# Table of Contents

Diet & Nutrition ......................................................... 1

Exercise & Physical Fitness ........................................... 3
**Diet & Nutrition**

**9 Essential Steps to Weight Loss**
*Braun Media, 2006*
DVD 613.25 N622N (90 min.)

**Summary:** "Dr. Jonny Bowden analyzed over 16 popular diet programs and compiled the best points of each one into an easy-to-follow nine step program that tells you exactly what you need to do to achieve lasting weight loss and vibrant good health."

**Eat Right: using my pyramid**
*Learning Seed, 2006*
DVD 616.3 EA81E (24 min.)

**Contents:** DVD-ROM features include a complete copy of the 80 page Dietary Guidelines for Americans 2005, a printable mini poster, MyPyramid for Educators - a detailed report on how to put the new pyramid into practice, and a sample menu.

**Summary:** Examines the 2005 version of the USDA dietary guidelines and revised food pyramid which emphasizes the importance of physical activity and eating nutrient dense foods.

**Fat, sick, & nearly dead**
*Reboot Media, 2011*
DVD 616.398 F268S (97 min.)

**Summary:** Filmmaker Joe Cross, recently obese and unhealthy, travels the United States promoting to all he encounters a lifestyle "reboot" centered around consuming only fruit and vegetable juices. Along the way he meets Phil Staples, a morbidly obese man to whom Cross offers his reboot cure.

**Forks over knives**
*Monica Beach Media, 2011*
DVD 613.28 F764O 2011 (96 min.)

**Summary:** This film examines the claim that most if not all degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. It traces the personal journeys of a pair of pioneering researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn. Although they didn't know each other, their individual research led to startlingly similar conclusions: degenerative diseases could usually be prevented--and in many cases reversed--by adopting a whole food, plant-based diet. Despite the profound implications of their findings, their work has remained
relatively unknown to the public. The filmmakers explore the ancient idea of food as medicine, following "reality patients" who have adopted a whole foods plant-based diet as the primary approach to treat their ailments.

**Nutrients: their interactions**  
*Video Education America, 2002*  
DVD 613.2 N959I (22 min.)

**Summary:** Looks at nutrients in food. Examines what they are and why we need them. Focuses on vitamins A, B1, B3, B6, B12 folate, vitamins C & D, iron, calcium, phosphorus, iodine and sodium.

**Nutrition: foods, fads, frauds, facts**  
*Guidance Associates, 1986*  
VC 613.2 N959 (22 min.)

**Summary:** Examines the sociology of American eating habits, probes psychological factors governing the development of personal tastes, and outlines basics of daily nutrition.

**Nutrition & Exercise: facts to live by**  
*Informed, Inc., 1995*  
VC 616.1205 N959 1995 (26 min.)

**Summary:** Basic information on nutrition and exercise to help prevent heart disease.

**Sports nutrition: facts and fallacies**  
*Increase Video, 1983*  
VC 613.2 SP67

**You on a Diet: with Dr. Michael Roizen**  
*DPTV Media, 2007*  
DVD 614.563 Y83Y (100 min.)

**Summary:** Provides complete and easy to follow action steps on how to diet smart. In-depth instruction on how to reorganize your lifestyle to start building a healthier, slimmer you. Learn to: determine your ideal waist size & discover why waist is most important; decode food labels; use food to help you lose waist & weight; eat to energize your body and decrease binging; incorporate exercise into your daily routine; restock your kitchen so it makes you lose inches & pounds; select healthy grains to make you younger and thinner.
Exercise & Physical Fitness

30 day shred
*Lionsgate, 2008*
DVD 613.71 T349D (60 min.)

**Summary:** Jillian Michaels presents three workouts using her "3-2-1 Interval System" designed for maximum weight loss and overall fitness.

*Aerobics: medicine, health, and exercise*
*Increase Video, 1983*
VC 613.71 AE82 (27 min.)

**Summary:** Discusses the positive effects of exercise on the cardio-vascular system and musculature of the human body, and the use of exercise in conjunction with diet, for effective weight control. Demonstrates basic aerobic exercises that can be done at home.

*Aerobic Dancing: medicine, health, exercise*
*Increase Video, 1983*
VC 613.71 AE82D (31 min.)

