

Seniors Walk for Fitness



Books

The Complete Mall Walker's Handbook : Walking for Fun and Fitness

John H. Bland | 613.7176 B55

The Complete Guide to Walking for Health, Weight Loss, and Fitness |

Mark Fenton | 613.7176 F45

The Rugged Walker

By Patricia Kirk | 613.7176 K56

The 30-Minute Fitness Solution : A Four-Step Plan for Women of All Ages

By JoAnn E. Manson | 613.7045 M35

You on a Walk (Book on CD)

By Michael F. Roizen | CD 613.7176 R63

Walk Away the Pounds : The Breakthrough Six-week Program By Leslie Sansone |

613.7176 S35

Magazines

Arthritis Today
Consumer Reports on Health
Health
Prevention
Yoga Journal

DVDs/VHS

Gentle Yoga for Beginners

Susanna Deason | VC 613.7046 G45

T'ai-chi Exercises for Seniors

Bob Klein | DVD 613.7148 T33

Step-by-Step Tai Chi

Tiffany Chen | DVD 613.7148 S72

The Lebo Walking Group: A Fitness Program for Older Adults

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Thursday, March 11, 2010 7:30-9pm
Meeting Room A

Booklist of walking/light exercise books for Seniors –Tai chi, yoga, fitness magazines, fitness DVDs
Include links to senior website health links

BACK

Program info, contact info, other links to the rec center.

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Pittsburgh, PA 15228-2252
412-531-1912
www.mtlebanonlibrary.org