



Whole Body Fitness

Videos, Audiocassettes, CD's & Books
Available for Clients to borrow

Resources Available to Whole Body Fitness Clients

In our efforts to provide our clients with the best personal training and nutrition services available, we have been building a library of videos, DVD's, audiocassettes, and books for our clients to be able to borrow.

Our goal is to provide our clients with resources they may need along the way to ensure that they have a successful experience in reaching their health and fitness goals.



Thank you for choosing Whole Body Fitness!

As always we remain your coach and success partners,
Lisa Dougherty

Title	Author	Medium
MOTIVATIONAL		
7 Habits of Highly Effective People	Stephen Covey	Book
Attitude is Everything For Success	Keith Harrell	Book
Attitude is Everything	Keith Harrell	Book, CD
Begin with the End in Mind	Stephen Covey	CD
Breaking the Pattern – 5 Principles to Remodel your Life	Charles Stuart Platkin	Book
Easier than you Think	Richard Carlson, PhD	Book
Explorations into Consciousness	Deepak Chopra	VHS
Fitness Motivation	Rejeski, Kenney	Book
The Journey Within a Spiritual Path to Recovery	Ruth Fishel	Book
Ordering from the Cosmic Kitchen	Patricia Crane PhD	Book
Overcoming Procrastination-Practice the Now Habit and Guilt-Free Play	Neil Fiore, PhD	Book
Overcoming the Fear of Death	Deepak Chopra	VHS
The Pathfinder-How to Choose/Change Your Career for a Lifetime of Satisfaction/ Success	Nicholas Lore	Book
The Like ability Factor	Tim Sanders	Book
The Power of Now	Echart Tolle	Book, CD
Public Speaking	No Brainers	VHS
The Purpose of Your Life	Carol Adreinne	Book
The Purpose Driven Life	Rick Warren	Book
Sacred Ground	Kelly Howell	Music CD
Simple Choices Powerful Changes	Dean Ornish, MD	VHS
The Seven Spiritual Laws of Success	Deepak Chopra	VHS
Spiritual Fitness	Caroline Reynolds	Book

The Way of the Wizard	Deepak Chopra	VHS
What Matters Most	Hyrum Smith	Book
GENERAL HEALTH - EDUCATIONAL		
Ageless Body Timeless Mind	Deepak Chopra	Book
The Balanced Bride	Leah Ingram	Book
Body, Mind & Soul	Deepak Chopra	Cassette
The Carewise Guide	Carewise	Book
Counseling for Health & Fitness	Nancy King	Audio
Chakra Healing	Liz Simpson	Book
Exercise & Arthritis	DSW Fitness	Cassette
Exercise & Fibromyalgia	Gwen Hyatt	Book
Exercise through Menopause	Robyn Stuhr MA	VHS
The Female Brain	Louann Brizendine	Book
Fibromyalgia, The Complete Idiot's Guide	Lynne Matallana	Book
Fibromyalgia, An Essential Guide for Patients & their Families	Daniel Wallace MD, Janice Brock Wallace	Book
Gray's Anatomy	Gray	Book
Harvard's Guide to Women's Health	2004 Edition	Book
Healing Moves – How to cure, relieve & prevent common ailments with exercise	Carol Krucoff & Mitchell Krucoff, MD	Book
Healthy Aging	PBS Lifeguide's Series	DVD
Healthy Aging	Andrew Weil, MD	Book
Human Anatomy	The Standard Deviants	2 VHS
Natural Alternatives, Healing Remedies & Therapies	Mark Evans	Book
Self Corrective Mechanisms	Susan Pinto	Audio/book
The Sexy Years	Suzanne Somers	Book
Smart Talk on Health & Fitness	Covert Bailey	CD
Spontaneous Healing	Andrew Weil, MD	VHS
Taking Care of Yourself	Andrew Weil, MD	CD's
Total Treatment for Plantar Fasciitis and Foot Pain	TP Therapy	DVD
YOU Staying Young	Roizen, Oz	Book
Younger Next Year for Women	Chris Crowley	Book
FOOD & COOKING		
200 Healthy Recipes in 30 Minutes or Less	Robyn Webb	Book
The New Complete Book of Food Nutritional, Medical and Culinary Guide	Carol Ann Rinzler	Book
Cooking For Healthy Healing	Linda Rector-Page, ND PhD	Book
Deceptively Delicious	Jessica Seinfeld	Book
Eat Great, Lose Weight	Suzanne Somers	Book
Encyclopedia of Herbs	Deni Bown	Book

