

Video

Qigong for Stress Relief

The offerings on this video are a collection of exercises that come out of an ancient practice from China known as Qigong. These exercises were selected to help bring your energy level in balance, and as a result, reduce stress and increase your sense of well-being.

Video

Leslie Sansone: Walk Away the Pounds for Abs (Super Fat Burning)

There's nothing like walking to give you exercise, and popular fitness instructor Leslie Sansone will show you how to get the most out of your walks. This three mile program focuses on how to get your abs working while you're out walking, and since all you need is a pair of decent shoes on your feet you'll be on your way to a more fit you.

Video

AM Yoga for Your Week

Let Rodney Yee be your daily guide through these five morning practices. Each workout focuses on a specific area to loosen your muscles, relax your mind and energize you for the day ahead. Choose from Standing Poses, Twists, Backbends, Forward Bends and Hip Openers. It's simple enough for beginners, but effective for everyone.

Video

Dance: Core Cross Train

Join Patricia Moreno as she shows you how to simultaneously build strength and dance skills. You'll see just how dancers get so toned as you integrate your entire body into new movements. From jazz to Latin and hip-hop, you'll learn all the basic moves from each genre and then string them together to look like a pro.

Video

Rodney Yee's Advanced Yoga

3 full-length advanced practices will help you realize new levels of power, intuition, ease and reward in your yoga and your life.

True Tales of Walkers

974.044 WRE

Walking to Vermont by *Christopher S. Wren*

Walking all the way from New York to his new home in Vermont gave this former New York Times reporter/editor plenty of time to reconsider his life.

B Strayed (also available on our Nooks and for download)

Wild: from lost to found on the Pacific Crest Trail by *Cheryl Strayed*

The story of an eleven-hundred-mile solo hike that broke down a young woman reeling from catastrophe--and built her back up again.

796.51 WAL

The Walker Within: Forty-Five Lives Changed by Walking by *multiple authors*

Stories that reveal the joys, frustrations, observations, and sublime moments familiar to anyone who makes walking an essential part of life.

917.3 HAN

One Step at a Time: My 18-Month Walk Across America by *Elena J. Hanuse*

At age 52, Hanuse set out to realize a childhood dream: to walk from the Golden Gate bridge to the Statue of Liberty. The family dog, Buck, went the distance with her; husband Alex provided moral and logistical support for the adventure.

982.6 PAR

Miracle in the Andes: 72 days on the mountain and my long trek home

by *Nando Parrado*

Tells the tale of Nando Parrado, who, with his rugby team crashed in the Andes Mountains. After the group learned the search for them was called off, Nando lead an expedition up the mountain and across forty-five miles of frozen wilderness in an attempt to find help.

Video Games

VG Wii 031 (Wii game)

Dancing with the Stars

Compete to be America's Greatest Dancer! Cha-Cha, Tango, Mambo, Samba, Rumba, Foxtrot, Waltz and More. Play as one of nine celebrities and join one of the show's professional dancers to show the judges you've got star power!

VG Wii 036 (Wii game)

Zumba Fitness 2

Learn easy-beat breakdowns, track calories burned and create your own workouts with celebrity Zumba instructors.

VG Wii 018 (Wii game)

Just Dance Kids

Just dance kids contains 40 + fun songs for all ages! Choose from over 40 songs in a game. There are a total of 8 playlists.

Need more information?

The library has an extensive fitness collection. Try browsing the 613.7 Dewey Decimal area in the non-fiction section, or look up a specific topic on the OPAC (our computerized card catalog). You can access the catalog anytime online at www.pypl.org. You can download and read, listen to, or watch more fitness related materials from our digital catalog at <http://stls.lib.overdrive.com>. If you need help, come to the reference desk or front desk, or ask any staff member. We're always happy to help!



Penn Yan Public Library

214 Main Street
315-536-6114

Penn Yan, NY 14527
www.pypl.org

Hours:

Monday - Friday 9-7:30
Saturday 9-1

4/2013 SM

Books for the Body



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

Introduction

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 PYPL. 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.

DVD MV 095

Leslie Sansone Just Walk. Belly Blasting Walk

This walking workout is designed to target the hard-to-reach muscles of the abdominal area through a two-mile walking section complemented by core rotations, standing curls, and floor exercises.

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 antiosteoporosis workout that strengthens the bones most affected by the disease.

613.71 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 loose 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. A middle section provides 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 see 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, all 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.