

Physical Activity Wellness Resources



1. Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging, www.nia.nih.gov/HealthInformation/Publications or call 1-800-222-2225 to order your **free copy** (Note: there are many publications called "Age Page" pamphlets at this site that may be ordered free-of-charge)
2. Get Mom Moving Activities for the Mind, Body & Soul, www.getmommoving.com/fears-about-aging, Home Instead Senior Care
3. Movin' it! Range of Motion Exercises For Your Health, www.drugs.com/cg/active-range-of-motion-exercises.html?printable
4. Healing Walks for Hard Times, Carolyn Scott Kortge, c. 2010 Trumpeter Books, Shambala Publications
5. Chapter on 'Fall Prevention', pages 47-49 The Savvy Senior, Jim Miller, c. 2004 Hyperion BooksFrom www.oprah.com:
6. Shortcut to Bliss by David Servan-Schreibner, MD, Oprah.com July 30, 2010
"What lifts depression, jump-starts creativity, soothes jitters, muscles up immune systems, reignites sex lives, and zings your body with tiny arrows of pleasure? Would you believe: small - really small - amounts of regular exercise. Honestly, it's a miracle." www.oprah.com/health/Health-Benefits-of-Exercise-Health-and-Happiness 1/print/1, 10/28/2010
7. www.oprah.com/health/Exercise-for-Your20s-30s-40s-50s-and-60s 1/print/1
8. You: On a Diet Basics – Oprah .com
www.oprah.com/slideshow/slideshow2_ss_yourbody_20061102/7
9. Simple Exercise and Fitness Moves to Do Without Equipment – Oprah.com
www.oprah.com/health/Simple-Exercise-and-Fitness-Moves-to-Do-Without-Equipment (7/22/2010)
10. The Genius of Weights 20 Ways Lifting Helps You Look Great, Stay Healthy and Live Longer – Oprah.com
www.oprah.com/health/20-Ways-Lifting-Helps-You-Look-Great-Stay-Healthy-and-
(7/22/2010)
11. The Computer Hunch: Shoulder and Neck Pain Solutions
www.oprah.com/health/Computer-Related-Neck-and-Shoulder-Pain-Solutions/print/1 (7/22/2010)