

Health Benefits

613.7 Reynolds – *The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer* (2012)

Offers advice to casual and serious exercisers on the latest understandings about the mental and physical aspects of a fitness program, sharing recommendations for a range of exercise goals.

615.82 Blech – *Healing Through Exercise: Scientifically Proven Ways to Prevent and Overcome Illness and Lengthen Your Life* (2009)

A fascinating and life-enhancing investigation into exercise as the new medicine, reversing many diseases, preventing others, and lengthening lives.

615.82 Kru – *Healing Moves: How to Cure, Relieve, and Prevent Common Ailments with Exercise* (2000)

A renowned cardiologist and health journalist show readers how to use exercise as an ally against a host of maladies, including HIV, arthritis, back pain, allergies, asthma, and eating disorders, as well as cardiac disease.

615.82 Metzl – *The Exercise Cure* (2013)

This motivational guide provides an A-to-Z list of maladies and specific exercise prescriptions for each, outlining customizable workouts and a complementary doctor-approved eating plan for weight loss.

796.44 Leibman – *Anatomy of Exercise for 50+* (2012)

Includes exercises that will support good health at any age, but for those over fifty, they can help in the prevention of many age-related problems.

Aerobics and Dance

DVD 613.7 Absolute – *Step and Dance Aerobics* (2009)

Teaches step and dance terminology and how to effectively perform all of the basic dance moves for each session. Includes a Latin dance workout and a step segment that offers a fat-burning aerobics routine with a stretch segment at the end to complete the workout.

DVD 613.7 Dancing Cardio -- *Dancing with the Stars Cardio Dance* (2007)

A dance aerobics program led by three professional dancers who appear on the TV series *Dancing with the Stars*. Featured dances:

paso doble, cha-cha, samba, and jive. Includes "bonus challenge" freestyle segment, warm-up, and cool-down.

DVD 613.71 Power -- *Power Aerobics. Fat Burner Workout* (2009)

The ideal combination of cardio and fitness workout strengthens the cardiovascular system while burning excess body fat.

DVD 613.715 Zumba – *Exhilarate: The Ultimate Fitness Zumba DVD Experience* (2011)

Inspired by traditional cumbia, salsa, samba and merengue music, Zumba pairs pulsating Latin rhythms with red-hot international dance steps.

792.8 Bowers -- *Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer* (2012)

Outlines a transformative approach to reshaping the body that draws on ballet traditions for weight loss, muscle toning, and elegant poise.

Weight Loss and Strength Training

DVD 613.71 Flat – *The Flat Belly Workout* (2008)

A workout that combines 20 minutes of cardio intervals to boost fat burn, 10 minutes of total body toning and 5 minutes of yoga to beat daily stress, the hidden cause of belly fat.

DVD 613.71 Insanity Abs – *Insanity: Fast and Furious Abs: Insane Abs in 15 Minutes* (2013)

This a 45-minute workout crammed into just 15 minutes. Now that's crazy. We dare you not to sweat.

DVD 613.71 Michaels – *30 Day Shred* (2007)

Jillian Michaels offers three different twenty minute workouts at three different ability levels to promote weight loss and body sculpting.

DVD 613.71 Smith – *Lift Weights to Lose Weight* (2008)

Upper body and lower body workouts, plus core strengthening routines that sculpt long, lean muscles and boost metabolism to burn calories all day.

613.25 Harper -- *Jumpstart to Skinny: The Simple 3-week Plan for Supercharged Weight Loss* (2013)

The coach of NBC's "The Biggest Loser" provides a four-part plan that includes diet instructions and simple exercise routines.

613.7 Hahn -- *The Slow Burn Fitness Revolution: The Slow Motion Exercise That Will Change Your Body in 30 Minutes a Week* (2003)

Outlines a program of slow-movement exercise that safely increases strength and burns fat in half an hour per week with exercises designed to work out the entire body, improve cardiovascular health, and enhance spinal support.

Yoga & Pilates

DVD 613.7 Rumbaugh – *Yoga to the Rescue: For Back Pain* (2007)

A series of therapeutic yoga exercises that will improve your posture, ease pressure, relieve tightness, increase circulation, and make you stronger and more flexible.

