

# Healthy Living

## Food & Nutrition

### **All about fat – Video (16 min.)**

Los Angeles, CA : National Health Video.



### **Cholesterol: raising the good and lowering the bad – DVD (30 min.)**

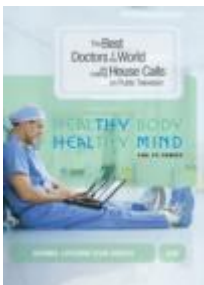
Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

Part of the award winning public television series Healthy Body/Healthy Mind.

This program will discuss what makes good cholesterol good and bad cholesterol bad and how does the wrong combination of these lipoproteins affect the risk of heart disease.

### **Cholesterol and diet – Video (16 min.)**

Los Angeles, CA : National Health Video.



### **Managing cholesterol – DVD (30 min.)**

Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

Part of the award winning public television series Healthy Body/Healthy Mind.

This program provides information about lifestyle changes that can help keep cholesterol numbers in the normal range, explains how changing the diet and adding exercise can lower high cholesterol, examines the various medications used to treat high cholesterol, what side effects could occur and help patients understand why in some cases, medication may be their friend.

**All about calcium – Video (12 min.)**

Los Angeles, CA : National Health Video.

**All about fibre – Video (11 min.)**

Los Angeles, CA : National Health Video.

**All about iron – DVD (16 min.)**

Los Angeles, CA : National Health Video.

**All about protein – Video (14 min.)**

Los Angeles, CA : National Health Video.

**All about vitamins – Video (16 min.)**

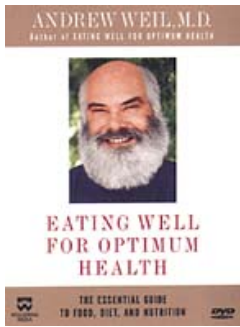
Los Angeles, CA : National Health Video, 1996.

**Carbohydrate counting – Video (15 min.)**

Los Angeles, CA : National Health Video.

**Fast food: the good and the bad – Video**

Los Angeles, CA : National Health Video.



## **Eating well for optimum health: the essential guide to food, diet, and nutrition – DVD (82 min.)**

Weil, Andrew -- New York, NY : Wellspring Media, 2000.

This video provides the viewer information on how to make the best dietary choices for overall health and well being. Learn the latest information from nutritional science regarding fat, carbohydrates and protein.

## **Exploring vegetarianism: : a healthy alternative – Video (19 min.)**

Meridian Education Corporation -- Bloomington, IL : Meridian Education, 1999.

"High school students taking food classes or family and consumer science classes should be familiar with several key aspects of vegetarianism. This includes knowing the many health benefits of eating fruits, vegetables, grains and nuts, as well being aware of the appropriate ways vegetarians can obtain all of the nutrients they need."

## **Nutrition & exercise – DVD (30 min.)**



Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

Part of the award winning public television series Healthy Body/Healthy Mind.

Through this program, viewers will learn how to prevent health problems such as heart disease and diabetes and make healthy lifestyle choices.

## **Nutrition & obesity – Video (70 min.)**

Toronto, ON : Heart and Stroke Foundation of Canada.  
(Heart & stroke health show)

Segment topics include: restaurants, grocery shopping, diabetes, cardiac rehab, high blood pressure, high cholesterol, heart disease, stroke, heart attack, physical activity, family history, healthy food choices, food labelling, fruits and vegetables, 5 to 10 a day PSA#1, 5 to 10 a day PSA #2, health check PSA, sleep apnea, BMI, waist circumference, bypass surgery, nutrition, obesity etc.

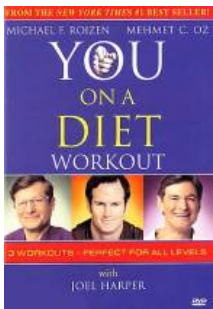
## **Super size me: a film of epic portions – DVD (100 min.)**



Sprulock, Morgan -- Kathbur Pictures, 2004.

Filmmaker Morgan Spurlock embarks on a journey to find out if fast food is making Americans fat. For 30 days he can't eat or drink anything that isn't on McDonald's menu; he must eat three square meals a day, he must eat everything on the menu at least once and supersize his meal if asked. He treks across the country interviewing a host of experts on fast food and a number of regular folk while downing McDonald's to try and find out why 37% of American are now overweight. Spurlock's grueling diet spirals him into a metamorphosis that will make you think twice about picking up another Big Mac.

## **You on a diet – DVD (43 min.)**



Roizen, Michael F. -- Discovery Communications, 2007.

This DVD begins with a profile of the four New Yorkers, who represent a cross section of America and struggling to lose weight. Dr. Oz and Dr. Roizen have 90 days to prove they can cut fat. You will learn about your body's fat-storing and fat-burning systems. Understand how your brain, stomach, hormones, muscles, heart, genetics, and stress levels interact biologically to determine your body size.

