

# WELLNESS RESOURCES AVAILABLE FOR CHECK-OUT

## CESA #11 STAFF DEVELOPMENT COMMITTEE

THESE ITEMS ARE AVAILABLE TO ALL CESA #11 EMPLOYEES REGARDLESS OF INSURANCE STATUS

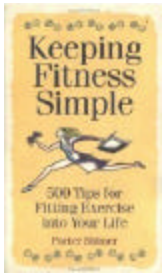
To check out, contact Sandy Johnson 715-986-2020 Ext. 2207 or sandyj@cesa11.k12.wi.us. Books, videos and equip. is due back in 2 weeks; pedometers & kits are due in 4 weeks. Items will be delivered by CESA van.

ITEM #	TYPE	TITLE AND DESCRIPTION
100	Book	<b>The Balanced Diet Cookbook: Easy Menus and Recipes for Combining Carbohydrates, Proteins, and Fats [Paperback]</b> <i>By: Bill Taylor</i> Based on Barry Sears' bestselling Zone Diet plan, which emphasizes a 40-30-30 ratio of carbohydrates, proteins, and fats, The Balanced Diet Cookbook provides simple recipes, complete menu plans, and food charts for followers of the Zone-plan and others interested in balanced eating for better health. Each recipe fulfills the balance ratio for food blocks, making breakfast, lunch, dinner, and snacktime easy for those following the balanced eating lifestyle.
		
101	Book	<b>500 Low-Carb Recipes: 500 Recipes from Snacks to Dessert, That the Whole Family Will Love [Paperback]</b> <i>By: Dana Carpender</i> Readers will learn: How to make low-carb casseroles that are delicious – without noodles or rice! What to serve instead of mashed potatoes. The secret to low-carb stuffing. The way to satisfy sugar cravings – decadently – and still stay low-carb. The lowdown on low-carb ingredients. Recipes have been tested and proven delicious. They are guaranteed to please even the most reluctant bread-lover.
		
102	Book	<b>The Pilates Body: The Ultimate At-Home Guide to Strengthening, Lengthening, and Toning Your Body--Without Machines [Paperback]</b> <i>By: Brooke Siler</i> The Pilates® method may be today's hottest exercise, but it has been endorsed by physicians for almost a century. Originally developed by Joseph H. Pilates to help strengthen and condition muscles, Pilates is the ultimate mind-body exercise for anyone who wants to tone, streamline, and realign their body without the bulked-up results of more conventional workout methods. With Pilates you will not only streamline your figure--you will dramatically improve your posture, flexibility, and balance, and enhance your physical and emotional well-being. The Pilates Body shows you how.
		
103	Book	<b>The Ultimate Weight Solution Food Guide [Paperback]</b> <i>By: Phil McGraw</i> In his straight-talking, no-nonsense style, Dr. Phil helps you end excuse-making and start creating a no-fail environment for taking charge of your weight and your relationship with food -- beginning with Dr. Phil's new rapid start plan that will gear your body physically for accelerated weight loss. This quick and easy reference guide also includes information on: calorie counts for all of your high- and low-response cost foods, portion control, high-response cost, high-yield foods, low-response cost, low-yield foods, specific menu planning for meals and snacks, hunger-suppressing/high-response cost foods, recognizing weight-gaining behaviors, and a personal food diary.
		

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104 Book **Keeping Fitness Simple [Paperback]**

By: *Porter Shimer*



Fitness doesn't mean costly health clubs or complex workouts. Fitness is as easy as moving and breathing. With Keeping Fitness Simple, you'll discover how to:

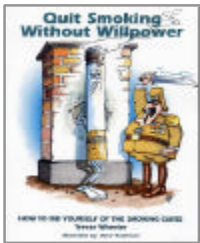
- Have fitness fun with your family
- Turn housecleaning into a healthy workout
- Eat for optimal health without expensive fad diets
- Exercise on the job -- even sitting at your desk!

Porter Shimer is a health and fitness author who has written several books on natural ways to conquer pain, lose weight, and achieve a healthier life.

