

HEALTH AND FITNESS VIDEOS



HF VTV 613.71 ABS

ABSOLUTELY: WITH CHARLENE PRICKETT

Charlene Prickett gives two half hour abdominal workouts in this video, the first workout is beginner-intermediate level, the second is advanced. Charlene concentrates on the muscles involved in abdominal stabilizing strength which are used more in everyday activities.

HF VTV 616.8589 ADU

ADULTS WITH ATTENTION DEFICIT DISORDER

Clinical psychologist Thomas W. Phelan first describes the symptoms of "ADD with hyperactivity" as well as the symptoms of "ADD without hyperactivity." Then Dr. Phelan is joined by a panel of six adults to discuss important issues that all adults with Attention Deficit Disorder must face.

HF VTV 613.71 AER

AEROBIC DANCE WORKOUT IN 3 FLAVORS: AFRICAN, LATIN & HIP-HOP

Three 20-minute dance workouts utilizing movements and music from three different cultures. Can be used one at a time or in combination to make a varied and extended exercise session.

HF VTV 616.9792 AID

AIDS: PROFILE OF AN EPIDEMIC

Documentary with Edward Asner.

HF VTV 616.861 ALC

ALCOHOLISM

Up-to-date medical information on alcoholism.

HF VTV 616.86 ALC

ALCOHOLISM & SUBSTANCE ABUSE: FACTS & ADVICE

This program follows two patients who are recovering from alcohol and substance abuse and the effect their addiction has had on themselves and their families. Includes resources on how and where to get help for someone dealing with this problem and provides an overview of the process that the addicted person goes through to achieve sobriety.

HF VTV 616.8589 ALL

ALL ABOUT ATTENTION DEFICIT DISORDER

Part 1 gives parents, teachers, pediatricians, and mental health professionals the information, tools and emotional support they need to deal with ADD children. It demystifies this baffling disorder and enhances the ADD child's chances of being a successful and happy adult. Part 2 separates facts from myth about this misunderstood child behavioral problem. Includes recent research regarding: How to diagnose ADD, How to avoid the one critical error in ADD diagnosis, Tools to treat ADD -- pt. 1. Symptoms, development, prognosis and causes (108 min.) -- pt. 2. Diagnosis and treatment (85 min.)

HF VTV 618.9768 ALZ

ALZHEIMER'S DISEASE

Up-to-date medical information on Alzheimer's disease.

HF VTV 613.85 AME

THE AMERICAN CANCER SOCIETY'S "FRESHSTART": 21 DAYS TO STOP SMOKING

Takes you one day at a time, in 21 three to four minute segments that address a different important issue every day, over each hurdle in the process of giving up cigarettes. Discusses physical dependency, habit and psychological addiction.

HF VTV 179.7 APP

AN APPOINTMENT WITH DEATH

Focuses on medically-assisted suicide in Holland, the only nation where euthanasia is openly practiced and condoned, and the impact the Dutch experience may have on the euthanasia debate in the United States.

HF VTV 616.8526 ANO

ANOREXIA & BULIMIA

Up-to-date medical information on anorexia and bulimia.

HF VTV 613.71 ANT

ANTI-AGING WORKOUT FOR BABY BOOMERS

Denise Austin leads an aerobic workout designed to firm up arms and thighs, shrink middle age spread, lift and tone chest and buns, and boost fat burning metabolism.

HF VTV 613.71 ARM

ARMCHAIR FITNESS

Betty Switkes leads participants in three aerobic armchair workouts of twenty minutes each. The class, gathered in a living room, includes a senior citizen, a woman in a full leg cast, a pregnant woman, and middle-aged and young exercisers.

HF VTV 613.0438 ART

ART LINKLETTER ON POSITIVE AGING

Art Linkletter discusses aging, future life span and how best to enjoy the later years. He also talks with guests on topics of interest to senior citizens. In the first video, health and nutrition, "sex after 60," and a person's individual formula for successful aging are presented. In the second video the items discussed are: alternative living, how to avoid scam artists, and the importance of being a good grandparent.

