

Web Sites

Exercise and Physical Fitness

(MedlinePlus)

<https://medlineplus.gov/exerciseandphysicalfitness.html>

Exercise Basics

(FamilyDoctor.org)

familydoctor.org/familydoctor/en/prevention-wellness/exercise-fitness/exercise-basics.html

Exercise for Children

(MedlinePlus)

<https://medlineplus.gov/exerciseforchildren.html>

Exercise for Seniors

(MedlinePlus)

<https://medlineplus.gov/exerciseforseniors.html>

Low Back Pain Exercise Guide

<https://orthoinfo.aaos.org/en/recovery/low-back-surgery-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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Call (608) 775-5995 or
(800) 362-9567, ext. 55995

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gundersenhealth.org/libraries

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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

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Exercise for Pain & Fitness Resources

John & Nettie Mooney Libraries

Gundersen Lutheran Medical Center, Inc.
Gundersen Clinic, Ltd.
Gundersen Boscobel Area Hospital and Clinics
Gundersen Moundview Hospital and Clinics
Gundersen Palmer Lutheran Hospital and Clinics
Gundersen St. Joseph's Hospital and Clinics
Gundersen Tri-County Hospital and Clinics

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HEALTH SYSTEM®

Books

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)

The female athlete's body book: how to prevent and treat sports injuries in women and girls / Gloria Beim. (2003)

The foot book: a complete guide to healthy feet / Jonathan Rose. (2011)

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

The Pilates back book: heal neck, back, and shoulder pain with easy Pilates stretches / Tia Stanmore. (2002)

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)

Getting in the groove: entry level fitness / Gundersen Health System. (2004)

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)