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105 Book **Quit Smoking Without Willpower [Paperback]**

By: *Trevor Wheeler*

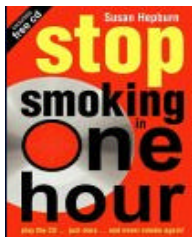


Discover the amazing truth that you do not need willpower to quit smoking! This book enables you to rid yourself of the smoking curse simply and easily. Secrets to freedom from smoking are revealed while you overcome your fear of quitting. Your pre-conceived attitudes and beliefs about smoking crumble, leaving you free of smoking forever. This up-to-date proven method of quitting also provides instant pleasure and relief. You gain a cornerstone and foundation on which to build your smoke-free future. Take advantage of your own abilities to stop punishing yourself needlessly, destroying your health and wasting hard earned cash. Rebuild your confidence and recapture your self-esteem.

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106 Book **Stop Smoking in One Hour [Paperback]**

By: *Susan Hepburn*

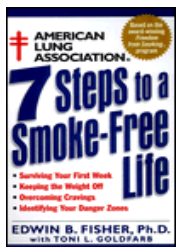


Stop Smoking in One Hour is a very easy to follow book with a 30-minute CD mounted inside its back cover. "Will power is not required", says Susan "because if you had the willpower, you would not need my help. A positive attitude is important for success and to mentally prepare". Client and hypnotherapist are working together as a partnership, however the delivery is different, in that you will read the book and listen to the CD at your convenience and then become a non-smoker. Over 96% of Susan Hepburn's clients have found her techniques 100% successful. Now her unique formula is brought to you in this book and CD.

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107 Book **American Lung Association 7 Steps to a Smoke-Free Live [Paperback]**

By: *Edwin B. Fisher*



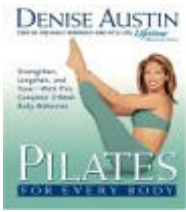
Based on the American Lung Association's Freedom from Smoking program, this book acknowledges that each smoker is different and requires different strategies. You identify the places, times, moods, and conditions that trigger your need to smoke. Then you learn many techniques that you can choose from and adapt to fit your personal needs, lifestyle, and smoking habit. 7 Steps to a Smoke-Free Life leads you through this process:

1. Understand Your Habit and Addiction
  2. Build Your Motivation to Quit
  3. Develop Your Quitting Plan
  4. Prepare for Your Quit Day
  5. Quit
  6. Fighting Temptations--the First Two Weeks
  7. Staying Focused--the First Six Months.
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**108 Book Pilates for Every Body [Paperback]**

*By: Denise Austin*



Stand a full inch taller, lose inches at your waist and thighs, and feel more energetic than ever - in just 21 days! In *Pilates for Every Body*, Denise Austin, star of *The Daily Workout*, the number one fitness show in America, leads you through a total Pilates-based conditioning program that will strengthen, lengthen, and tone your entire body regardless of your fitness level. Select from Denise's versatile, progressive workouts, from beginner to advanced. Choose from quick-and-easy routines of 10 minutes or less for the abs, hips, thighs, butt, legs, back, and upper body. Discover a total body makeover plan - cardio exercise, positive-thinking techniques, practical meals and menus, inspiring quotes, and more.

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**109 Book Growing Stronger: Strength Training for Older Adults [Spiral Bound]**

*By: Rebecca Seguin, Jacqueline Epping, David Buchner, Rina Bloch, and Miriam Nelson*

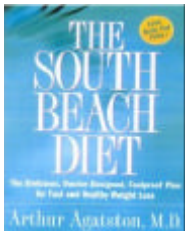


If you're interested in feeling stronger, healthier, and more vital, this program is for you. This strength-training program was developed by experts at Tufts University and the Centers for Disease Control and Prevention (CDC). *Growing Stronger* is an exercise program based upon sound scientific research involving strengthening exercises - exercises that have been shown to increase the strength of your muscles, maintain the integrity of your bones, and improve your balance, coordination, and mobility. In addition, strength training can help reduce the signs and symptoms of many chronic diseases, including arthritis. Free download at: <http://nutrition.tufts.edu/research/growingstronger>.

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**200 Book The South Beach Diet: The Delicious, Doctor-Designed, Foolproof Plan for Fast and Healthy Weight Loss [Hardcover]**

*By: Arthur Agatston*

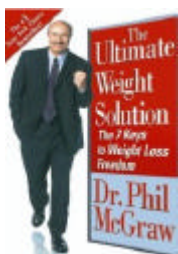


For years, cardiologist Arthur Agatston, M.D., urged his patients to lose weight for the sake of their hearts, but every diet was too hard to follow or its restrictions were too harsh. Some were downright dangerous. Nobody seemed to be able to stick with low-fat regiments for any length of time. And a diet is useless if you can't stick with it. So Dr. Agatston developed his own. The South Beach Diet isn't complicated and doesn't require that you go hungry. You'll enjoy normal size helpings of meat, poultry, and fish. You'll also eat eggs, cheese, nuts, and vegetables. Snacks are required. You'll learn to avoid the bad carbs, like white flour, white sugar, and baked potatoes. Best of all, as you lose weight, you'll lose that stubborn belly fat first! Dr. Agatston's diet has produced consistently dramatic results and has become a media sensation in South Florida.

