



Wellness Library

14-Day Loan Books

Cookbooks

- The New Way to Cook Light: Fresh Food & Bold Flavors for Today's Home Cook
- Weight Watchers One Pot Cookbook
- Clean Eats: Over 200 Delicious Recipes to Reset Your Body's Natural Balance and Discover What It Means to Be Truly Healthy
- The Eat-Clean Diet Cookbook: Great-Tasting Recipes That Keep You Lean!
- The End of Diabetes: The Eat to Live Plan to Prevent and Reverse Diabetes

Diets and Weight Loss

- The Body Book: the law of hunger, the science of strength, and other ways to love your amazing body
- It Starts with Food: Discover the Whole 30 and Change Your Life in Unexpected Ways
- The Everygirl's Guide to Diet and Fitness: How I Lost 40 LBS and Kept It Off—And How You Can Too!
- Just the Rules!: Tosca's Guide to Eating Right

Work-life Balance

- Overwhelmed: Work, Love, and Play When No One Has the Time
- The Rhythm of Life: Living Every Day with Passion & Purpose
- Habit Stacking: 97 Small Life Changes That Take 5 Minutes or Less
- The 22 Non-Negotiable Laws of Wellness: Feel, Think, and Live Better Than You Ever Thought Possible

Self-help

- Battlefield of the mind: Winning the Battle in Your Mind
- When Things Fall Apart: Heart Advice for Difficult Times
- The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are
- The Secret
- Everyday Zen
- Healthy at Home: Get Well and Stay Well Without Prescriptions

Fitness

- The Women's Health Big Book of Exercises: Four Weeks to a Leaner, Sexier, Healthier YOU!
- The Men's Health Big Book of Exercises: Four Weeks to a Leaner, Stronger, More Muscular YOU!

3-Day Loan DVDs

Physique 57

- Physique 57: Thigh & Seat Booster 30 Minute Workout (Supplemental Material: Exercise Ball with Plugs and Inflation Tube)
- Physique 57: Arm & AB Booster 30 Minute Workout
- Physique 57: Classic 57 Minute Full Body Workout
- Physique 57: Class 57 Minute Full Body Workout (Second Edition)
- Physique Express 30 Minute Full Body Workout
- Physique 57 Advanced Express 30 Minute Full Body Workout

Dancing with the Stars

- Dancing with the Stars: Dance Off the Pounds
- Dancing with the Stars: Dance Body Tone
- Dancing with the Stars: Ballroom Buns & Abs

Jillian Michaels

- Banish Fat Boost Metabolism
- No More Trouble Zones
- Shred-It with Weights

Walking

- Leslie Sansone Walk Away the Pounds (Supplemental Material: Resistance Band)
- Walking for Weight Loss, Wellness & Energy

Yoga

- Daily Energy: Vinyasa Flow Yoga
- Yoga for Beginners
- Yoga for Stress Relief

Miscellaneous

- Burn Fat Fast Cardio Blast: 4 Super-Charged Workouts!
- Firm & Burn: Jane Fonda Prime Time, 3 Low-Impact Aerobic Workouts
- Stott Pilates Matwork Flow Conditioning Sequence Workout
- Lastics: A Mind & Body Stretching Technique
- Tai Chi for Beginners

3-Week Loan Kits

- Metamorphosis by Tracy (3 Sets, 4 discs each: Abcentric, Omnicentric, Hipcentric)
- Metamorphosis by Tracy (90-day Glutecentric Exercise Kit, includes 4 DVDs, Let's Get Started and Dynamic Eating Plan Booklets, Workout Tracker)
- Brazil Butt Lift (60-Day Workout Program, includes 3 DVDs, Meal Plan, Triangle Training Workout, Makeover Calendar, Booty Makeover Guide, 6-Day Supermodel Slimdown)
- Zumba Exercise (Includes 5 DVDs, Program Guide, Nutrition Booklet, Step Riser)
- P90-X Extreme Home Fitness (90-Day Exercise Kit, includes 13 DVDs, Nutrition Plan, Fitness Guide, Training Calendar)
- Rushfit: Build Muscle, Cut Weight & Get in Shape (8-Week Exercise Kit, includes 6 DVDs, Nutrition Guide, Workout Guide, 3 Training Calendars)
- Focus T25 Exercise Kit (Includes 9 DVDs, Quick Start Leaflet, Nutrition Booklet, Workout Calendar, Resistance Band)
- Jillian Michaels Body Revolution (90-Day Exercise Kit, includes 15 DVDs, Fitness guide, 7-Day Kick Start, 90-Day Journal, Fat Burning Meal Plan)
- Insanity (60-Day Exercise Kit, includes 10 DVDs, Nutrition Book, Workout Calendar, Program Guide, Fit Test Card)

3-Day Loan Supplemental Material

- Resistance Band supplemental to DVD Leslie Sansone Walk Away the Pounds

3-Day Loan Equipment

- Exercise Ball to accompany DVD set Physique 57