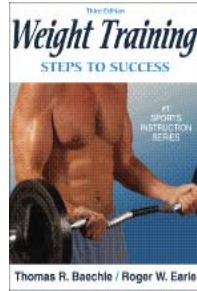


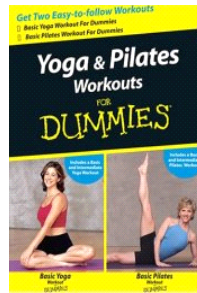
Sivananda Beginner's Guide to Yoga
by The Sivananda Vendanta Yoga Centre
613.7046 SI93
Everything students need to know to begin practicing at home is here, with easy-to-understand instructions and 200 illustrations.



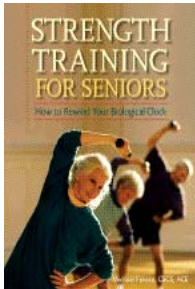
Weight Training: steps to success
by Thomas R. Baechle
613.713 B144W3
Combining the experience of master teachers Thomas Baechle and Roger Earle, this guide will maximize your development with a progressive approach to strength training using either free weights or machines.



Stealth Health: how to sneak age-defying, disease-fighting habits into your life without really trying.
by Debra L. Gordon
613.7 G654S
Using the book's "Everyday Health Plan," more than 1,200 small modifications help achieve weight loss and better health.



Yoga & Pilates workouts for dummies [videorecording (DVD)]
By Sara Ivanhoe
613.7046 DYO GP
Fundamental yoga postures are explained and demonstrated slowly, with an emphasis on breathing and motion; 18 classic Pilates mat exercises are demonstrated and explained.



Strength Training for Seniors: how to rewind your biological clock
by Michael Fekete
613.71 F329S
Written by a master athlete over 50, this accessible book offers specific exercises for improving health and fitness, tips on maintaining and increasing mobility and motor skills, nutritional advice, strategies for stress management and worksheets for personal strength training schedules.

Websites

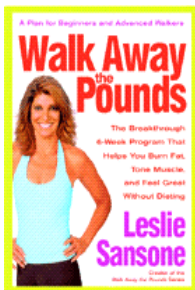
<http://www.fitness.gov>
President's Council on Physical Fitness

<http://medlineplus.com>
A source for exercise and physical fitness articles.

<http://physicalfitness.org>
National Association for Health and Fitness

Magazines

Men's Health
Joe Weider's Muscle and Fitness
Runner's World
Shape
Yoga Journal



Walk Away the Pounds: the breakthrough six-week program that helps you burn fat, tone muscle and feel great without dieting.
by Leslie Sansone
613.7 SA139W
This nonthreatening, accessible exercise plan should be a boon for those who are reluctant or unable to practice more intense exercise.

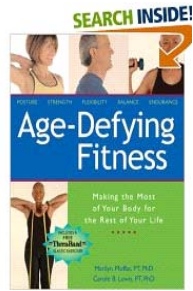
Physical Fitness

These sources of information about physical fitness are available at the Racine Public Library.

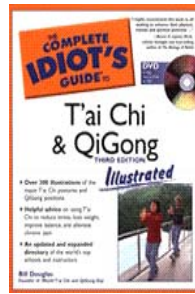


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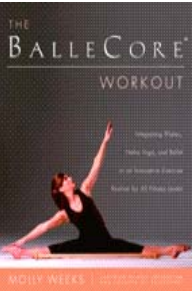
Age-defying Fitness: making the most of your body for the rest of your life
by Marilyn Moffat
613.71 M723A
Many of the problems attributed to inevitable age-related changes are in fact not inevitable and are often lifestyle induced and reversible. Two of the nation's top physical therapists show how to assess your fitness levels and create a specific profile to achieve optimum physical health.



The Complete Idiot's Guide to T'ai Chi and QiGong, Illustrated
by Bill Douglas
613.7148 D745C3
You know T'ai Chi and QiGong are traditional Asian martial arts practiced throughout the world. But did you know these exercises are also used as a form of healing one's mind, body, and spirit?



Fit and Female: the perfect fitness and nutrition game plan for your unique body type
by Geryalyn Coopersmith
613.71 C788F
Observing that "fitness is not one size fits all," Coopersmith addresses six basic body shapes, with a customized workout and eating plan for each type; each plan incorporates components of a cardio workout, muscular fitness segment and flexibility training.



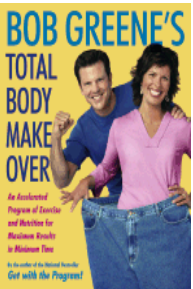
The BalleCore Workout : integrating Pilates, hatha yoga, and ballet in an innovative exercise routine for all fitness levels
by Molly Weeks
613.71 W418B
From the creator of BalleCore comes the first and only book about the unique workout that combines the best of Pilates, hatha yoga, and classical ballet in one revolutionary workout.



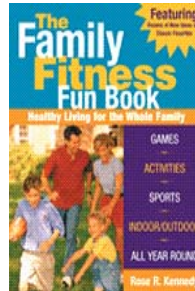
ChiWalking: the five mindful steps for life-long health and energy
By Danny Dreyer
613.7176 D825C
Similar to Pilates, yoga and T'ai Chi, ChiWalking emphasizes body alignment and mindfulness while strengthening the core muscles of the body.



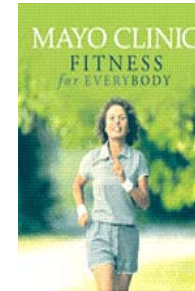
Injury-free Running
by Adam Bean
796.426 IN56
You'll learn how to recognize and treat the early symptoms of injury, care for and recover from more serious ones, and how to strengthen your muscles and bones to be sure you can remain a healthy runner for life.



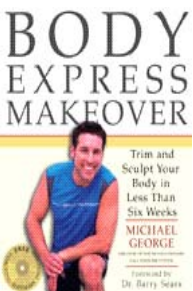
Bob Greene's Total Body Makeover
by Bob Greene
613.7 G83B
From national bestselling author Green comes an accelerated program for total fitness that puts readers on the road to maximum health in minimum time.



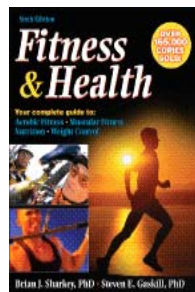
Family Fitness Fun Book: healthy living for the whole family
by Rose Kennedy
790.1 K386F
Featuring ideas for fun activities, games, and outdoor adventures for every level of fitness, every season, and almost any interest, this book is for anyone who wants to be more active and spend more quality time with their family.



Mayo Clinic Fitness for Everybody
by Diane Dahm
613.7 M454
Suggesting exercise programs to suit individual needs and lifestyles, this book focuses on choosing and using the right equipment, the crucial relationship of nutrition and fitness, how to train for one's activity or sport to minimize the risk of injury and much more.



Body Express Makeover: trim and sculpt your body in less than six weeks
by Michael George
613.71 G293B
This accessible, upbeat guide, which allows readers to personalize an age-appropriate program that will fit into the busiest of schedules, should prove useful to those who are committed to making a lifestyle change.



Fitness and Health
by Brian J. Sharkey
613.7 SH233F
A former president of the American College of Sports Medicine, and a world-renowned fitness authority, presents a wealth of research-based advice and activities. Using his knowledge and examples, you will be able to design your own effective activity program.



Pilates for Men: the total solution for strength, flexibility and power
by Elyse McNergney
613.71 M4595P
The author of *The Official United States Air Force Elite Workout*—who is also one of the top Pilates experts in the country—shows how real men do Pilates.