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**201 Book The Ultimate Weight Solution: The 7 Keys to Weight Loss Freedom [Hardcover]**

*By: Phil McGraw*



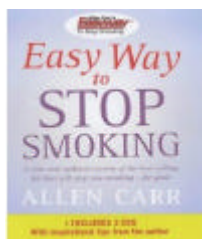
Want to challenge you about your weight and yourself in a way that you have never been challenged before? We both know that the endless string of fad diets has done nothing but leave you heavier than before. *The Ultimate Weight Solution* is a book that is the product of thirty years of working with overweight patients and figuring out what really works. Giving you the real tools to permanent weight loss will change your life and its quality. I am determined to get you immediate results and do so in a way that will last a lifetime. Permanent weight loss is about changing many things in your life, and *The Ultimate Weight Solution* will help you do just that -- change yourself, change the way you think about dieting, change the way you think about food, change the way you think about your health. The 7 Keys that are in this book will open doors to a new life for you. -- Dr. Phil

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**202 Book The Easy Way to Stop Smoking [Hardcover with 2 cd's]**

*By: Allen Carr*

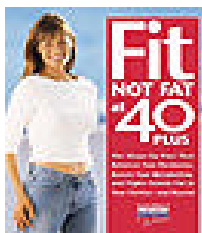


Allen Carr's innovative Easyway method—which he discovered after his own 100-cigarette-a-day habit nearly drove him to despair—has helped millions kick smoking without feeling anxious and deprived. That's because he helps smokers discover the psychological reasons behind their dependency, explains in detail how to handle the withdrawal symptoms, shows them how to avoid situations when temptation might become too strong, and enables them to stay smoke-free. Carr discusses such issues as nicotine addiction; the social “brainwashing” that encourages smoking; the false belief that a cigarette relieves stress; the role boredom plays in sabotaging efforts to stop; and the main reasons for failure. With this proven program, smokers will be throwing away their packs for good.

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**203 Book Fit Not Fat at 40 Plus [Hardcover]**

*By: The Editors of Prevention Health Books for Women*

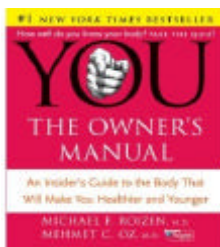


Fit Not Fat at 40-Plus is the only diet and fitness guide that has analyzed the complex roles of metabolism, hormone changes, physical challenges, and stress in women's post-40 weight gain, and devised a quick-start, easy follow-through plan for immediate results. You will . . . Never get bored again; Boost your metabolism around the clock!; Banish pain and discomfort!; Blast cravings and eat all day!; Kick your feet up and lose even more weight! In just 1 week, you'll be on your way to shedding pounds, years, and worries. Leave the sweating, injuries, and fad-diet frustrations behind--this plan's just for you!

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**204 Book YOU: The Owner's Manual: An Insider's Guide to the Body that Will Make You Healthier and Younger [Hardcover]**

*By: Michael F. Roizen and Mehmet Oz*

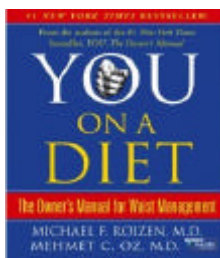


You: The Owner's Manual challenges your preconceived notions about how the human body works and ages, then takes you on a tour through all of the highways, back roads, and landmarks inside of you. You'll get the facts and advice you need to keep your body running long and strong. You'll find out how diseases start and how they affect your body -- as well as advice on how to prevent and beat conditions that threaten your quality of life. Complete with exercise tips, nutritional guidelines, simple lifestyle changes, and alternative approaches, this gives you an easy, comprehensive, and life-changing how-to plan for fending off the gremlins of aging.

