

Focus on Fitness & Exercise

Countless studies have indicated that regular exercise is an essential element in a healthy lifestyle. Whether you are healthy or not-so-healthy, some form of exercise can be a regular part of your life, yielding documented health benefits. Here are some of the materials from the Center for Health Resource Library that can help you get started or can give you suggestions to supplement what you are already doing.

OSF Saint Francis
Center for Health
Resource Library
8800 N. Route 91
Peoria IL 61615

Phone
683-5309

Fax
683-5312

Email
cfhlibrary@osfhealthcare.org

Website
<http://healthinfo.osfsaintfrancis.org>

Hours:
Monday – Friday
8:00 AM – 4:30 PM
Closed Noon–12:30

- ◆ Information requests taken by phone
- ◆ Materials check out for 4 weeks
- ◆ No special card required



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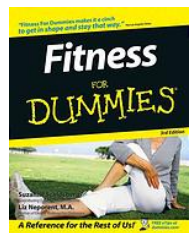
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Mayo Clinic Fitness for Everybody (2005) offers step-by-step guidance in tailoring a fitness program to fit your needs. It also provides motivation to stick with an exercise program and offers practical tips for helping you to succeed!



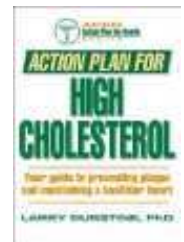
Fitness Walking (2005) provides the essentials for starting a walking programs plus examples for walking workouts from "short and easy" to "long and steady."



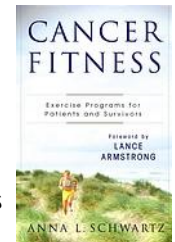
In familiar, user-friendly "dummies" format, **Fitness for Dummies** (2005) covers all aspects of exercise for the beginner from motivation and planning through sports injuries, nutrition and exercising at various life stages.

Action Plan for High Cholesterol (2006) presents a plan to reduce cholesterol levels through lifestyle changes, making exercise an integral part of the over-all plan. Also discussed are dietary changes,

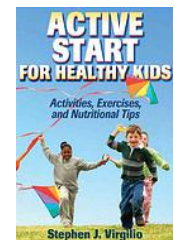
medication when needed, and complementary therapies. The book uses pictures and charts effectively to illustrate its points. The Library also has books in the "Action Plan" series for arthritis, diabetes, high blood pressure, menopause, and osteoporosis.



Although more of a "why exercise" book than a "how to do it" one, **Cancer Fitness: Exercise Programs for Patients and Survivors** (2004) provides basic tools for improving the lives of cancer patients and survivors through fitness. It also deals with practical concerns about exercising for the cancer patient/survivor.



Active Start for Healthy Kids: Activities, Exercises, and Nutritional Tips (2005) provides a wealth of fun, inexpensive, easy-to-implement activities for the two-to six-year old. A firm base for a lifetime of good health habits!



New Library Resources for you to check out!

Call (309) 683-5309 for more information.

ADULT ADHD

Greenbaum & Markel, *Finding Your Focus*, 2006.

AUTISM

Quinn, *100 Questions & Answers Autism: Expert Advice from a Physician/Parent Caregiver*, 2006.

Fleisher, *Survival Strategies for People on the Autism Spectrum*, 2006.

CELIAC DISEASE

Crangle, *Living Well with Celiac Disease: Abundance beyond Wheat and Gluten*, 2002.

CHILD CARE

Pantell, *Taking Care of Your Child: A Parent's Illustrated Guide to Complete Medical Care*, 2006.

CHILDREN'S NUTRITION

McClendon & Shauck, *The Healthy Lunchbox: How to Plan, Prepare & Pack Stress-Free Meals Kids Will Love*, 2005.

CHOLESTEROL

Jones, *Eating for Lower Cholesterol: A Balanced Approach to Heart Health with Recipes Everyone Will Love*, 2005.

CONGESTIVE HEART FAILURE

Quinn, *100 Questions & Answers about Lung Cancer*, 2006.

DIABETES

Collazo-Clavell, editor, *Mayo Clinic on Managing Diabetes*, 2006.

EATING DISORDERS

Lock & Le Grange, *Help Your Teenager Beat an Eating Disorder*, 2005.

FIBROIDS

Skilling, *Fibroids: The Complete Guide to Taking Charge of Your Physical, Emotional, and Sexual Well-Being*, 2006.

FLU

Siegel, *Bird Flu: Everything You Need to Know about the Next Pandemic*, 2006.

HEADACHE

Robert, *Living Well with Migraine Disease and Headaches: What Your Doctor Doesn't Tell You—That You Need to Know*, 2005.

LUNG CANCER

Parles & Schiller, *100 Questions & Answers about Lung Cancer*, 2006.

MENOPAUSE

Martin & Gerstund, *The Estrogen Alternative: A Guide to Natural Hormonal Balance*, 2005.

