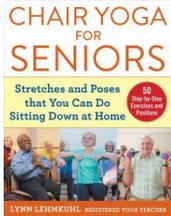


Tailored Skills



Learn: Staying Fit Indoors

Books and Materials

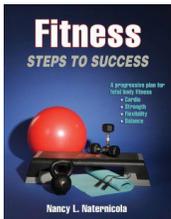


Chair yoga for seniors : stretches and poses that you can do sitting down at home

by Lynn Lehmkuhl

"One of the biggest concerns among aging men and women is the fear of falling. Chair yoga, or "yoga while seated," allows anyone to experience all of the benefits of an exercise program

without being afraid. In Chair Yoga for Seniors, registered yoga practitioner and instructor Lynn Lehmkuhl offers readers easy-to-follow yoga positions and stretches that can be done at home, while sitting down. Chair Yoga for Seniors outlines the physical and mental benefits that come with practicing yoga daily, and provides instructions for numerous different exercises.

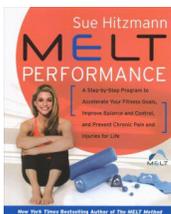


Fitness : steps to success

by Nancy L. Naternicola

Fitness: Steps to Success is designed to motivate and engage individuals in a regular fitness program. From flexibility and balance exercises, to weight training and aerobic activities, a comprehensive resource will provide a non-intimidating and user-

friendly introduction to various methods of exercise. With testing and evaluation methods designed to help readers determine where to start and track progress .



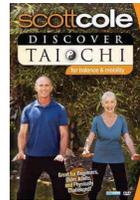
Melt performance : a step-by-step program to accelerate your fitness goals, improve balance and control, and prevent chronic pain and injuries for life

by Sue Hitzmann

A follow-up to the best-selling The MELT Method outlines a scientifically based training program for regularly

active athletes to help improve balance, performance and control while preventing pain and injuries.

Library Videos



Discover Tai Chi for Balance and Mobility

Fitness expert Scott Cole demonstrates a series of tai chi routines.



10 minute solution

Fitness expert Angie Stewart presents five workouts that use yoga exercises for overall toning and strengthening



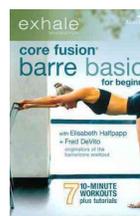
Walk at home

Leslie Sansone presents an in-home walking workout designed to burn fat and calories



Power step workout

Exercise expert Kathy Smith presents a routine for high energy power step aerobics



Barre basics for beginners /

Seven ten minute barre exercises targeting all of the muscle groups to promote stretching, toning, and lengthening

Your learning made to fit.

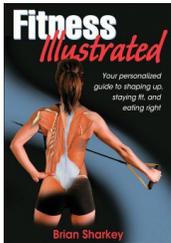


Tailored Skills



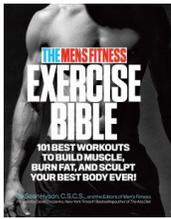
Learn: Staying Fit Indoors

Books and Materials



Fitness illustrated
by Brian J. Sharkey
Fitness Illustrated presents core fitness concepts, exercise programming, nutrition and weight management in a way that is easy to understand and easy to incorporate into anyone's lifestyle. Leading fitness researcher and

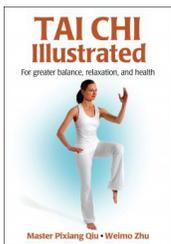
educator Brian Sharkey offers a wealth of information into a highly visual, straightforward approach so readers can develop an easy-to-follow home workout.



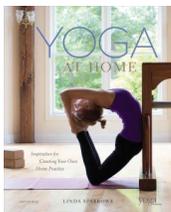
The Men's Fitness exercise bible : 101 best workouts to build muscle, burn fat, and sculpt your best body ever!
by Sean Hyson

Draws on the expertise of Men's Fitness to outline effective workouts that can be performed

at home, in a gym or outdoors without equipment, providing for a range of special needs, sports and fitness goals.



Tai chi illustrated
by Pixiang Qiu
Features illustrated step-by-step instructions for learning tai chi's basic movements and forms, and offers guidance on creating routines that address specific health and fitness needs



Yoga at home : inspiration for creating your own home practice
by Linda Sparrowe
Highlights daily practices of yoga students & teachers, sharing advice on finding time, building a balanced routine, & creating a personal practice space in the

home.

