

We recommend...

Health and Happiness for Seniors

Title: The Complete nutrition guide for women: staying healthy with diet, nutrients and supplements

Author: Beck, Leslie

Call #: 613.2082 Bec

Location: BCRL, PBRL

Annotation: Nutrition guide on the therapeutic role of herbs vitamins and minerals

Title: Heart healthy foods for life: preventing heart disease through diet and exercise

Author: Beck, Leslie

Call #: 641.56311 Bec

Location: BCRL, WO, PBRL

Annotation: Includes diet therapy and recipes for heart disease

Title: The Super antioxidant diet and nutritious guide: a health plan for body, mind and spirit

Author: Jeep, Robin

Call #: 613.2 Jee

Location: KL

Annotation: Provides a nutrition plan with an emphasis on antioxidants

We recommend...

Health and Happiness for Seniors

Title: Yoga fitness

Author: Exercise TV and Andrea Ambando

Call #: DVD 613.7046 Yog

Location: WO, PBRL

Annotation: Instructional DVD on yoga physical fitness exercises

Title: Integrated exercise: how everyday activity will get you fit

Author: Bee, Peta

Call #: 613.7 Bee

Location: KL

Annotation: Integrated physical exercises for fitness

Title: Get fit through gardening: advice, tips and tools for better health featuring the unique exercise plan to save your back and knees!

Author: Restuccio, Jeffrey

Call #: 613.7088635 Res

Location: PBRL

Annotation: Explore the health benefits of gardening

Title: Total body toning

Author: Exercise TV and Andrea Ambando

Call #: DVD 613.71 Tot

Location: MA

Annotation: Instructional body toning exercises