DVD 613.7 Yee – *Yoga for Your Week* (2013)

Look good and feel great in just twenty minutes a day. Five different yoga practices bring five different benefits: focus, energy, flexibility, strength and relaxation.

DVD 613 71 Ivanhoe – *Sara Ivanhoe's 20 Minute Yoga Makeover. Total Body Tone with Weights* (2004)

Demonstrates a yoga workout designed to tone muscles.

DVD 613.71 Winsor – *Mari Winsor's Lower Body Pilates* (2012)

3 dynamic practices focused on areas of the body that Winsor's devoted followers have asked for most: hips, thighs, and glutes.

613.7 Stiles -- *Yoga Cures: Simple Routines to Conquer More Than 50 Common Ailments and Live Pain-Free* (2012)

Demonstrates yoga poses that can ease everyday health challenges, from headaches and anxiety to depression and vertigo.

613.7046 Herrington – *Yoga* (2013)

Introduces yoga, including basic yoga poses for increasing flexibility and strengthening core, leg, and arm muscles, and explains modifications for beginners and variations for more advanced yogis.

613.7046 Nardini – *The 21-Day Yoga Body: A Metabolic Makeover and Life-Styling Manual to Get You Fierce, Fit, and Fabulous in Just 3 Weeks* (2013)

Presents an easy-to-follow three-week plan to help readers build their core physical, nutritional, and emotional strength, in a work accompanied by yoga poses, breathing and meditation exercises, and nutrition tips and recipes.

613.71 Robinson – *The Pilates Bible: The Most Comprehensive and Accessible Guide to Pilates Ever* (2010)

A book with full-color step-by-step photos includes Pilates workouts at several difficulty levels—from beginner to expert—and a variety of time lengths.

Walking, Running & Triathlons

DVD 613.71 Sansone – *The Walk Diet* (2004)

An exercise tape demonstrating some yoga-based stretching routines to combine with fitness walking. **Also:** *Walk Aerobics for Seniors with Leslie Sansone* and *Older Adults Walk and Firm with Leslie Sansone*

MP3 613.7 Roizen – *You, On a Walk* (2009)

Includes two thirty-minute walks set to music that is timed to keep you moving at the pace that is right for you. Along the way, you'll hear about the benefits of walking, motivation to keep going, pointers and other tips.

613.7 Sansone – *Walk Away the Pounds: A Breakthrough 6-Week Program that Helps You Burn Fat, Tone Muscle and Feel Great Without Dieting* (2005)

If you can walk, you can achieve the weight-loss goals you dream about. All you need is fifteen minutes a day for starters, two feet, and a willing attitude. **Also at MP3 613.7 Sansone**

613.71 Field -- *Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight* (2013)

Straight-talking, funny, and brutally honest, this book will give you "yes, you" the push you need to get out of the door, up and running, and shedding pounds in no time.

796.42 Frediani – *Tri Power: The Ultimate Strength Training, Core Conditioning, Endurance, and Flexibility Program for Triathlon Success* (2007)

Provides the essential tips and exercises in weight training, core conditioning, and improved flexibility for both novice and expert. If you've ever thought about competing in a triathlon, this is your first step to crossing the finish line.

796.42 Holland -- *Swim, Bike, Run - Eat : The Complete Guide to Fueling Your Triathlon* (2014)

Offers advice on nutrition during training and on race-day for triathletes, discussing what to eat; the difference in calories from solid, semi-solid, and liquid foods; and recovery nutrition.

796.42 Magill -- *Build Your Running Body: A Total-body Fitness Plan for All Distance Runners, From Milers to Ultramarathoners: Run Farther, Faster, and Injury-free* (2014)

Draws on the latest research in running physiology to provide training programs and strategies for improving running mileage while preventing injuries, and includes nutrition guidance and beginner's guidelines.

796.6 Burke -- *The Complete Book of Long-Distance Cycling : Build the Strength, Skills, and Confidence to Ride as Far as You Want* (2000)

A complete reference source on the world of long distance bicycling includes extensive information on all levels of cycling, from thirty miles to 3000 miles.

Triathlete Magazine (2015)

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