Web Sites

Exercise and Physical Fitness
(MedlinePlus)
https://medlineplus.gov/exerciseandphysicalfitness.html

Exercise Basics
(FamilyDoctor.org)

Exercise for Children
(MedlinePlus)
https://medlineplus.gov/exerciseforchildren.html

Exercise for Seniors
(MedlinePlus)
https://medlineplus.gov/exerciseforseniors.html

Low Back Pain Exercise Guide

Sports Fitness
(MedlinePlus)
https://medlineplus.gov/sportsfitness.html

Library Materials

- Renew for 4 weeks, unless needed by another library user
- Receive information by e-mail or mail
- At no cost to you

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Email:
mooneylibrary@gundersenhealth.org

John & Nettie Mooney Library – La Crosse, Level 1, Lobby

John & Nettie Mooney Library – East, With the Stanek Cancer Library
Level 2, East Building

April 2019
Exercise materials have call numbers beginning with BC 100. Sports injury materials have call numbers beginning with BC 400.

**For Pain Relief**

Exercise beats arthritis: an easy-to-follow program of exercises / Valerie Sayce (1998)


Muscular retraining for pain-free living / Craig Williamson. (2007)


Strong bones for life / Joan Bassey. (2011)

Treat your own back / Robin McKenzie. (2011)

Treat your own neck / Robin McKenzie. (2011)

Walk tall: an exercise program for the prevention & treatment of back pain, osteoporosis ... / Sara Meeks. (2010)

Yoga for pain relief: simple practices to calm your mind and heal your chronic pain / Kelly McGonigal. (2009)

**For Fitness**

Beat osteoporosis with exercise: a low-impact program for building strength, increasing bone density and improving posture / Karl Knopf. (2016)

Body by you: the you are your own gym guide to total fitness for women / Mark Lauren (2012)

Get fit while you sit: easy workouts from your chair / Charlene Torkelson. (1999)

Real fitness for real women: a unique workout program for the plus-size woman / Rochelle Rice. (2001)

Stretching for running / Christopher M. Norris. (2008)

Walking for fitness / Nina Barough (2017)

**DVDs**

Chair exercise program: core fitness (2012)

Flexibility yoga for beginners (2015)


Rodney Yee's complete yoga for beginners / Christie Stentz. (2014)

Pilates for beginners. (2009)

Pilates weight loss for beginners. (2008)

Stretch & strength. (2012)

Swing into shape: levels I, II, and III / Gundersen Health System. (2008)

Viniyogatherapy for upper back, neck and shoulders / Gary Kraftsow. (2007)

Winning walks: 1, 2 or 3 mile calorie-burning workout / Gundersen Health System. (2002)