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**205 Book YOU: On A Diet: The Owner's Manual for Waist Management [Hardcover]**

*By: Michael F. Roizen and Mehmet Oz*



For the first time in our history, scientists are uncovering astounding medical evidence about dieting--and why so many of us struggle with our weight and the size of our waists. Now researchers are unraveling biological secrets about such things as why you crave chocolate or gorge at buffets or store so much fat. Michael Roizen and Mehmet Oz, America's most trusted doctor team and authors of the bestselling YOU series, are now translating this cutting-edge information to help you shave inches off your waist. They're going to do it by giving you the best weapon against fat: knowledge. By understanding how your body's fat-storing and fat-burning systems work, you're going to learn how to crack the code on true and lifelong waist management.

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**300 DVD The 10 Minute Solution [DVD]**

Customer review: "This a great workout video. I tend to become very bored when it comes to working out. This video keeps me interested and actively involved. Each workout is 10 minutes long. There are 5 workouts- aerobics, pilates, ballet, kickboxing, and yoga. You can even program a workout to tailor your needs. I tend to do 2 sessions of the pilates (it really works the abs), ballet (all you need is a chair to assist you), kickboxing (you feel it in your thighs), and yoga (a nice cool-down). I do recommend this product to anyone who isn't really into walking 40 minutes on a treadmill or going to a gym. I look forward to working out everyday with this dvd!"

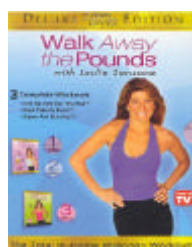
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**301 DVD TotalMix - The Complete Total Body Workout System [DVD]**

*By: Quick Fix , et al*

Quick Fix's Total Mix is designed to deliver a maximum workout in minimum time. This 90-minute DVD format allows participants to design their own workouts with choices from nine separate segments. Each of these sets concentrates on specific body parts that can be done in any order. Workout combinations can span anywhere from 10 minutes to 90 minutes and will target the major muscles of the upper and lower body. Some of these sets require the use of dumbbells (three to eight pounds) and a chair. The instruction is solid and some safety pointers are illustrated for the benefit of beginners.

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**302 DVD Walk Away the Pounds 2-Pack: Super Fat Burning + Get Up and Get Started High Calorie Burn [DVD]**

*By: Leslie Sansone*

There just simply isn't any better, more gentle and effective form of exercise for conditioning and fat loss. Walk Away the Pounds is an in-home walking system that helps you burn fat naturally for amazing, lasting results. Get Up and Get Started™ - Join Leslie in this amazing, 1-mile workout that shows you all the basics for good walking posture, and how to use the Walk Away™ Weights for total body conditioning. Super Fat Burning™ - Get ready for Leslie's challenging, 3-mile total-body workout that will raise your metabolism while firming your muscles.

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**400 VHS Pilates Beginning Mat Workout [VHS Tape]**

Pilates has become very popular and for good reason. By working the core muscles (the abdominal and back muscles in the center of your body) you improve strength and posture and develop a lean, long line. Certified Pilates instructor Ana Caban is a splendid teacher. First she demonstrates alignment and technique for 10 minutes, explaining the cue words you will hear and how to do the basics, emphasizing how to use the core muscles to strengthen the abdominals and back throughout the workout. Then she introduces a challenging 20-minute series of Pilates moves, instructing clearly, demonstrating beautifully, and continuing to advise you about technique, breathing, and form.

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**401 VHS Yoga Zone - Beginners Boxed Set [VHS Tape]**

Yoga Zone is a fresh, accessible approach to yoga. Designed exclusively for beginners by internationally-known yoga master Alan Finger, discover the unique way to shape your body and your mind: Yoga Zone. Experience reduced tension, better-toned muscles, and inner harmony in this inspiring beginner's workout, which teaches the basics of yoga. Combine the conditioning power of yoga with the stress-reduction benefits of deep relaxation to reach a new level of fitness. Two complete meditation programs: Seek higher levels of relaxation, self-affirmation, and enlightenment, while limbering your body and strengthening your muscles.