**Summary:** Presents three dance sections in different musical speeds. Discusses the physical aspects of aerobic dancing, stressing placement, weight distribution and alignment in order to minimize chances for injury.

*Angela Lansbury’s Positive Moves: a personal plan for fitness and well-being at any age*
*Wood Knapp Video, 1988*
VC 613.7 An43 (50 min.)

*Banish fat boost metabolism*
*Lionsgate, 2009*
DVD 613.712 B225F (57 min.)

**Summary:** 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.
**Beginning Physical Assessment**  
Health Sciences Consortium, 1985  
VC 616.07 B394 (15 min.)

**Carol Dickman's Balance Basics and Beyond: easy exercises to improve your balance**  
*Yoga Enterprises, Inc., 2009*  
DVD 613.7046 C22B (54 min.)

**Summary:** A set of exercise routines for people suffering from imbalance problems due to old age, blindness or visual impairment, or ailments that affect the inner ear.

**Carol Dickman’s Bed Top Yoga: simple stretches & yoga techniques you can do in bed**  
*Yoga Enterprises, Inc., 1999*  
DVD 613.7 C22B (33 min.)

**Summary:** Carol Dickman guides viewers through a series of simple stretches and yoga postures that can be done on a bed or floor, ending with a brief relaxation.

**Carol Dickman's Seated Yoga: simple stretches & yoga techniques you can do on a chair**  
*Yoga Enterprises, Inc., 1999*  
DVD 613.71 C22S

**Summary:** Seated yoga offers simple warm-up stretches, breathing exercises, yoga postures and a relaxation, all done sitting down. Ideal for use in your office, at home in a chair or on the edge of a bed, at your computer, or when traveling.

**Covert Bailey’s Fit or Fat**  
*KVIE-TV, 1993*  
VC 613.71 C838 (Pts 1-13; 30 min. ea)

**Contents:**
1. Body fat in America  
2. Height-weight charts that work  
3. Pot bellies and thunder thighs  
4. How muscles work  
5. Comparing exercises  
6. How to get fit fast  
7. Crash diets and other weight loss tricks  
8. Muscle in on your metabolism  
9. Mistakes fitness buffs make  
10. Sugar and other carbohydrates
11. Steroids, cholesterol and other fats
12. The target diet: blasting the new food pyramid
13. Food and fitness foolishness

Exercise
Films for the Humanities, 1990
VC 613.71 Ex37 (28 min.)

Summary: Exercise is for everyone, from the very young to the very old. This program discusses the importance of regular exercise in maintaining good health.

Exercise: shaping up
KERA-TV, 1988
VC 613.71 Ex37s (29 min.)

Abstract: This program discusses the effects of exercise on physical health, extending life expectancy, and prevention of heart disease and other ailments.

Fit For Life
Warner Home Video, 1987
VC 613.26 F55 (85 min.)

Jane Fonda’s New Workout
RCA Video Productions, 1985
VC 613.7 J253n (90 min.)

Jane Fonda’s Workout
RCA Selectavision, 1982
VC 613.7 J253 (90 min.)

Leslie Sansome Walk Away the Pounds One Mile Walk
Good Times DVD, 2005
DVD 613.7 SA58W (18 min.)

Summary: Accompanies book: Walk away the pounds: the break through six-week program that helps you burn fat, tone muscle, and feel great without dieting by Leslie Sansone.
**Jillian Michaels for beginners**  
*Gaiam, 2011*  
DVD 613.71 J563B (97 min.)

**Summary:** The first step in fitness just got easier. Join Jillian Michaels, as she takes you through beginner circuits of cardio and strength exercises that will help melt away the pounds and build muscle. The frontside workout focuses on the muscles in your chest, shoulders, triceps, abdomen, and quadriceps. The backside workout targets your back, buns, hamstrings, and biceps. Join former contestants from The biggest loser, Kimmi Dove, Shane Giles and Pete Thomas, as they workout along with you and provide limitless motivation with their inspirational interviews.

**Lilias! Alive With Yoga**  
*Nityananda Institute, 1986*  
VC 613.7 L627

**No more trouble zones**  
*Lionsgate, 2009*  
DVD 613.712 N66M (58 min.)

**Summary:** Get into the zone with TV's kick-butt trainer, Jillian Michaels, and tackle stubborn problem areas with her sure-fire circuit training formula that combines upper and lower-body sculpting moves to obliterate fat even faster.

