Examples of healthy lifestyle, exercise, and nutrition books owned by the Bismarck Public Library...

- American Dietetic Association Complete Food and Nutrition Guide by Roberta Larson Duyff
- Eat, Drink, and Be Healthy by Walter C. Willett
- 200 Surefire Ways to Eat Well and Feel Better by Dr. Judith Rodriguez
- Eating for Life by Bill Phillips
- The Gift of Years: Growing Older Gracefully by Joan Chittister
- Prime Time: Creating a Great Third Act by Jane Fonda
- What’s Next? Navigating Transitions to Make the Rest of Your Life Count by H. Norman Wright
- You’re Only Young Twice: 10 Do-Overs to Reawaken Your Spirit by Ronda Beaman

We also have books and DVDs on yoga, tai chi, and aquatic/water & chair exercises

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Free Internet Sites

Household Products Database
http://hpd.nlm.nih.gov/

Drug Information Online
www.drugs.com

Eat Right (Academy of Nutrition and Dietetics)
www.eatright.org/

Mayo Clinic: Nutrition & Healthy Eating
https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/basics/nutrition-basics/hlv-20049477

Online Resources @ Bismarck Public Library

Alt HealthWatch
...Focuses on the many perspectives of complementary, holistic and integrated approaches to health care and wellness.

Consumer Health Complete
...Comprehensive resource for consumer-oriented health content.

Health Source: Consumer Edition
...Rich collection of consumer health information.

These databases can be found by accessing our library’s website... www.bismarcklibrary.org. Hover over Research tab and click on Databases. Click link for Health and then for the desired database. If accessing from home, you will be prompted for your Bismarck Public Library card number.

Disclaimer:
Material contained in these books, databases, and websites is intended for informational purposes only and does not replace advice from your nurse, doctor or pharmacist! These professionals are the best people to answer questions about your personal health.