

## **Consumer Health Resources on Fitness and Exercise**

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Many recommendations for improving one's health include participating in exercise and fitness activities, and there is much interest in this subject. This column reviews selected print resources about fitness and exercise. It primarily includes books that provide a general overview of exercise, and suggestions for people who are planning to begin an exercise program or are looking for more information on types of exercise. The list is divided into sections of resources for various age groups. It should be noted that there are a large number of books published each year about particular exercise programs for various medical conditions, with specific approaches or using certain types of equipment, however they are too numerous to be included in this review.

### **Adults**

American College of Sports Medicine **ACSM Fitness Book**, 3rd ed. Champaign, IL: Human Kinetics Publishers, 2002. ISBN: 073604406X.

Written for people who are interested in beginning a fitness program, this book discusses the benefits of exercise and provides readers with tools to assess their current level of fitness and determine the areas in which they need to improve. Advice on designing an exercise plan, including illustrations of specific exercises, is included.

Beim, Gloria and Winter, Ruth. **The Female Athlete's Body Book: How to Prevent and Treat Sports Injuries in Women and Girls**. Chicago. IL: McGraw-Hill /Contemporary Books, 2003. ISBN: 0071411755

An orthopedic surgeon specializing in treating athletic injuries, Beim provides information for women of all ages in this book, with a chapter on exercising during pregnancy. It also includes chapters about individual sports with information about the most common injuries in each, as well as chapters about injuries and their treatments, organized by affected parts of the body.

Clark, Nancy. **Nancy Clark's Sports Nutrition Guidebook**, 3<sup>rd</sup> ed. Champaign, IL: Human Kinetics Publishers, 2002. ISBN: 073604602X. Note: a new edition of this book is due to be published in 2008. This book provides nutrition and weight management information for people involved in sports and/or fitness activities. Over 100 pages of recipes complete the book and nutrition information for each specific recipe is included. Clark is a registered dietitian working at a sports medicine clinic in the Northeast.

Dahm, Diane and Smith, Jay, editors. **Mayo Clinic Fitness for Everybody**. Rochester, MN: Mayo Clinic, 2005. 358 pages. ISBN: 1893005372.

This book assists individuals in developing a personal fitness plan, providing information about different types of exercise, exercise equipment, nutrition, sports, and the role of exercise for people diagnosed with various medical conditions. A detailed exercise plan with numerous photographs illustrating various exercises is included.

DiNubile, Nicholas & Patrick, William. **Framework: Your 7-Step Program for Healthy Muscles, Bones and Joints**. Emmaus, PA: Rodale, 2005. 250 pages. ISBN: 1594860572.

Written by an orthopedic surgeon who specializes in sports medicine, this book offers information about strengthening the musculoskeletal system and its importance in overall fitness. It includes a detailed self-test that is used to help the reader develop an individual exercise program, as well as illustrated exercises, and information about injuries and treatment.

Iknoian, Therese. **Fitness Walking**, 2nd ed. Champaign, IL: Human Kinetics Publishers, 2005. ISBN: 0736056084.

The benefits of walking as exercise are discussed in this book, which is written by an exercise physiologist and race walker. It provides details on walking technique, and assists readers in developing a fitness program based on regular walking workouts. Specific walking workouts for people at all levels of fitness are included.

Martin, Suzanne. **Stretching: the stress-free way to stay supple, keep fit and exercise safely**. New York: DK, 2005. 160 pages. ISBN: 0756609526.

Written by a physical therapist, this book provides the reader with chapters about stretches for various parts of the body, for different sports, and for varying age groups. Additional chapters provide stretching routines for various times of the day, for a number of different daily activities, and include a 21 day program to improve posture. The numerous photographs accompanying the stretching exercises in this book are excellent, illustrating how to perform the recommended stretches.

Moffat, Marilyn & Lewis, Carole B. **Age Defying Fitness: Making the Most of Your Body for the Rest of Your Life**. Atlanta: Peachtree Publishers, 2006. 290 pages. ISBN: 1561453331.

Divided into chapters addressing posture, strength, balance, flexibility and endurance, this book contains brief assessments of each area that allow the reader to develop a personalized exercise program. A TheraBand, an elastic band that provides resistance and is pictured in some of the many photographs that accompany descriptions of the exercises, is included with the book. Moffat and Lewis are physical therapists.

O'Driscoll, Erin. **The Complete Book of Isometrics**. Long Island City, NY: Hatherleigh Press, 2005. ISBN: 1578261678.

Illustrated by photographs of individual exercises, this book provides detailed information about one type of strength training: isometric exercise. The author, a nurse and exercise physiologist, explains the principles of this type of exercise and discusses its benefits as part of an overall fitness program.

Saidoff, David C. & Apfel, Stuart. **The Healthy Body Handbook: a Total Guide to the Prevention and Treatment of Sports Injuries**. New York: Demos, 2005. 336 pages. ISBN: 1932603042.