**Nutrition: eating to live or living to eat & Obesity: the slimming of America**  
*KERA-TV. Distributed by PBS Video, 1988*  
VC 612.3 N959 1988 (58 min.)

**Nutrition & Exercise: facts to live by**  
*Informed, Inc., 1995*  
VC 616.1205 N959 1995 (26 min.)

**Summary:** Basic information on nutrition and exercise to help prevent heart disease.

**Oh, My Aching Back and Exercise: Shaping Up**  
*Distributed by PBS Video, 1988*  
VC 617.564 Ohl 1988 (58 min.)
Physiology of Exercise, The
Films for the Humanities and Sciences, 1987
VC 612.044 P569 (15 min.)

RealAge makeover, The
DPTV Media, 2005, 2006
DVD 306.4613 R229R (100 min)

**Summary:** Dr. Roizen provides the proper tools needed to incorporate changes to daily routines, so that men and women can look, feel, and actually be many years younger than their calendar age.

Shred-it with weights. Levels 1 & 2 workouts
Lionsgate, 2010
DVD 613.712 SH84W

**Summary:** Get ready for a fresh, dynamic way to work out! Jillian Michaels adds extra weight to her hardcore circuit training techniques for a total-body workout designed to burn maximum fat. Using a kettlebell or a single hand weight helps you build lean muscle and burn mega calories with two 30-minute boot camp workouts. Begin with Level 1 and progress to Level 2 for maximum body-shredding results. Stick with Jillian's program and you'll see extreme weight-loss results in just 30 days!

Staying Fit
Films for the Humanities & Sciences, 1987
VC 613.7 ST29 (19 min.)

**Summary:** A patient recovering from heart bypass surgery explains how he turned his life around through daily exercise and a change in lifestyle.

Sweatin’ to the Oldies
Deal-A-Meal, 1988
VC 613.7 Sw31 (47 min.)

Sweatin’ to the Oldies 2
Deal-A-Meal, 1990
VC 613.7 Sw31t (64 min.)
Total Health: Becoming Physically Fit
*Human Relations Media, 1999*
VC 613.7 T64H (Pts. 1 – 3; 28 min. ea)

**Contents:**
3. Cardiovascular fitness.

Weight Watchers Easy Shape-Up
*Time Life Video, 1991*
VC 613.71 W427 (Pts 1 – 3; 50 min. ea)

**Contents:**
1. Upper body workout
2. Healthy back and waist workout
3. Lower body workout

Yoga meltdown. Levels 1 & 2 workouts
*Lionsgate, 2012*
DVD 613.7046 Y75M (66 min.)

**Summary:** Jillian Michaels introduces a new yoga workout unlike any other. Combining hard-core yoga power poses with her dynamic training techniques, Michaels gets real weight-loss results fast. Contains two complete 30-minute workouts that include a warm-up and cool down. Begin with the Level 1 workout which focuses on quickly flowing yoga sequences to burn mega calories. Then progress to Level 2 which adds twists and balance poses for an even greater burn.

You on a Diet Workout: 3 exercise levels on one DVD
*DPTV Media, 2006*
DVD 613.712 Y83Y (60 min.)

**Summary:** Joel Harper leads viewers through a set of exercises designed to help them firm, tone, and lose weight.

You Staying Young Workout: with Joel Harper
*A to Z Media, 2007*
DVD 613.71 Y83Y (60 min.)

**Summary:** America's most trusted doctor team and authors of the #1 New York Times best-selling You series, including You: On a Diet and You: The User's Manual, are tackling another major obstacle: Aging. Now, with this accessible and effective DVD, they
provide the perfect companion to their new book You: Staying Young. The DVD contains 3 total body workouts all under 20 minutes: 2 levels by celebrity trainer Joel Harper and a Chi Gong workout by kung fu master Karl Romaine. It teaches strength conditioning, mat work, core training, yoga, and even ways to improve posture. These techniques can be used by viewers at any level, from advanced to beginner. All brought to you by the YOU docs-Mehmet Oz and Michael Roizen.