Fast & Healthy Cookbook- 350 Recipes for Everyday	Pillsbury	Book
Fit Food Eating Well or Life	Ellen Haas	Book
Food Finder – Vitamins & Minerals Source Guide		Book
Fresh Start	Julie Rosso	Book
Fundamentals of Meal Management	Margaret McWilliams	Book
Get Skinny on Fabulous Food	Suzanne Somers	Book
Giant book of Tofu Cooking	K. Lee Evans & Chris Rankin	Book
Healthy Dining in Orange County	Accents on Health	Book
Healthy Foods feeding your family well	Leanne Ely, CNC	Book
Healthy College Cookbook	Alexandra Nimetz, Jason Stanley, Emelia Starr	Book
The High Performance Cookbook	Susan Kleiner, PhD, RD	Book
How to Cook Everything	Mark Bittman	Book
Lost & Found in the Grocery Store	Kris Clark	DVD
Low-Fat, Low-Cholesterol Cookbook	American Heart Association	Book
Low Fat & Luscious Desserts	American Heart Association	Book
The Sneaky Chef	Missy Chase Lapine	Book
The Supermarket Guide Choices for your Family	American Dietetic Association	Book
Ultimate Quick & Healthy Cookbook	Prevention's	Book
YOU on a Diet	Roizen, Oz	Book

NUTRITION RELATED

9 Truths about Weight Loss	Daniel Kirshenbaum PhD	Book
The Automatic Diet	Charles Stuart Platkin	Book
Being Vegetarian	American Dietetic Association	Book
Best Darn Book Nutrition & Health	Dorothy Ziegler R.D.	Book
The Crazy Makers	Carol Simontacchi	Book
Diet for a New America	John Robins	Book, DVD
Dining Lean	Joanne Lickten	Book
The Eat-Clean Diet	Tosca Reno	Book
Eating Your Way to Health	Brian Leutholtz PhD, FACSM	DVD
Exercise & Weight Control	American Council on Exercise	VHS
Fit or Fat	Covert Bailey	Book, DVD
Fit or Fat – newer edition	Covert Bailey	VHS
The Fit or Fat Target Diet	Covert Bailey	Book
Fit or Fat Woman	Covert Bailey	Book, CDS
Food For Thought	Dean & Bingham for KCET	DVD
Food Revolution	John Robbins	Book
Get Real – Real Life Weight Mgmt	Daniel Kosich PhD	Book
Human Nutrition	Standard Deviants	DVD
Lose Weight with the Power of One	Stephen Moss	Book
Nutrition Concepts & Controversies	Sizer, Whitney	Book

Nutrition Now	Judith Brown	Book
Nutrition for Optimal Performance	Kris Clark PhD, FACSM	DVD
Prescription for Nutritional Healing	James Balch, MD & Phyllis Balch CNC	Book
Smart Eating	Covert Bailey & Rhonda Gates	Book
Sport's Nutrition Guidebook	Nancy Clark MS RD	Book
Sports Nutrition for Endurance Athletes	Monique Ryan	Book
Super Size Me	Morgan Spurlock	DVD
Lost and Found in the Grocery Store	Kris Clark PhD, FACSM	DVD
Ultimate Fit or Fat	Covert Bailey	Book
Ultrametabolism	Mark Hyman	
TEENS		
7 Habits of Highly Effective Teens	Sean Covey	Book/Cassette
Be Healthy! It's a Girl Thing	Mavis Jukes & Lilian Cheung, DSc, RD	Book
Don't Sweat the Small Stuff for Teens	Richard Carlson, PhD	Book
Fitness Training for Girls	Katrina Gaede	Book
Fueling the Teen Machine	Ellen Shanley & Colleen Thompson	Book
Strength & Power for Young Athletes ages 7-15	Avery Faiganbaum, EdD & Wayne Wescott, PhD	Book
Teenage Fitness Get Fit, Look Good	Kathy Kaehler	Book
FITNESS RELATED		
Balance Ball Fitness-Beginner's Workout	Living Arts	VHS
BOSU Balance Trainer	Douglas Brooks	DVD
Building Strength & Stamina	Wayne Wescott	Book
Chi Running: A revolutionary Approach to effortless, injury-free running	Danny Dreyer (nationally ranked ultra-marathoner)	Book/DVD
Circuit Training	Vern Gambetta & Steve Odgers	VHS
The Complete Idiot's Guide to Weight Training	Johnson-Cane, Cane & Glickman	Book
Complete Conditioning for Volleyball	Al Scates/Mike Linn	Book
Core Body Training	IDEA Strength Series	VHS
Cross Training for Dummies	Tony Ryan & Martica Heaner	Book
Fat Burning Exercises for Energy & Weight Loss	Jane Wake	Book
FitBall Workout all ages & abilities	Joanne Mayer, PT & Lindsay Zappala, BA	VHS
The Great Dumbbell Handbook	Jespersen, Potvin	Book
The Great Body Ball Handbook	Jespersen, Potvin	Book
The Great Balance & Stability	Potvin, Benson	Book

