

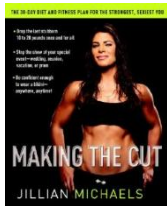


Exercise and Fitness

by Anna Zanarini 8/11

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

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.



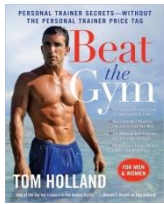
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Making the Cut

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.



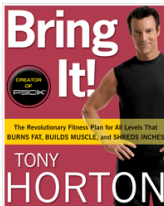
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Beat the Gym: Personal Trainer Secrets

By Tom Holland

Call #: 613.7 Hol

A professional trainer gives a step-by-step tour of the gym, explaining all of the equipment and classes and providing a way to design a personal workout.



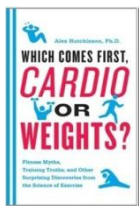
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Bring It!

By Tony Horton

Call #: 613.7 Hor

One-size-fits-all diets and exercise regimens just don't work—with a Fitness Quotient (FQ) quiz designed to assess your likes, dislikes, and current fitness level, you can create a fitness program that's right for your lifestyle, preferences and goals.



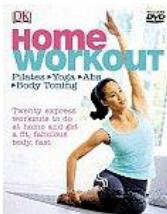
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Which Comes First, Cardio or Weights?

By Alex Hutchinson

Call #: 613.7 Hut

Subtitled *Fitness Myths, Training Truths and Other Surprising Discoveries from the Science of Exercise*, looks at conventional wisdom about exercise and provides practical tips for improving fitness and increasing weight loss using proven science.



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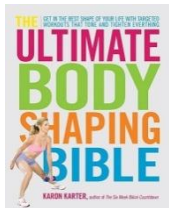
15 Minute Home Workout

By various authors

Call #: 613.704 Fif

Not a fan of the gym? No time for classes? Exercise for just 15 minutes a day, three times a week and see results. Features Pilates, yoga, abs and body toning exercises and includes an instructional DVD.





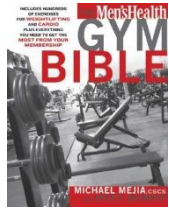
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The Ultimate Body Shaping Bible

By Karon Karter

Call #: 613.704 Kar

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



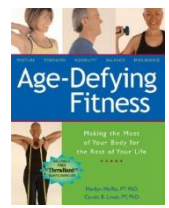
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The Men's Health Gym Bible

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.



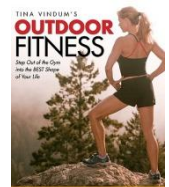
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Age-Defying Fitness

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.



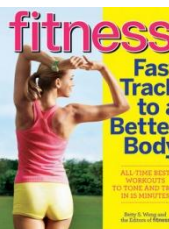
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Tina Vindum's Outdoor Fitness

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.



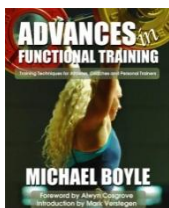
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Fitness Fast Track to a Better Body

By Betty Wong

Call #: 613.71 Won

Full color photography, clear demonstrations and short featurettes make for an appealing collection of exercises that can be mixed and matched for a customized workout plan that required little equipment. From the editors of Fitness magazine.



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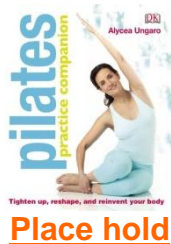
Advances in Functional Training

By Michael Boyle

Call #: 613.711 Boy

Functional training can be termed as purposeful training – understanding anatomy and physiology and how this is applied to exercise to reduce injury and improve performance. These are advanced training concepts for coaches, athlete and trainers.





Pilates Practice Companion

By Alycea Ungaro

Call #: 613.719 Ung

With step-by-step photography and clear instructions on each exercise plus advice on temp, repetitions and breath, this book shows you how to replicate a Pilates class at home. At a glance programs, enable you to customize 15, 30 or 45 minute workouts.

DVDs

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.



Fit and Strong

Featuring Jane Fonda

Call #: DVD 613.7 Fit

Staying active is Jane Fonda's key to aging successfully. Regular exercise not only burns calories but improves both body and brain functions. Also check out her Prime Time: Walkabout DVD.



Kundalini Yoga: Transformer All-in-One Workout

Featuring Ana Brett and Ravi Singh

Call #: DVD 613.704 Kun

Here is the best of both worlds: Kundalini yoga's spiritual depth and high energy, with a complete total body workout, challenging, yet easy-to-follow cardio, great music, and a high fun factor!



Warrior Yoga

Featuring Trudie Styler

Call #: DVD 613.704 War

With gentle, elongated positions for total-body strengthening, the organic flow of the program leaves you feeling fully present, centered and invigorated. Featuring music by Sting.



Ageless: Staying Strong

Featuring Kathy Smith

Call #: DVD 613.71 Age

This unique program is specially designed to combat the aging process. You'll shape lean muscle while increasing bone density and stamina, helping to create a youthful, healthy body.





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10 Minute Solution: Pilates for Beginners

Featuring Lara Hudson

Call #: DVD 613.71 Ten

Five 10-minute Pilates workouts that can be done alone or combined. Each segment teaches the fundamental techniques and proper form required to reach those fantastic results that only Pilates can deliver!



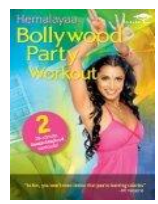
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Totally Ripped Core

Featuring Bob Harper

Call #: 613.71 Tot

Whip your core to perfection by isolating and defining vital muscle groups, to abolish pounds and sharpen stamina in this challenging workout.



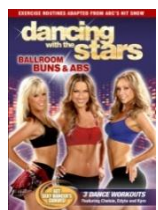
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Bollywood Party Workout

Featuring Hemalayaa

Call #: DVD 613.712 Bol

Hemalayaa continues to charm and inspire with her effervescent personality and easy-to-learn yoga routines.



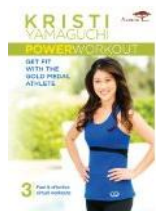
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Dancing with the Stars: Ballroom Buns & Abs

Featuring Chelsie, Edyta, and Kim

Call #: 613.712 Dan

Learn how to dance like a star while tightening the belly, sculpting the waistline, and lifting those buns.



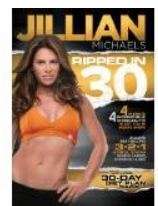
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Power Workout

Featuring Kristi Yamaguchi and Erin O'Brien

Call #: DVD 613.712 Pow

This incredibly efficient workout blasts fat and gives you a lean, sculpted figure by combining heart-pumping cardio blasts with strength-training moves that target all of the main muscle groups.



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Ripped in 30

Featuring Jillian Michaels

Call #: DVD 613.712 Rip

Features 4 levels of progressively difficult workouts incorporating Jillian's 3-2-1 interval system: 3 minutes of strength, 2 minutes of cardio and 1 minute of abs.





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Walk at Home: 5 Mile Fat-Burning Walk

Featuring Leslie Sansone

Call #: 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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Exhale. Core Fusion: Lean and Toned

Featuring Fred DeVito and Elisabeth Halfpapp

Call #: DVD 613.719 Exh

The latest from the Exhale Core Fusion series focuses on stretching and sculpting yoga moves to create a long, lean and defined shape.