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**402 VHS The Firm - Firm Basics: Fat Burning Workout [VHS Tape]**

Interval workouts incorporate a variety of activities that are powerful and short in duration. These intervals create an anaerobic workout that forces the body to adjust to variations of intensity and motion. Interval training has the real potential to burn fat and build strength. The Firm: Body Sculpting Basics utilizes these same aerobic and anaerobic components to create a 60-minute workout that promotes strength and stamina. Instructor Susan Harris presents simple dance-style aerobic combinations and weightlifting techniques that are sure to make you break a sweat. --Olivia Voigts

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**403 VHS The Firm: Aerobic Interval Training [VHS Tape]**

Customer review: "I think this is the hardest tape I've ever done by far, and I own many Firm tapes. Ms. Bergman is an excellent instructor because just when you are ready to give up, she gives you that extra "get tough", or "power! control!" that keeps me motivated. This works your entire body into "muscle exhaustion" and you will see results in ten workouts or less. Beginners may not like the format of the tape, but do NOT use weights at first. Remember to do what you can and work up. I started with either no weights, or two pound weights and am now up to ten pound hand weights and 2 and a half pound ankle weights. The brilliance of the original Firm tapes is that they never can get boring. Just add more weight! Also, I found more results using this tape because it is interval training. My heart rate never drops to normal in the hour long workout. A great way to burn fat and lose weight. "

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**404 VHS 60 Minutes to a Smoke Free Life [VHS Tape]**

*By: Jonathan Robinson M.A. MFCC*

This video contains a powerful, proven, quit-smoking method. Thousands of people have been helped in their quest to quit smoking. Now, Jonathan Robinson outlines for you how you can become smoke free in 7 days! The video reveals techniques for staying smoke-free after you quit. You'll learn about the powerful method Jonathan calls the Smoke Free Bank and you'll learn the "Magic Fingers" trigger that can instantly remove your desire to smoke. Think how much your life will change when you are free from the shackles of cigarettes. You'll save money, live longer and feel better, get better seats at restaurants, regain friends and rekindle the love of family members.

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**500 Ped. Pedometer Walking [Paperback] + Model 140-S Digi-Walker Pedometer**

*By: Robert Sweetgall*



Pedometers are selling like children's toys -- and lasting just about as long. The problem -- most people who buy or receive pedometers simply do not stick with the program. And for good reason - they never had a program to begin with. Now, for the first time, Creative Walking, Inc., offers a complete pedometer program package including your favorite Digi-Walker2 Pedometer and the new book, Pedometer Walking written by renowned author, walker, speaker, Robert Sweetgall. This motivational book plus Digi-Walker come assembled in a pedometer kit.

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**501 Kit Stop Smoking with Patricia Allison Program**

**[includes guidebook, vhs tape, book, 2 dvd's, 2 audio cassette tapes]**

*By: Patricia Allison*

Do you want to end your addiction to cigarettes forever?

This program will help you get the job done. Patricia Allison has helped thousands to stop smoking. Her out-patient programs in Portland and Seattle hospitals turned die-hard smokers into comfortable ex-smokers - one after another - for over a decade. Patricia can do the same for you, for a fraction of the cost of live programs, in private, on your own schedule, without gaining weight, whenever you are ready.



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**600 Equip. Body Ball Resistance Kit**

**[includes 26" body ball, air pump, resistance band, DVD & exercise manual]**

*By: Bell Sports with Mindy Mylrea*

Bell Fitness Body Ball Resistance Kit includes 65 cm/ 26" Silver Body Ball and Resistance Band with comfortable foam handles. The 26" size Body Ball is the most universal-size Body Ball. Includes Body Ball Toning Workout DVD led by Mindy Mylrea, World Aerobics Champion - a fun & effective ball and band 30-minute exercise routine.



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**601 Equip. Pilates Twist Board with Resistance Tubing**

*By: Bally*

The Pilates Twist Board with Resistance Tubing is a great workout tool. Heavy-duty resistance tubing stabilizes body allowing you to get a complete workout. Massage points provide relaxing stimulation and traction for your feet. Stretch and bend your arms for biceps curls or triceps extensions.



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**602 Equip. Simply Pilates with DVD, Book and Stretch Band**

*By: Jennifer Pohlman*

Stretch - Control - Flexibility. From the best-selling author of Simply Pilates and More Simply Pilates comes an all-new Pilates workout with the added benefit of the stretch band. The box set includes a 64-page full-color book, a DVD with 40-minute Pilates class & 30-minute power Pilates workout and a bonus Pilates stretchband.



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**603 Equip. Multi-function Jump Rope**

Unique jump rope includes a jump counter up to 9999 rounds, all while measuring calories consumed and time elapsed. Just enter your weight and exercise goals and get hopping. Includes one replaceable button cell battery.

