loving Food	613.25 Dae
The Perfect Fit Diet	613.25 San
The South Beach Diet	613.25 Aga
The T-Factor Diet	613.25 Kat
The Thyroid Diet	616.44 Sho
The Ultimate Weight Loss Solution Cookbook	641.5635 McG

Cooking For Your Health

The Carbohydrate Addicts Cookbook	641.5 Hel
Cooking Light Annual Recipes	641.5 Coo OS
Getting Thin And Loving Food	613.25 Dae
Graham Kerr's Simply Splenda Cookbook	641.5 Ker
Living the GI (Glycemic Index) Diet	641.5 Gal
South Beach Diet Cookbook	641.5635 Aga
Taste Pure And Simple	641.5 Nis
Ultimate Weight Solution Cookbook	641.5635 McG
Zone Meals In Seconds	641.5635 Sea

Healthy Kids

Arnold's Fitness For Kids Ages 6 to 10	613.7 Sch
Arnold's Fitness For Kids Ages 11 to 14	613.7 Sch
Dr. Sears' LEAN Kids	613.7 Sea
Healthy Kids	613.0432 Hen
The Teen Weight-Loss Solution	613.2 Sch

DVDs And Videos

Atkins Complete: Fast, Easy, & Healthy	DVD 613.25
The Method: Complete Pilates	DVD 613.71 Met
Lean, Strong & Healthy With Susan Powter	VHS 613.7 Lea
Billy Blanks' Tae-Bo	VHS 613.71 Bil
Stretchin To The Classics	VHS 613.71 Str