HF VTV 613.192 ART

THE ART OF BREATHING

Teaches diaphragmatic abdominal deep breathing using the Chi Yi method. This deep breathing generates and cultivates the bio-energy that the Chinese call Chi and is useful for athletics, theater, yoga, meditation, and singing.

HF VTV 616.722 ART

ARTHRITIS (OSTEOARTHRITIS)

Up-to-date medical information on Arthritis (Osteoarthritis).

HF VTV 616.238 AST

ASTHMA IN CHILDREN

Up-to-date medical information on asthma in children.

HF VTV 618.24 BAB

BABY & MOM YOGA, PRE-NATAL

Presents simply yoga exercises that help expectant mothers strengthen and tone their muscles.

HF VTV 617.56 BAC

BACK PAIN (LOWER BACK)

Up-to-date medical information on lower back pain.

HF VTV 613.7046 BAS

BASIC YOGA WORKOUT FOR DUMMIES

"Basic Yoga Workout for dummies offers step-by-step instruction of the twelve essential yoga postures and makes it easy to practice at your own level. It incorporates standing, seated, and lying poses to increase muscle tone, enhance flexibility, and provide relaxation" -- container.

HF VTV 613.71 BEB

BE BONE WISE - - EXERCISE: WITH LISA HOFFMAN

Join Lisa Hoffman as she leads you in the official weight-bearing and strength-training exercises for people with osteoporosis.

HF VTV 613.71 BEN

BENCHMARK: WITH CHARLENE PRICKETT

This step aerobic workout alternates heavy exertion with periods of moderate intensity to increase metabolism and fitness level while decreasing body fat.

HF VTV 613.71 BOD

BODY BY JAKE

Videocassette release of the 1984 program by MCA Home Video; Jake Steinfeld, trainer to many Hollywood stars, shows you the exercise routines that keep many of these stars looking great. Jake helps you build endurance, strengthen your heart and get in overall better shape. The exercising is done to the musical selection "Don't Quit."; Beginners workout -- Introduction to weights -- Jake's smokin' workout -- The Buddy system.

HF VTV 616.99449 BRE

BREAST CANCER

*Up-to-date medical information on breast lumps.
Understanding the diagnosis -- What happens next? -- Treatment & management -- Issues & answers.*

HF VTV 616.99449 BRE

BREAST CANCER: THE DIET CONNECTION

*Susan Silberstein, narrator.
Discusses the role of diet and nutrition in breast cancer risk and prevention.*

HF VTV 616.99449 BRE

BREAST CANCER: REPLACING FEAR WITH FACTS

Provides clear, concise answers to the health issues facing every woman at every age, and is designed to empower through self-examination, self-assessment and education.

HF VTV 618.19 BRE

BREAST LUMPS

Up-to-date medical information on breast lumps.

HF VTV 649.3 BRE

BREASTFEEDING: A SPECIAL RELATIONSHIP

More than a how-to tape, this video is a warm, personal introduction to the special relationship of breastfeeding.

HF VTV 649.3 BRE

BREASTFEEDING YOUR BABY: A MOTHER'S GUIDE

Host Julie Carmen takes you through the basics of breastfeeding with expert guidance from noted authority William Sears, M.D.

HF VTV 613.71 BUN

BUNS OF STEEL: BEGINNERS WORKOUT

A simple program of easy, effective movements to firm, trim, and tighten buttocks, hips and thighs.

HF VTV 613.71 BUN

BUNS OF STEEL : TOTAL BODY FAT BURNER

HF VTV 613.71 BUN

BUNS OF STEEL

An exercise program devoted to strengthening, tightening, toning and shaping the buttocks (buns), thighs and upper legs.

HF VTV 616.865 BUT

BUTT OUT!: THE PROVEN QUIT SMOKING PLAN

A quit smoking plan that discusses getting ready to quit, eliminating triggers, coping effectively, best treatment options, and overcoming setbacks. With an introduction and conclusion by Ed Asner.