METABOLIC SYNDROME

Isaacs & Vagnini, *Overcoming Metabolic Syndrome*, 2006.

OBSESSIVE-COMPULSIVE DISORDER

Landsman et al., *Loving Someone with OCD: Help for You & Your Family*, 2005.

PAIN

Turk & Winter, *The Pain Survival Guide: How to Reclaim Your Life*, 2006.

WOMEN'S HEALTH

Kaur et al., *The Complete Natural Medicine Guide to Women's Health*, 2005.

Interested in a book
but can't get to the library?
Please call 683-5309 to make arrangements
to have the materials sent to you.

Spotlight on the Fitness Center at MayoClinic.com

To Get There: <http://www.mayoclinic.com/health/fitness>

FITNESS

In Fitness Center

Find fitness information and expert exercise advice on starting an exercise program, staying motivated, preventing injury and more.

FIND IT FAST
Select a topic from the list.

- Achilles tendon rupture
- Back pain
- Bursitis
- Dehydration

Fitness awareness
Fitness basics — from starting a fitness program to exercise benefits.

- Why exercise?
- Exercise and disease control and prevention
- Warming up to exercise

Ready? Get fit
Exercise how to's for walking, stretching and strength training.

- Walking for fitness
- Balance, stretching and strength training

Stay fit
Details on seasonal sports and strategies to overcome fitness barriers.

- Seasonal sports
- Overcoming barriers

Sports nutrition and injury prevention
Exercise advice on sports nutrition and common sports injuries.

- Sports nutrition
- Sports injuries A-Z

poll Do you work out with weights?
 Yes
 No

How fit are you? See how you measure up
Before starting a fitness program, assess your aerobic fitness, muscular fitness, flexibility and body composition.

health tools & video

Video: Abdominal crunch
The abdominal crunch is one of the most common exercises used to train the abdominal muscles.

MORE TOOLS

- Video: Bench/chest press
- Video: Leg press

ask a Mayo Clinic specialist
I'm overweight, but I work out regularly. Can I still be considered healthy?
 >> see response
 Mayo Clinic dietitian

Helpful Features:

- * A "Find it Fast" feature that takes you directly to common exercise-related topics
- * Fitness assessment tools
- * Tips for beginning and sustaining an exercise program
- * Information on sports nutrition & sports-related injuries
- * Videos and slide shows demonstrating various exercise techniques
- * An "Ask a Mayo Clinic Specialist" feature
- * Pages can be formatted for printing, & print size can be adjusted

Resource Library Services

Is your organization or group looking for a speaker or a presentation?

An OSF Saint Francis medical librarian is available for presentations on finding high-quality consumer health information. These presentations will be structured to address any special interests of the group. For more information, please call 683-5309.

- Have you just been diagnosed with a medical condition?
- Are you wondering about the side effects of a new medication?
- Have you read about a new medical procedure and want to know more?

A medical librarian can help you find answers to these and other questions! Please call 683-5309 or stop by the Library on the second floor of the Center for Health next to A Woman's Place.

Changes to the HealthInfo News mailing list—If you want your name added to the mailing list or deleted from it, please phone the Library at 683-5309 or email at cfhlibrary@osfhealthcare.org.

A reference service of the OSF Saint Francis Library & Resource Center

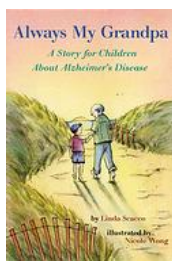
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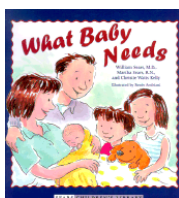
<http://healthinfo.osfsaintfrancis.org>

HealthInfo for Kids

A sampling of books for kids that can be checked out from the CFH Resource Library



In Always My Grandpa: A Story for Children about Alzheimer's Disease, Daniel and his mom spend every summer with Grandpa at his cottage, but this year is different. Daniel's grandpa has Alzheimer's disease. Daniel learns about the disease and what that means both for himself and for his grandpa. Recommended for ages 6-10.



Written by eminent parenting and childcare authorities, William and Martha Sears, **What Baby Needs** follows an unnamed family as it welcomes a new baby. Throughout the book are "What about Me?" boxes addressing the older child's concerns. Although no age recommendation is given, this read-together book seems most appropriate for preschoolers and their parents.

487 Really Cool Tips for Kids with Diabetes is a *really cool* book! Published by the American Diabetes Association and written by two young adult brothers who have had diabetes since childhood, it is full of tips on everything from playing sports to counting carbs, dealing with hormones, using the latest glucose monitoring gadgets, and more. It is written for kids of all ages.



Uncle Willy's Tickle: A Child's Right to Say NO approaches the subject of uncomfortable or inappropriate touching in terms that a young child can understand. Kyle's Uncle Willy tickles him until he is uncomfortable; this is the story of how Kyle deals with the problem. There is a Notes for Parents section at the end of the book. Recommended for ages 4-8.

