

Health & Fitness References

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



"The first wealth is health."

-Emerson

When you think about Emerson's quote above—it's true. Health is the first wealth. If you don't have your health, you can't be an optimal employee, spouse, parent, or friend. Health is the foundation of life's pyramid. We "build" on foundations. How is your foundation of health? If you want to build a stronger foundation, these references can help you facilitate action.

Many of the reference books below are ones I often use in personal and professional development for health and fitness. Other references listed are helpful for general development of healthy lifestyles. It's good to have a few health/fitness resources in your home.

Take charge of your own life and health!

Jack La Lanne says: "With pride in yourself and discipline to take charge—anything is possible!"

Children

It is very difficult to find children's books related to health and fitness. If you find any—they are too focused on "sports." I recommend using books that are focused on "activity" rather than organized team sports. Many children do not like athletics and get turned off by high-pressure sport programs, but physical activity is for everyone—even those who don't enjoy athletics. The children's books listed are gentle ways to introduce health and physical activity.

Marcel Moves Mountains and **Simon Makes Waves**: Jeff Lappin

- Lappin uses Marcel's bike adventures and Simon's surfing adventures to promote health.

Pooh's Little Fitness Book: A. A. Milne & Ernest Shepard

- My favorite! Pooh does stretching, warm-up, cross-training, aerobics, and relaxation.

Exercise/Sport Psychology

✓ **Changing for Good—A Revolutionary Six-Stage Program for Overcoming Bad Habits & Moving Your Life Positively Forward**: Prochaska, Norcross, & DiClemente

- This book is about the *Transtheoretical Model of Behavior Change* that is now being used by the Centers for Disease Control, American Cancer Society, and other health organizations and professionals worldwide. It represents a "new paradigm" in behavior change psychology. This model is used to change "any" type of behavior whether you are trying to quit smoking, reduce obesity, or begin and stick with exercise. A "must read" for anyone serious about changing or trying to help someone change a behavior.

Foundations of Sport & Exercise Psychology: Robert Weinberg & Daniel Gould

Sport Psychology—Concepts & Applications: Richard Cox

Fitness & Active Lifestyle Programs

These books are not only good references but provide templates for program designs along with worksheets and evaluations that can be helpful.

Active Living Everyday: Blair, Dunn, Marcus, Carpenter, & Jaret

Get with the Program!: Bob Green

Holistic Training & Athletics

✓ **Body Mind Mastery—Success in Sport & Life**: Dan Millman

- One of the foundational books of holistic training that teaches you how to develop talent while remembering the higher purpose and hidden benefits of training.

Everyday Enlightenment—The Twelve Gateways to Personal Growth: Dan Millman

The Book of Five Rings: Miyamoto Musashi

- The ultimate book of strategy for life or athletics by ancient Japanese Samurai warrior.

The Winter Athlete—Secrets of Wholistic Fitness for Outdoor Performance: Steve Ilg

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- Wholistic guru of health and world famous outdoor athlete Steve Ilg captures the beauty of balanced training blended with nature for optimal health.

Journal

American College of Sports Medicine Health & Fitness Journal (Order @ 800-638-6423)

- This journal is written more for people working as health and fitness professionals. It can be a great resource if you have a general understanding of fitness and health science. It is my favorite journal and a primary source for many of my exercise programs and handouts.

Medical

These resources are primary resources used by students and professionals in the health and medical fields and are quite helpful at home as well.

✓ **Taber's Cyclopedic Medical Dictionary:** F.A. Davis (Ed.)

Anatomy: Carmine Clemente

- A very detailed book of hand drawn images of the human body including skeletal, nervous, and muscular systems.

Nutrition

✓ **The Complete & Up-To-Date Fat Book:** Karen Bellerson

- This is a great reference book for looking up exact fat grams, total calories, and fat % of just about any kind of food by brand or type. Fast food items are also listed.

Fast Food Nation: Eric Schlosser

- A frightening expose' of the fast food and meat processing industries in America and how their marketing has negatively influenced America's health and well-being.

Sports Nutrition Guidebook—Eating to Fuel Your Active Lifestyle: Nancy Clark

- Comprehensive breakdown of foods for active people including many healthy recipes!

Personal Development & Foundational Health/Fitness

✓ **Make the Connection:** Bob Green & Oprah Winfrey

- This is a great place to start if you need help thinking about and implementing health and fitness as a lifestyle.

Build Your Own Life Brand!: Stedman Graham

Seniors

Dr. Bortz's books are great senior resources on everything from taking medications safely to exercise and sex and more. Bortz teaches at Stanford Medical School and is past president of the American Geriatrics Society. Dr. Bortz exercises daily and is a marathon runner at age 70+.

Dare to Be 100: Walter Bortz, MD

Living Longer for Dummies: Walter Bortz, MD

Websites

You should be able to find just about everything you'll need for health & fitness with these primary websites. For more health-related websites that you can trust, go to my "Weblinks" section.

Pick and click a topic for a link to other valid resources.

- www.drkoop.com (Former Surgeon General C. Everett Koop, MD & excellent website)
- www.healthatoz.com (Excellent health and fitness website)
- www.healthierus.gov (The new "Healthier US Initiative" by President Bush)
- www.ronjones.org (Click "Weblinks" for specific health-related topics)
- www.webmd.com (Primary medical website in America)

Women

The Athletic Woman's Survival Guide: Carol Otis, MD & Roger Goldingay

- Great resource for all active women on eating disorders, amenorrhea, and osteoporosis.

✓=I emphasize these as foundational references for a home-health library; they are good books to start—add the others as needed. However, all of these books are great sources for learning about the "first wealth of health." ©

* **Ron Jones (9.5.07)**