HF VTV 613.71 CAL

CALLANETICS

Callan Pinckney personally demonstrates her innovative deep-muscle exercise technique that can literally shed years off your figure in hours without putting pressure on your back.

HF VTV 616.994 CAN

CANCER: INCREASING YOUR ODDS FOR SURVIVAL

Diagnosis and empowerment - - Treatment - - Mind/body interventions - - Spirituality and mortality.

Designed to provide a comprehensive overview of topics pertinent to surviving cancer.

HF VTV 613.71 CAR

CARDIO DANCE

Paula Abdul leads intermediate-level, dance-class style routines and lower body toning exercise to tone and define thighs, buttocks and calves.

HF VTV 649.1 CAR

CARING FOR YOUR NEWBORN WITH DR. BENJAMIN SPOCK

HF VTV 617.7 CAT

CATARACTS

Up-to-date medical information on cataracts.

HF VTV 618.86 CES

CESAREAN BIRTHS: PERSONAL STORIES

Personal stories from women who have undergone a cesarean section as well as a detailed view of a cesarean operation.

HF VTV 613.71 CHA

CHAIR DANCING THROUGH THE DECADES

Instructor, Jodi Stolove.

Learn to tone muscles, improve flexibility and burn calories while seated in a chair.

HF VTV 613.71 CHA

CHAIR FITNESS

Functional strength moves all done sitting in your chair.

HF VTV 613.71 CHA

CHAIR FITNESS: STRENGTH TRAINING WORKOUT VOL. 2

HF VTV 613.71 CHA

CHARLENE AND THE BENCH BOYS: WITH CHARLENE PRICKETT

Advanced step aerobics.

HF VTV 613.71 CHA

CHARLENE PRICKETT'S FAT FIGHTER: THE BEST OF "IT FIGURES SHOW"

"Vigorous activity is the most effective way to reduce body fat. Charlene Prickett has chosen some of the best aerobic exercises from her "It Figures" TV show for this workout"...(container)

HF VTV 618.4 CHI

CHILDBIRTH PREPARATION PROGRAM

Designed to help the pregnant woman practice techniques that promote relaxation and relieve discomfort during labor and childbirth. Guides the woman through a 30 minute "practice labor". Contains methods for deep relaxation, breathing routines and tension releasing techniques.

HF VTV 613.71 CLA

THE CLASSICAL WORKOUT

A full-body workout choreographed to classical music. The workout is designed to meet these five goals: aerobic fitness, building muscle strength and endurance, preventing disease, losing weight, and easing tension.

HF VTV 616.99434 COL

COLON & RECTAL CANCER

Up-to-date medical information on colon and rectal cancer.

HF VTV 616.123 COR

CORONARY ARTERY DISEASE

Up-to-date medical information on coronary artery disease.

HF VTV 617.71 COR

CORRECTIVE EYE SURGERY: READING BETWEEN THE LINES

This program will explain the pros and cons of different methods of correcting vision, show you how common vision correction techniques work, teach you how to find and evaluate a surgeon, give you a list of important questions to ask your surgeon and provide you with resources for checking your surgeons board certification.

HF VTV 613.71 COV

COVERT BAILEY'S FIT OR FAT

4 videocassettes.

Tape 1. Pot bellies & thunder thighs. Body fat in America. Height-weight charts that work.-- Tape 2. How to get fit fast. How muscles work. Comparing exercises.-- Tape 3. Muscle in on your metabolism. Crash diets & other weight-loss tricks. Mistakes fitness buffs make -- Tape 4. The target diet. Sugar and other carbohydrates. Steroids, cholesterol and other fats. Food & fitness foolishness.

HF VTV 613.71 DAV

DAVID CARRADINE'S CHI KUNG: BEGINNERS WORKOUT

David Carradine guides you through beginning and basic Chi Kung exercises that remove tension, stress and pent-up emotions from the mind, while also increasing your flow of energy.

Contents: Stillness and movement -- emptying and filling -- Building -- Purification -- Integration -- Grounding.