Handbook		
The Great Medicine Ball Handbook	Jespersen, Potvin	Book
The Great Stretch Tubing Handbook	Jespersen, Potvin	Book
Intro to Slide Reebok – Basic Training	Reebok International	VHS
How to Stay Healthy & Fit on the Road	Joanne V Lichten, PhD, RD	Book
Jump Rope Training	Jump Rope Tech	DVD
Lower Body Training	IDEA Strength Series	VHS
Marathoning for Mortals	John Bingham	Book
Marathon	Jeff Galloway	Book
No Need For Speed	John Bingham	Book
On the Ball	Colleen Craig	VHS
Original (Deluxe) Training Fan	Andrea Barash	Book
Peak Conditioning Training for Volleyball	Thomas Emma	Book
Plyometric Exercises with a Medicine Ball	Dr. Donald Chu	Book
Slim Slide	Kim Alexis	VHS
Smart Exercise	Covert Bailey	Book
Smart Girls Do Dumbbells	Judith Sherman-Wolin	Book
Strength Training for Women	Jason Peterson, Cedric Bryant	Book
Strength Training Past 50	Wayne Wescott & Thomas Baechle	Book
T'ai Chi Beginners Level	The Method Claire Hooton	VHS
T'ai Chi Intermediate Level	The Method Claire Hooton	VHS
Therapeutic Exercises using Resistance Bands	Caroline Corning Creager, PT	Book
Therapeutic Exercises using the Swiss ball	Caroline Corning Creager, PT	Book
The Ultimate Body Rolling Workout	Yamuna Zake & Stephen Golden	Book
The Ultimate Guide to Weight Training for Volleyball	Robert G. Price	Book
Ultimate Six for runners	TriggerPoint Therapy	Book
Upper Body Training	IDEA Strength Series	Video

YOGA, PILATES, STRETCHING

Anatomy of Hatha Yoga	H David Coulter	Book
Anatomy of Stretching	Brad Walker	Book
The Basic Moves – Ball Force	Michael Carson	VHS
Basic Yoga Workout for Dummies	Sara Ivanhoe	VHS
BKS Iyengar Yoga		Book
Essential Matwork Core Conditioning	Moira Stott	VHS
Facilitated Stretching	Robert E McAtee & Jeff Charland	Book
Fitness Circle Workout Deep Muscle Strength & Tone	Moira Stott	VHS

Flex-band Workout	Moira Stott	VHS
Flexibility For Sport and Fitness	Human Kinetics	VHS
Flexibility for Performance	Todd Durkin	DVD
Flow Yoga Vol 1 & 2	Leigh Crews	VHS
Foam Roller Conditioning	Working Well Solutions	DVD
Foam Roll Core Performance	Go Fit	DVD
Foam Roller Techniques	Fredericson, Yamamoto, Fadil	Book
Full-Body Flexibility	Jay Blahnik	Book
The Great Foam Roller Handbook	Andre Noel Potvin	Book
The Great Yoga Handbook	Leila Stuart	Book
Hatha Yoga Illustrated	Kirk and Boon	Book
Iron Core Kettlebell	Go Fit	DVD
On the Ball - Pilates	Colleen Craig	VHS
Precision Toning	Jennifer Kries	VHS
Precision Heart Rate Training	Edmund Burke	Book
Pilates Plus	Treeline Films	DVD
Secrets of Stretching lower body	Tom Kurz's	VHS
Sivananda Companion to Yoga	Sivananda Yoga Center	Book
Stretching	Bob Anderson	Book/ DVD
Stretching for Fitness, Health & Performance	Oswald & Basco	Book
Stretching Anatomy	Arnold Nelson	Book
Styrofoam Roller Training	Anette Lang MA	VHS, DVD
Yoga Anatomy	Leslie Kaminoff	Book
Yoga Journal's Yoga for Beginners	Patricia Walden	VHS
Yoga Journal's Yoga for Beginners II	Patricia Walden	DVD
Yoga Just My Size	Megan Garcia	DVD
Yoga For A New Day	Linda-Christy Weiler M.S.	VHS
Yoga for the Rest of Us	Peggy Cappy	DVD
The Yoga Sutras of Patanjali	Sri Swami Satchidananda	Book

PREGNANCY

ACE's Guide to Pre-Natal Fitness	American Council on Exercise	DVD/Book
Active Women's Guide to Pregnancy Practical Advice for Getting Outdoors	Aneema Van Groenou MD	Book
Baby & Mom Pre Natal Yoga	The Method Series	VHS
Baby & Mom Post Natal Yoga	The Method Series	VHS
Baby Wise (on becoming)	Gary Ezzo & Robert Bucknam	Book
Buff Moms-to-Be	Sue Fleming	Book
The Care & Feeding of Healthy Kids	Sara Sloan	Book
Creating Your Birthplan	Marsden Wagner	Book
Eating for Pregnancy	Catherine Jones	
Exercising through Your Pregnancy	James F Clapp III, MD	Book
Expecting Fitness	Birgetta Gallo	Book
Fit For Two	Official YMCA Prenatal Exercise Guide	Book
Fit to Deliver	Karen Nordahl, MD, Carl	Book

