

# Exercise and Fitness

by Anna Zanarini 8/09

Looking to get in shape? Here are some books and DVDs to help you meet your fitness goals.

## Books

Here are some interesting and motivating books to start you on your fitness journey, inspire you to try something new, or revamp your current workout routine.



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### 1001 Ways to Get in Shape

By Susannah Marriott

Call #: 613.71 Mar

Getting fit can be a daunting task, but it doesn't need to take over your life. *1,001 Ways to Get in Shape* gives you loads of little tips that you can work into your normal lifestyle, so you won't have to find time to sweat it out at the gym every day.



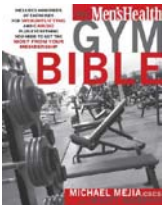
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### Tina Vindum's Outdoor Fitness

By Tina Vindum

Call #: 613.71 Vin

Includes the three phases of Tina's Outdoor Fitness program: learning the base moves; incorporating them with signature moves as the intensity and duration increases; and fine-tuning workouts so they become an integral part of your life.



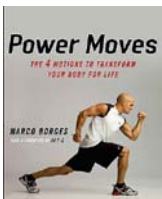
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### Men's Health Gym Bible

By Michael Mejia

Call #: 613.704 Mej

Includes hundreds of exercises for weightlifting and cardio, plus everything you need to get the most from your membership. Check out other books in the Men's Health series.



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### Power Moves

By Marco Borges

Call #: 613.7 Bor

Introduces three creative training programs—the “No Excuses,” “Maintain/Stay in the Game,” and “Warrior” workouts—that are suited to different goals and fitness levels but that are all based on four simple exercise motions.



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### No Gym Required: Unleash Your Inner RockStar

By Jennifer Cohen

Call #: 613.7 Coh

Jennifer Cohen has worked for many years as a celebrity trainer and her focus on using body weight instead of the latest gadgets, coupled with a clean-living diet to maximize health and strength, has created clear results.



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## The 90-Second Fitness Solution

By Pete Cerqua

**Call #: 613.7 Cer**

Pete's revolutionary strength-training plan includes only the most efficient exercises, which each last 90 seconds and powerfully accelerates your metabolism. With these exercises and simple lifestyle changes, you will become stronger and leaner.



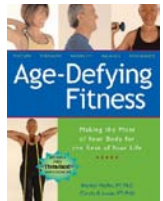
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## The Ultimate Body Shaping Bible

By Karon Karter

**Call #: 613.704 Kar**

Includes targeted workouts to tighten and tone from head to toe. Chapters include: Ab fabyoulous -- A wicked-flat tummy -- De-wiggle your middle -- Fab abs -- Bodacious booty -- Slimtastic thighs -- Cankles, begone! -- Posture perfect.



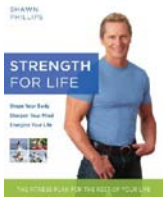
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## Age-Defying Fitness

By Marilyn Moffatt

**Call #: 613.71 Mof**

Growing older does not mean accepting diminished fitness. Two of the nation's top physical therapists show how to assess your fitness levels and create a profile to achieve optimum physical health.



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## Strength for Life

By Shawn Phillips

**Call #: 623.7 Phi**

Strength training is unsurpassed in its ability to create superbly sculpted muscles and increase balance, strength, and stamina while ridding the body of unwanted fat. This is a holistic program that will help you to reach these goals quickly.



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## Fit Soul, Fit Body: 9 Keys to a Healthier, Happier You

By Brant Secunda

**Call #: 613.7 Sec**

From setting appropriate goals for each type of fitness to learning how to feed both body and soul, this ground-breaking guide goes beyond the typical health mantras—eat right, exercise regularly, reduce stress.



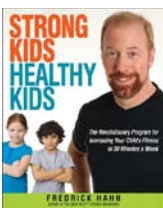
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## Making the Cut

By Jillian Michaels

**Call #: 613.25 Mic**

Are you in good shape but struggling with those last ten to twenty pounds? Want to get the best body you've ever had? Then you need to discover what millions who've seen Jillian's training methods on *The Biggest Loser* already know.