## **Food Inc. – DVD (94 min.)**



Robert Kenner, 2008

Food Inc. lifts the veil on the food industry, exposing how our food supply is now controlled by a handful of corporations that often put profit ahead of consumer health. It reveals truth about what we eat, how it's produced and who we have become as a society.

# Safety

## **Injury prevention through the year – DVD (3 discs)**

Safe and Sober Awareness Committee – Ontario, 2006.

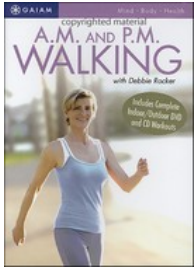
This set of 3 DVDs presents "best of the best" in injury prevention resources and reflects seasonal priorities for winter, spring/summer and autumn.

## **The smart equestrian - DVD**

Toronto, ON : Think First Foundation of Canada, 2004.

Equestrian injury prevention program for all ages. Covers: horse riding equipment, responsible actions by all involved prevent serious injuries, equestrian specific injuries, first aid, concussion in equestrian activities, return to riding guidelines.

# Exercise



## **A.m. and p.m. walking with Debbie Rucker – DVD (60 min.)**

Rucker, Debbie -- Broomfield, CO : GAIAM, 2006.

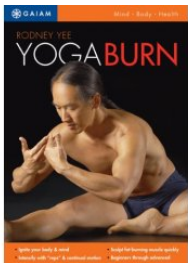
Includes morning and evening indoor/outdoor walking for weight loss.



## **Exercise for life – DVD (46 min.)**

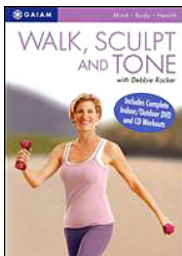
Toronto, ON : Osteoporosis Society of Canada, 2005.  
(Break through : the challenges of osteoporosis)

This DVD puts the focus on both educating and motivating the viewer to improve their lifestyle through healthy living and regular exercise. **It is not intended for those with osteoporosis.**



## **Yoga burn – DVD (60 min.)**

Yee, Rodney -- GAIAM, 2005.



## **Walk, sculpt and tone with Debbie Rucker – DVD (57 min.)**

Rucker, Debbie -- Broomfield, CO : GAIAM, 2007.



### **Strong women, weight loss – DVD (66 min.)**

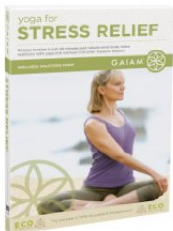
Nelson, Miriam E. – GAIAM, 2008.

This DVD includes: introduction to weight loss, eating plan, secrets to success, 35 and 45 minutes exercise routine with fitness instructor.



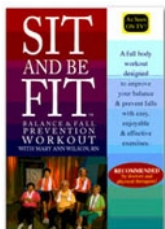
### **Pain-free posture with Moira – DVD (98 min.)**

Moira Merrithew -- Strathisla Entertainment, 2004.



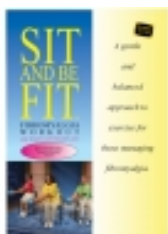
### **Yoga for stress relief – DVD (65 min.)**

This workout helps reduce the effects of stress and renew vitality. It also includes 20-minute yoga practice of gentle stretches and deep relaxation.



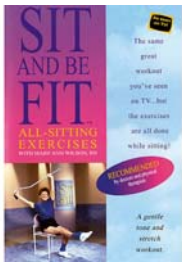
### **Sit and be fit – balance & fall prevention workout – DVD (60 min.)**

2009.

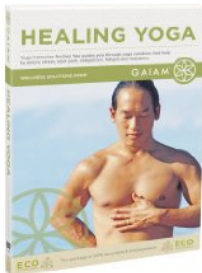


### **Sit and be fit – fibromyalgia workout – DVD (27 min.)**

2005.



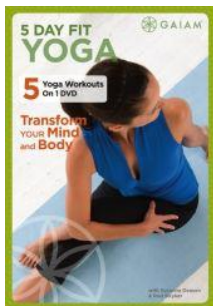
**Sit and be fit – all sitting exercises – DVD (37 min.)**  
2005.



**Healing yoga – DVD (60 min.)**

Rodney Yee – GAIAM, 1998

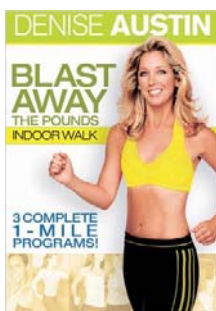
Yoga instructor Rodney Yee guides you through yoga solutions that help to relieve stress, back pain, indigestion, fatigue and headache.



**5 day fit yoga – DVD (130 min.)**

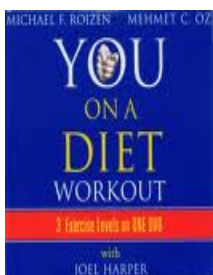
with Suzanne Deason & Rod Stryker – GAIAM, 2009-11-10

Includes the following workouts: A.m. peak performance yoga; P.m. peak performance yoga; A.m. yoga for weight loss; P.m. yoga for weight loss; Stress relief yoga.



