

Learn more about

Exercise and Physical Fitness

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Websites

orthoinfo.aaos.org On the website of the *American Academy of Orthopaedic Surgeons*, click “Sports Injuries & Preventions” to read articles about sports injuries and how to prevent them. Go to “Rehabilitation Exercise and Conditioning Handouts” to view conditioning programs with several different exercises.

nlm.nih.gov/medlineplus/exerciselandphysicalfitness.html At *MedlinePlus*, click “Exercise and Physical Fitness” to find ideas on how to incorporate physical activity into your busy day.

familydoctor.org/familydoctor/en/prevention-wellness/exercise-fitness/exercise-basics/the-exercise-habit.html At *FamilyDoctor – The Exercise Habit*, find out how to begin safely exercising at any age.

webmd.com/fitness-exercise/guide/default.htm At *WebMD*, find topics on weight training, healthy exercise programs, and other health and fitness information for a healthy lifestyle.

Local Resources

aurorahealthcare.org/services/smi/chalk-talk/index.asp The *Aurora Sports Medicine Institute* offers a wide selection of articles and videos, with topics ranging from common sports injuries, exercise tips and even workout ideas.

The YMCA has many locations and exercise routines that will keep you motivated.

YMCA of Metropolitan Milwaukee, 161 W. Wisconsin Ave., Milwaukee, WI 53203. Call 414-291-9622.

Greater Green Bay YMCA, 235 N. Jefferson Street, Green Bay, WI 54301. Call 920-436-9650.

Kenosha YMCA, 1701 53rd Place, Kenosha, WI 53144. Call 262-654-9622.

Oshkosh Community YMCA, 324 Washington Avenue, Oshkosh, WI 54901. Call 920-236-3380.

Sheboygan County YMCA, 812 Broughton Drive, Sheboygan, WI 53081. Call 920-451-8000.

Waukesha County YMCA, 320 E. Broadway, Waukesha, WI 53186. Call 262-542-2557.

Books

The Exercise Cure: A Doctor's All-Natural, No-Pill Prescription for Better Health and Longer Life by Jordan Metzl, MD with Andrew Heffernan, CSCS, Rodale Books, 2013, 9781623360108, \$19.95. Nationally renowned sports medicine physician Dr. Metzl promotes exercise as a way to maintain health, treat disease and lose weight.

Harvard Medical School's Strength and Power Training: A Guide for Adults of All Ages by Jonathan Bean, MD MS MPH, Walter Frontera, MD PhD, Harvard Health Publications, 2010, 978-1935555230, \$18.95. This is a comprehensive guide to help you develop and get started with a strength training regimen. Several illustrated strength-training exercises are included with step-by-step instructions.

Yoga Anatomy by Leslie Kaminoff and Amy Matthews, Human Kinetics, 2011, 9781450400244, \$19.95. This second-edition volume includes breathing, inversions and standing poses. The authors go into detail on how specific muscles respond to movements, providing readers with a deeper understanding of individual movements, poses and yoga in general.

Books on this topic are available for checkout from the Aurora Libraries and may also be available at your public library.