	Peterson, Rene Jeffreys	
Fit Mama	Leisa Hart	VHS
Getting Back in Shape	Deborah Mackin	Book
Misconceptions	Naomi Wolf	Book
The Mother of All Pregnancy Books	Ann Douglas	Book
Motherwell Maternity Fitness Plan	Bonnie Berk	Book
Nine Months Strong Shaping up for Delivery & the toughest physical day of your life	Karen Bridson	Book
Planning for Pregnancy, Birth & Beyond	ACOG	Book
Prenal & Postpartum Training Fan	Annette Lang	<i>Book</i>
Prenatal Fitness	Aileen Sheron	VHS
Prenatal Fitness Fix	Erin O'Brien	<i>DVD</i>
Prenatal Pilates	Thera Pilates	VHS
Prenatal Yoga	Shiva Rea	DVD
Positive Prenatal Fitness – Complete Pregnancy Workout	Aileen Sheron	VHS
Postpartum Recovery Exercises	Catherine Cram MS	VHS
The Pregnancy Journal	A. Christine Harris	Book
What to Expect when you are Expecting	Heidi Murkoff, Arlene Eisenberg & Sandee Hathaway	Book
Yoga For Pregnancy Labor & Birth	Collete Crawford	DVD
Yoga For Your Pregnancy	Kristen Eykel	DVD
FOR TRAINERS		
The Anatomy Coloring Book	Kapit, Elson	Book
Anatomy of Movement	Blandine Calais- Germain	Book
Basic Nutrition & Exercise Manual		Book
BOSU Strength & Conditioning for Trainers	Douglas Brooks	DVD
BOSU Integrated Balance Training for Fitness & Health Professionals	Douglas Brooks MS, Candice Copeland Brooks	Book/VHS
Cancellations, Excuses & Unrealistic Expectations	Nicki Anderson	DVD
Clinical Exercise Specialist Manual		Book
Community First Aid & Safety	Red Cross	<i>Book</i>
Designing Resistance Training Programs	Fleck, Kraemer	Book
Developing Safe Pre/Post Natal Exercise Programs	Susan McInnis	VHS
Developing Speed & Agility in Young Athletes	Steve Brown	VHS
Developing Strength & Power in Young Athletes	Steve Brown	VHS
Essentials of Athletic Injury Management	Prentice, Arnheim	<i>Book</i>

Essentials of Human Anatomy & Physiology 5th ed	Elaine Marieb	Book
Essentials of Strength Training & Conditioning	Thomas Baechle	<i>Book</i>
EZ-Lats plus – Hands Free Training	R Ferguson Fitness, LLC	DVD
Fit & Well	Fahey, Insel, Roth	Book
Fitness Wave	Fitness Wave	DVD
“Get Real” Guide to Real Life Weight Management & Teachers Edition		Book
Guidelines for Exercise Testing & Prescription	ACSM	<i>Book</i>
Health Fitness Instructor’s Handbook	Howley, Franks	Book
High School Weight Training Instruction	NSCA	Book
Instructing Hatha Yoga	Kappmeir, Ambrosini	Book
Lifestyle & Weight Management	ACE	Book
Manual of Structural Kinesiology	Thompson & Floyd	<i>Book</i>
Massage for Sports Care	Human Kinetics	VHS
Mind/Body Fitness	IDEA Resource Series	Book
Performance Massage, Muscle care for physically active people	Bill Rodgers	Book
Periodization Training for Sports	Tudor O Bompa, PhD	Book
Personal Trainer Business Handbook		Book
Personal Trainer Manual	ACE	Book
Physiology of Sport & Exercise	Jack Wilmore, David Costil	<i>Book</i>
Policies That Work for Personal Trainers	IDEA Business Series	Book
Practical Body Composition Guide	Human Kinetics	Book
Psychology for Health & Fitness Professionals	James & Nettie Garin	<i>Book</i>
Sport First Aid	Melinda Flegel	Book
Strength Training Anatomy	Frederic Delavier	<i>Book</i>
Teaching Flexibility	Human Kinetics	VHS
Understanding Sports Massage	Patricia J Benjamin & Scott P Lamp	Book
Weight Training Instruction Steps to Success	Thomas R Baechle & Barney R Groves	Book/VHS
Women’s Strength Training Anatomy	Mark Vella	<i>Book</i>