**Denise Austin blast away the pounds indoor walk – DVD (50 min.)**

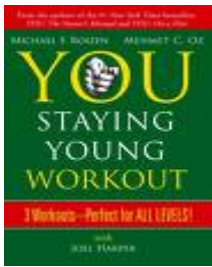
- MMV Lions Gate Films, 2005.



**You on a diet workout - DVD**

- Michael F. Roizen, Mehmet C. Oz, 2006

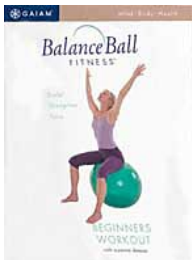
3 exercise levels on one DVD.



### **You staying young workout - DVD**

- Michael F. Roizen, Mehmet C. Oz, 2007

3 workouts – perfect for all levels.



### **Balance ball beginners workout – DVD (100 min.)**

- Suzanne Deason – GAIAM, 2002



### **Yoga for back care – DVD (30 min.)**

- Rodney Yee – GAIAM, 2003



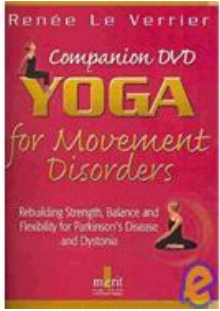
### **Prenatal Yoga – DVD (70 min.)**

- Shiva Rea – GAIAM, 2007



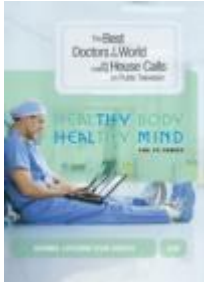
### **Walking for weight loss with Debbie rocker – DVD (60 min.)**

GAIAM, 2007



**Yoga for movement disorders: rebuilding strength, balance and flexibility for Parkinson's disease and dystonia – DVD**

## Self-care



### **Dental health – DVD (30 min.)**

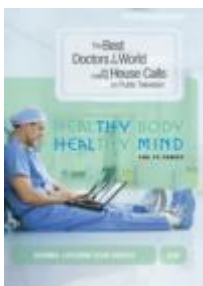
Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

Part of the award winning public television series Healthy Body/Healthy Mind.

This program examines the connection between gum disease and cardiovascular diseases, and other conditions including pre-term labor and delivery. It also takes a look at some of the latest innovations in cosmetic dentistry and dental implant.

### **Foot care – Video (26 min.)**

It's so easy to take our feet for granted; we usually don't think about them until they hurt. This show provides a humorous look at the structure of feet, and how problems develop. A sports medicine specialist has tips for preventing problems during various sports, and a podiatrist explains the use of orthotics and surgery.



### **Preventing eye infections – DVD (30 min.)**

Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

Part of the award winning public television series Healthy Body/Healthy Mind.

### **Sixty minutes to a smoke-free life – Video (59 min.)**

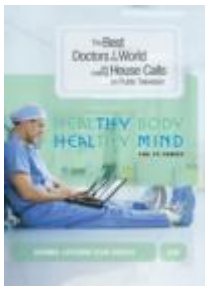
1999.

# Obesity



## **Mayo Clinic wellness solutions for weight loss – DVD (89 min.)** GAIAM, 2007.

Contents: Part 1. Understanding your condition -- Part 2. Eat well to feel well -- Part 3. Soothing therapies.. Mayo Clinic "My stress solutions" 52-page booklet included.



## **Overcoming obesity – DVD (30 min.)**

Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

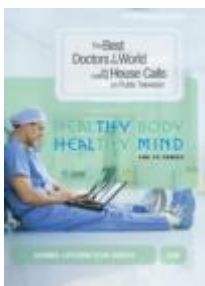
Part of the award winning public television series Healthy Body/Healthy Mind.

This episode will define people at risk of obesity and detail some of the Nutritional solutions to help people stay healthy.

## **Treating obesity – DVD (29 min.)**

Princeton, NJ : Films for the Humanities & Sciences, 2004.

"This program ... presents a trio of case studies to illustrate a spectrum of treatment approaches for obesity: medical center-based plans emphasizing exercise, education, portion control, and peer support; medicines that suppress the appetite and promote weight loss; and bariatric surgery..."



## **Surgical weight loss – DVD (30 min.)**

Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

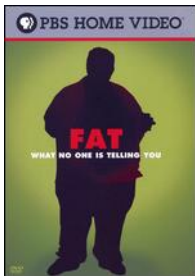
Part of the award winning public television series Healthy Body/Healthy Mind



### **GERD and obesity: what's the connection? – DVD (30 min.)**

-- Boca Raton, FL : Information Television Network, 2010.

Part of the award winning public television series Healthy Body/Healthy Mind



### **Fat: what no one is telling you – DVD (90 min.)**

-- St. Paul, MN : Twin Cities Public Television, 2007

This video explores psychological, physiological and environmental factors that influence our ability to shed pounds and keep them off. The documentary offers scientific knowledge about hunger, eating, metabolism, and our psychological responses to food. It also features Americans telling their stories about the barriers contributing to their struggle to get fit.