

DCL Collection Guide

Internet Resources

AMADoctorFinder.org – Professional information about virtually every licensed physician in the United States and its possessions.

<http://webapps.ama-assn.org/doctorfinder/html/patient.html>

Medlineplus.gov – Health information from the National Library of Medicine

<http://medlineplus.gov/>

Rxlist.com - Medications and prescription drug information for professionals and consumers

<http://www.rxlist.com/script/main/hp.asp#>

Healthfinder.gov - Reliable health information selected from over 1,700 government agencies and nonprofit organizations

<http://www.healthfinder.gov/>

WebMD.com - The leading source for trustworthy and timely health and medical news information

<http://www.webmd.com/>

Check out these and more health links on the DeWitt Community Library's Resources Page on our website: **www.dewlib.org**.

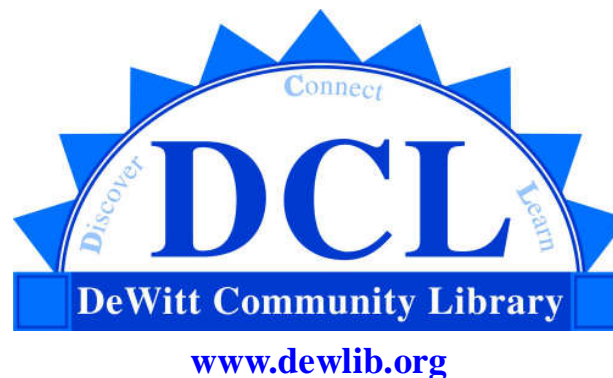
Look for other Collection Guides, available at the DeWitt Library or online at **www.dewlib.org**. Collection Guides are your introduction to some of the best titles the DeWitt Community Library has to offer.

Health and Exercise

Here's your handy guide to the DCL's Health and Exercise section.



Interested in these or other books?
Please visit the DeWitt Community Library
or check the online catalog through our website:
www.dewlib.org



Health & Exercise

Magazines

The DeWitt Community Library carries current periodicals on Health and Exercise for circulation.

Health	Men's Health
Runner's World	Self
Shape	Sports Illustrated
Weight Watchers	



Some full-text articles of magazines can be accessed using our databases. Read on to find out more.

DCL Databases can be accessed at the Library or in some cases from your home or office computer. All you need is a valid Library Card and pin #. Log on to www.dewlib.org and click on the Research Articles page. Contact a staff member to establish a pin # in person or by phone (315) 446-3578.

Gale General OneFile

More than 12,000 magazine, journal, and newspaper titles that include articles on health, science and more.

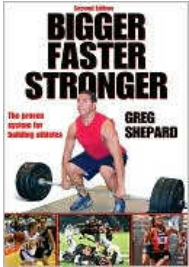
Gale Academic OneFile

Over 12,000 journal and reference articles with extensive coverage of science and medicine.

Gale Health Reference Center Academic

Includes hundreds of full-text articles from medical journals and general-interest magazines.

Fitness and Exercise



Bigger Faster Stronger
613.711 SHE - **Health and Exercise**
Champaign, IL: Human Kinetics 2009
Presents an effective strength-training system for coaches and athletes.



Weight Training Handbook
613.713 VIL - **Health and Exercise**
Guilford, Conn.: Lyon's Press 2005
Definitive guide to boosting overall cardiovascular health through resistance training

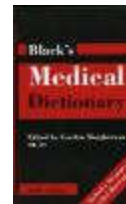


New York Roadrunners Complete Book of Running and Fitness
796.42 AVE - **Sports and Recreation**
New York: Random House Reference 2004
Comprehensive guide for every level of fitness, as well as advice on training techniques and injury prevention

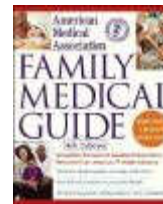
For similar titles, try searching these subjects catalog in our online catalog: Exercise, Medicine, Popular, Medicine--Dictionaries and Physical Fitness

For more books on this topic,
visit the DeWitt Community Library
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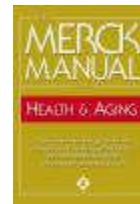
General Health and Resources



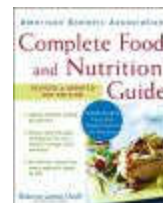
Black's Medical Dictionary
London: A. & C. Black
610.3 BLA **Health and Exercise**
Includes over 5,000 definitions and descriptions of medical terms and concepts



American Medical Association Family Medical Guide
Hoboken, NJ: J. Wiley and Sons 2004
613 AME **Health and Exercise**
Authoritative guide on hundreds of diseases and disorders



The Merck Manual of Health and Aging
Whitehouse Station, NJ: Merck Research Laboratory
613.043 MER **Health and Exercise**
Home reference manual for older adults that explains what can be done to prevent disease and improve health

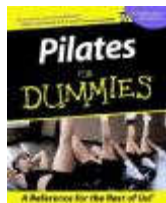


American Dietetic Association Complete Food and Nutrition Guide
Hoboken, N.J.: John Wiley & Sons
613.2 DUY **Health and Exercise**
Comprehensive guide that provides authoritative, reliable information on food and nutrition



Physician's Desk Reference 2010
Montvale, NY: Physicians' Desk Reference
615 PHY **Health and Exercise**
FDA-approved information on more than 3,000 prescription drugs

Fitness and Exercise

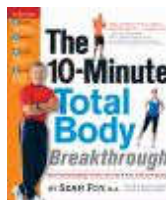


Pilates For Dummies

New York: Hungry Minds

613.7 HER - **Health and Exercise**

Packed with step-by-step exercises, photos, and illustrations

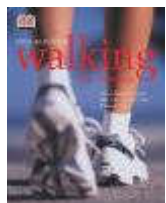


10-Minute Total Body Breakthrough

New York: Workman Pub., 2009

613.7 FOY - **Health and Exercise**

Transform your body and get fit in just 10 minutes a day

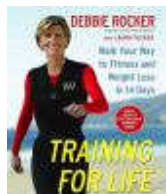


Walking for Fitness: the low-impact workout that tones and shapes

New York: DK 2003

613.717 BAR - **Health and Exercise**

Includes advice about shoes, clothing, nutrition and walking techniques

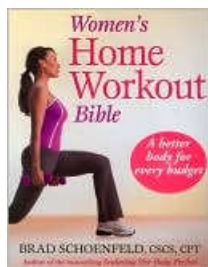


Training for Life: walk your way to fitness and weight loss in 14 days

New York.: Springboard Press 2007

613.717 ROC - **Health and Exercise**

Includes walking basics, dietary recommendations, and additional upper body workouts



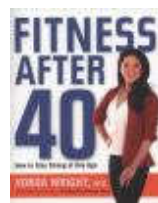
Women's Home Workout Bible

Champaign, ILL: Human Kinetics 2010

613.704 SCH - **Health and Exercise**

Features tips on how to create a home gym and personalized training programs for women of all ages.

Fitness and Exercise



Fitness after 40: how to stay strong at any age

613.704 WRI - **Health and Exercise**

New York: AMACOM 2009

Unique medical program specifically designed to target the fitness and performance needs of mature athletes



Strength for Life: the fitness plan for the best of your life

613.7 PHI - **Health and Exercise**

New York: Ballantine Books 2006

An easy-to-implement program to increase energy levels, and maintain a lean, strong physique



Fitness 9 to 5: easy exercises for the working week

613.71 ARC - **Sports and Recreation**

San Francisco: Chronicle Books 2006

Features 75 quick and easy exercises that can be performed at the office or on the morning commute

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