Books for the Body

A selection of materials about exercise and fitness from the collection of Penn Yan Public Library.

Penn Yan Public Library
214 Main Street, Penn Yan, NY 14527
315-536-6114
www.pypl.org

Hours:
Monday - Friday 9-7:30
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The Penn Yan Public Library has many resources to help you keep fit. From books on running, to martial arts, to videos on Yoga, you can find information on many varieties of exercise at PYPYL. From home you can always check out the Health Reference Center online at http://www.stls.org/databases for in depth articles related to health.

The numbers below represent each item’s Dewey Decimal or call number. This is the number you use to locate the item in the library. If you have any questions, feel free to ask a librarian for help.

**Videos**

**DVD MV 037 Total Yoga**
Discover how easily yoga can be incorporated into your daily routine and how quickly you'll see the benefits for your body and spirit. Easy to follow series of classical yoga postures for a healthier, more balanced life. You will also be taught ujjayi breathing.

**DVD MV 047 Keeping fit in your 50’s: workout essentials for a changing body**
Program features include insights into the major physical changes in your 50s; exercise tips for achieving maximum results; 30-to-40 minute core routines; advanced/alternate exercises; introductory Pilates and yoga workouts; Q & A sessions.

**DVD MV 064 Absolute Kick-boxing: a kick box interval workout**
Multiple options for different lengths of workouts for optimal fitness results. A mix of kickbox moves and combos get combined with challenging bootcamp-style athletic drills of strikes and blocks with a weighted bar.

**DVD MV 073 Dance and Be Fit. Abs Burn**
This intense, calorie-burning, dance based workout focuses on the strengthening and sculpting of the abs, working stubborn "tummy" muscles through the use of fun, easy to learn choreography.

**DVD MV 077 Shapely Girl: Let’s Get Stepping**
A fitness release designed for plus sized women who are interested in health benefits rather than dress size, this program offers beginners and intermediate viewers a complete step workout, designed to give viewers more energy, flexibility, and strength, all through easy-to-follow instructions.

**Books**

**613.7176 BAC ShapeWalking: Six Easy Steps to Your Best Body by Marilyn L. Bach**
Addressing people of all fitness levels, the authors discuss getting started, setting attainable goals, achieving a target heart rate, and toning the most common trouble spots. Workouts include an antosteoporosis workout that strengthens the bones most affected by the disease.

**613.7411 COM Complete home fitness handbook by Ed Burke**
Packed with stretches, exercise techniques, and individual workouts to help readers achieve total fitness at home.

**613.7 SIM The no sweat exercise plan: a simple way to lose weight and improve your health without spending hours in the gym by Harvey B. Simon**
The book's author claims it will help you: "Shed pounds you don't want and inches you don't need, Increase your energy and stamina, Improve your cholesterol levels, Reduce stress, avoid mood swings, and beat depression, Reduce your risk of heart disease, diabetes, osteoporosis, and cancer, Look and feel younger and add years to your life."

**613.7 BAS Fitness made simple by John Basedow**
This book explains John Basedow’s fitness routine. The book explains his exercise as well as diet suggestions.

**613.7 MOF Book of body maintenance and repair by Marilyn Moffat**
Broken down into three major sections, the book first offers illustrated descriptions of the structure and mechanics of each major body part, explaining what can go wrong and how to properly care for that area. Middle section presents general information on posture, body mechanics, weight control, aerobic conditioning, and maintenance programs. Each chapter references the main part of the book, the catalog of exercises.

**613.71 FLA The United States Marine Corps workout by Andrew Flach**
Witness the Leathernecks in action! You’ll discover training techniques you’ve never seen before. Travel to Parris Island, South Carolina, where you’ll firsthand the exercises real Marines use to stay in fighting shape. These are rugged workouts for the rugged soul. Includes exercise photos, descriptions and workout plans.

**Downloads**
(find and access at http://stls.lib.overdrive.com, or with the Overdrive Media Console app on your tablet computer or smartphone)

**eBook by Scott Douglas**
**The Little Red Book of Running**
Scott Douglas offers the advice he’s gleaned from three decades of running, from twenty years as a running writer, and from the deep connections he’s made with top runners and coaches around the country and around the world. Douglas includes tips for increasing your daily, weekly, and yearly mileage; advice on increasing your speed and racing faster; useful know-ledge on how to stay injury–free and be a healthy runner; and much more.

**Video**
**Easy Yoga**
Video demonstrations of many popular yogic postures. Shows full sequences for individual postures. Learn breathing & meditation techniques, standing & seated postures, back bends, stretches ...and more!

**Video**
**Jillian Michaels: Kickbox Fastfix**
Jillian Michaels Kickbox FastFix consists of three Kickboxing routines. Workout 1 focuses on toning the upper body, Workout 2 is going to tone and sculpt the lower body, and Workout 3 really zeroes in on the abs, while melting of the fat with wild and fun kickboxing cardio.

**Video**
**Pilates Inspired Matwork**
Come and experience a Joseph Pilates inspired teaching with this thoroughly enjoyable three part series. Explores the core dynamics of healthy posture and body mechanics.