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## Strong Kids, Healthy Kids

By Fredrick Hahn

**Call #: 613.704 Hah**

Hahn shows kids how to: get strong fast, increase bone density and resistance to injury, improve cardiovascular health, enhance flexibility, increase their metabolism and reduce body fat which leads them to living healthier lives.



## DVD's

A great workout can be found in a DVD. Here are a variety of exercise and fitness DVDs available in the Salt Lake County Library System.



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### Shape: 20-Minute Makeover

Featuring Elise Gulan

**Call #: DVD 613.71 Sha**

Burn fat and get toned in less time. 20-minute interval training plus four 10-minute targeted toning segments: sculpted arms, flat abs, firm lower body, cardio conditioning. Mix & match routines for your perfect workout.



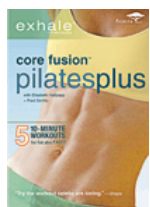
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### Latin Rhythms: Fat Blasting Dance

Featuring Andrea Ambandos and Jennifer Galardi

**Call #: DVD 613.715 Lat**

"This hot Latin dance will help you burn up the dance floor while you torch major calories."



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### Core Fusion Pilates Plus

Featuring Fred DeVito and Elisabeth Halfpapp

**Call #: DVD 613.719 Exh**

Integrating the core with every move, these five 10-minute workouts combine Pilates-based exercises with yoga-inspired postures for flat abs fast.



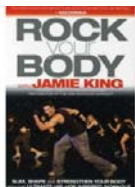
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### Get Ripped and Chiseled

Featuring Jari Love

**Call #: DVD 613.71 Get**

Carve out your muscles, boost your cardio endurance, and conquer fitness plateaus with this full-body resistance training workout.



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### Rock Your Body

Featuring Jamie King

**Call #: DVD 613.71 Roc**

Slim, shape and strengthen your body with the ultimate hip-hop inspired workout.



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### Walk at Home: 5 Mile Fat-Burning Walk

Featuring Leslie Sansone

**Call #: DVD 613.717 Wal**

Get fit fast with Leslie's complete, total-body walking program that gives you serious fat burning, muscle conditioning, and stretching, all in one powerful, energizing workout.





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## **So You Think You Can Dance Get Fit: Cardio Funk**

Featuring Courtney, Travis, and Lauren

**Call #: DVD 613.712 SoY**

Features several fun dance fitness routines led by the dancers from the popular show. Disco with Courtney, Contemporary with Travis, and Hip-Hop with Lauren.

**TITLE**

By Author

**Call #:**

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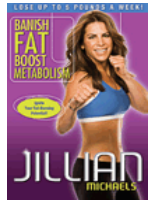
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## **10 Minute Solution: Hot Body Boot Camp**

Featuring Amy Bento

**Call #: DVD 613.71 Ten**

Workouts specifically designed to "get you the hottest body in the shortest amount of time". The 10 minute segments include: hot body cardio, ab assault, rock bottom sculpt, calorie blasting drills, better body stretch.



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## **Banish Fat, Boost Metabolism**

Featuring Jillian Michaels

**Call #: DVD 613.71 Ban**

This 40-minute circuit workout blasts your heart rate with challenging intervals to turn up the burn and peel off the pounds. Whether you're just getting started, or ready for a hardcore workout, this program will ignite your metabolism and more.



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## **Cardio for Beginners**

Featuring Petra Kolber

**Call #: DVD 613.71 Car**

A simple fun cardio exercise program that allows you to mix and match athletic-based exercises and simple dance moves for a customized workout.



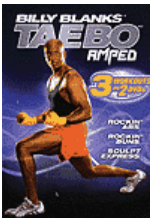
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## **American Gladiators: Ultimate Workout**

Featuring Jet, Titan and Wolf

**Call #: DVD 613.7 Ame**

The American Gladiators challenge viewers to a full-on fat assault with three muscle-pumping, flab-eliminating workouts.



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## **Tae-Bo Amped: Sculpt Express**

Featuring Billy Blanks

**Call #: DVD 613.71 Tae**

In this program, Billy Blanks use the same moves he uses to train celebrities.