Not another fad diet ...

Tips, Guides & Cookbooks for Healthy Living

Nutrition and Weight Management
Lori A. Smolin & Mary B. Grosvenor
J 613.2 SMOL

The New American Plate Cookbook: Recipes for a Healthy Weight and a Healthy Life
American Institute for Cancer Research 641.5 NEW

Get the Trans Fat Out: 601 Simple Ways to Cut the Trans Fat Out of Any Diet
Suzanne Havala Hobbs 613.2 HOBB

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Warren Leon & Caroline Smith DeWaal 613.2 LEON

The Best Life Diet
Bob Greene 613.2 GREE

Texas Children's Hospital 618.92 FAMI

The Ultimate Calorie, Carb, & Fat Gram Counter: Quick, Easy Meal Planning Using Counts for Your Favorite Foods
Lea Ann Holzmeister 613.2 HOLZ

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At the library you can learn more about fitness and nutrition from thousands of resources. Or visit our Web site (www.bcplib.org) to access dozens of research databases and find useful internet links.

Is there a subject you’d like to learn more about? If you have suggestions for future pathfinders, let me know!

Tracy Weikel
reference@bcplib.org
Nutrition for Kids

Eat, Play, and Be Healthy: The Harvard Medical School Guide to Healthy Eating for Kids
W. Allan Walker  618.92 WALK

Good Enough to Eat: A Kid’s Guide to Food and Nutrition
Lizzy Rockwell   E 613.2 ROCK

The Monster Health Book: A Guide to Eating Healthy, Being Active, & Feeling Great for Monsters & Kids!
Edward Miller    J 613.7 MILL

The Edible Pyramid: Good Eating Every Day
Loreen Leedy     E LEED

My Food Pyramid
Alisha Niehaus   J 613.2 NIEH

Showdown at the Food Pyramid
Rex Barron       E BARR

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Alexander and the Great Food Fight
Linda J. Hawkins J 612.3 HAWK

Getting Physical . . .

Strength Training
National Strength and Conditioning Association (NSCA)  613.7 STRE

Strength Training Past 50
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Anthony Carillo & Eric Neuhaus  613.7 CARI

Yoga & Pilates Workouts for Dummies  DVD 613.7 YOGA

Pilates Conditioning for Weight Loss  DVD 613.7 PILA

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Harvey B. Simon   613.7 SIMO

Walk Away the Pounds: The Breakthrough 6-week Program That Helps You Burn Fat, Tone Muscle, and Feel Great Without Dieting
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You on a Walk
Dr. Michael F. Roizen & Dr. Mehmet Oz
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The Biggest Loser: The Workout  DVD 613.7 BIGG

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