Written by a physical therapist and a neurologist, this book provides an overview of the musculoskeletal system and of the types of sports related injuries that occur most frequently. Each joint of the body is discussed in more detail in sections that provide chapters about specific injuries, and their diagnosis, treatment and prevention.

Sharkey, Brian J. & Gaskill, Steven E. **Fitness and Health**, 6th ed. Champaign, IL: Human Kinetics Publishers, 2007. 428 pages. ISBN: 0736056149.

Sharkey and Gaskill, exercise physiologists associated with the University of Montana, provide an in-depth look at aerobic and muscular exercise, and the role of exercise and nutrition in weight control. Additional chapters discuss the advantages of good physical health, the aging process and the impact of health on performance, both at work and in sports.

Simon, Harvey B. **The No Sweat Exercise Plan: Lose Weight, Get Healthy, and Live Longer**. New York: McGraw-Hill, 2006. 253 pages: 0071448322.

In this book, Simon, an Associate Professor of Medicine at Harvard Medical School, gives readers information about the benefits of exercise, self-assessment tools to determine their exercise needs and strategies to develop their own personalized exercise plan. The book also includes a discussion of the link between exercise and various health conditions as well as chapters reviewing various types of exercise with specific recommended exercises and accompanying illustrations.

Various authors. **American College of Sports Medicine Action Plan for Health Series**. Champaign, IL: Human Kinetics Publishers.

This series of books provide information about the role of exercise and physical activity for those who have various medical conditions. Written by either physicians with sports medicine expertise or exercise physiologists, these books also provide an overview of each condition, and additional treatment recommendations. Photographs to illustrate exercises are included.

**Action Plan for Allergies**, William Briner, 2007. ISBN: 0736062793.

**Action Plan for Arthritis**, Audrey Lynn Millar, 2003. ISBN: 0736046518.

**Action Plan for Diabetes**, Darryl E. Barnes, 2004. ISBN: 0736054596.

**Action Plan for High Blood Pressure**, Jon G. Divine, 2004. ISBN: 0736051406.

**Action Plan for High Cholesterol**, J. Larry Durstine, 2006. ISBN: 0736054405.

**Action Plan for Menopause**, Barbara A. Bushman, Janice Clark-Young, 2005. ISBN: 0736056181.

**Action Plan for Osteoporosis**, Kerri Winters-Stone, 2005. ISBN: 0736054820.

### **Older Adults**

National Institute on Aging. **Fitness over Fifty**. New York: Healthy Living Books, 2006. 134 pages. ISBN: 1578262240.

This reprinted edition of *Exercise: A Guide from the National Institute on Aging* includes a DVD. It discusses the benefits of exercise for older adults and provides explanations with illustrations, of endurance, strength, balance, and flexibility exercises for this age group.

Ettinger, Walter H., Wright, Brenda S., & Blair, Steven N. **Fitness After 50**. Champaign, IL: Human Kinetics Publishers, 2006. 428 pages. ISBN: 0736039716.

Written by a gerontologist, researcher and health promotion consultant, this book provides a comprehensive discussion of how to develop an exercise plan that meets the needs of middle aged and older adults. It stresses that physical fitness is a continuum and provides tools to help adults progress along that continuum, discussing options available to them for activities and exercise. Other topics addressed include the benefits of exercise, and the impact of aging on physical activity.

### **Children**

Gavin, Mary L., Dowshen, Steven A. & Izenberg, Neil. **Fit Kids: A Practical Guide to Raising Active and Healthy Children - From Birth to Teens**. New York: DK Publishers, 2004. ISBN: 0756603498.

The website, KidsHealth.org, provides a wealth of information about children's health. Their editors are the authors of this book written for parents about nutrition and fitness for children. Various chapters provide an overview of the topic, address children with special issues, and offer suggested recipes. The remainder of the book is divided into chapters that address these issues in more detail for different age groups.

Stricker, Paul R.. **Sports Success Rx: Your Child's Prescription for the Best Experience**. [Elk Grove Village, IL]: American Academy of Pediatrics, 2006. 218 pages. ISBN: 1581102275.

Stricker, a pediatrician who is also board certified in sports medicine, provides parents with developmentally appropriate guidance about children's participation in sports. He stresses the importance of encouraging children to perform to their individual potential without pushing them. Each chapter concludes with a bulleted list of important facts and "Between You and Me," a series of thought provoking questions about the information presented in the chapter.

Virgilio, Stephen J. **Active Start for Healthy Kids: Activities, Exercises and Nutritional Tips.** Champaign, IL: Human Kinetics Publishers, 2006. 227 pages: 073605281X.

This book is for parents of preschool and early elementary school age children. It stresses the importance of starting early to encourage young children to eat well and to enjoy physical activity. It includes brief chapters on children's health and nutrition, but the majority of the book consists of activities for families and children to engage in for physical fitness, many with illustrations. The author's emphasis is on helping children to have fun while being active, rather than to develop athletic abilities in any specific sport.