

**STAYING INFORMED ABOUT WELLNESS:
RECOMMENDED LEARNING RESOURCES**

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*** = Highly Recommended ** = Top Picks**

A. General Health and Self-Care

1. Adams T., PhD, Fisher A., PhD, Yanowitz F., MD. *Maintaining the Miracle*. Provo, Utah: Vitality House International, Inc.; 1991.
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B. Fitness

1. *Allen M, Moss J. *Workouts for Working People: How You Can Get in Great Shape While Staying Employed*. New York: Villard Books; 2000.
2. Anderson B, Burke E, Pearl B. *Getting In Shape: Workout Programs for Men and Women*. Bolinas, California: Shelter Publications, Inc.; 1994.
3. DiNubile, Nicholas, MD. *Frameworks: Your 7-Step Program for Healthy Muscles, Bones and Joints*. Rodale; 2005.
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6. Halpern, Brian, MD. *The Knee Crisis Handbook*. New York: Rodale; 2003.
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8. Micheli L, MD. *The Sports Medicine Bible*. New York: HarperCollins, Inc.; 1995.
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C. Nutrition

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E. Mid-Life Issues/ Women's and Men's Health

1. Arrion, A *The Second Half of Life: Opening the Eight Gates of Wisdom*. Boulder: Sounds True. 2005.
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F. Complementary, Alternative and Integrative Medicine

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G. Mind/Body/Spirit

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H. Balancing Work, Home, Family and Personal Growth

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I. Public Health and Health Promotion

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