HF VTV 613.7148 DAV

DAVID CARRADINE'S TAI CHI WORKOUT FOR BEGINNERS

David Carradine guides you through nine simple and easy-to-learn Chen family style Tai Chi movements.

HF VTV 613.85 DEC

DECISIONS: ARE YOU READY TO MAKE THE RIGHT ONE?

"A video that reinforces decision-making skills and helps students resist peer pressure to smoke." -- videocassette label.

HF VTV 618.9289 DIF

THE DIFFERENT SHADES OF AUTISM: THE SCREENING AND DIAGNOSIS OF AUTISTIC SPECTRUM DISORDERS

An award-winning documentary about the screening and diagnosis of autistic spectrum disorders. It provides useful information for the early recognition and possible treatments of autism and related disorders.

HF VTV 616.8526 DYI

DYING TO BE THIN

Narrator, Susan Sarandon.

Looks at the eating disorders anorexia nervosa and bulimia, current treatments, and the American obsession with thin women. Interviews health experts and models, ballet dancers, and other young women who are seeking recovery or have conquered their disease.

HF VTV 362.1 DEM

DEMANDING HEALTH

Examines new health care markets as people demand the latest technology and drugs and the costs to our society.

HF VTV 616.8527 DEP

DEPRESSION

Up-to-date medical information on depression.

HF VTV 616.462 DIA

DIABETES

Up-to-date medical information on diabetes.

HF VTV 613.71 DYN

DYNAMIC CARDI: METHOD SERIES

Featuring Lisa Wheeler.

Dynamic cardio features three different aerobic workouts, plus a warm up and cool down session. During each of the aerobic workouts, the duration and intensity increases. It's the most effective way to gradually strengthen your cardiovascular system and boost your body's fatburning potential.

HF VTV 613.71 DYN

DYNAMIC FIRING & FLEXING: METHOD SERIES

Lakey Evans, featured instructor.

Includes 3 different workouts for total body, upper body and lower body flexibility. Uses fitness, dance and physical rehabilitation moves.

HF VTV 613.71 DYN

DYNAMIC TONING: METHOD SERIES

Featuring Marion Gotto.

Dynamic toning features 3 different precision toning workouts, each made up of The Method's proven combination of movements and techniques from yoga, dance, weight training and the work of Joseph Pilates.

HF VTV 616.1205 EIG

THE 8-WEEK CHOLESTEROL CURE

Lower your blood cholesterol by up to 40% without drugs or deprivation.

HF VTV 613 EIG
8 WEEKS TO OPTIMUM HEALTH

HF VTV 618.142 END

ENDOMETRIOSIS

Up-to-date medical information on endometriosis.

HF VTV 615.89 ENE

ENERGY HEALING WITH DONNA EDEN

3 videocassettes.

Learn how to: improve memory, learning skills, and overall vitality; strengthen the immune, circulatory, lymphatic, and respiratory systems; work with your chakras, meridians, aura, strange flows, and the five elements.

HF VTV 613.70446 EXE

EXERCISE: WITH THE NATIONAL INSTITUTE ON AGING

Exercise is for people of all ages. In fact, you're never too old to get in shape. We created this video to show you how to start our research-based exercise program. We're the National Institute on Aging, part of the U.S. Government's National Institutes of Health. Our research is aimed at improving the health of older people.

HF VTV 613.70446 EXE

EXERCISE SENIOR STYLE

Two 30-minute sessions consisting of exercises done standing, sitting, and using a chair for support. Designed to be a safe and effective way for senior adults to improve flexibility, range of motion, coordination, muscle strength, balance, and overall fitness.

HF VTV 613.71 FAS

FASHION YOUR BODY WITH PILATES

"First in Gabriel's Fit Chic series this video includes Pilates routines with music followed by complete instruction. The first part of the video demonstrates a twenty minute mat routine without interruption. The second part breaks down the routine explaining the purpose of each exercise. Niedra provides beginning, intermediate, and advanced modifications so that you can work within your own physical capacity"--Container.

HF VTV 613.71 FAT

FAT BURNING WORKOUT FOR DUMMIES

This video explains aerobic exercise in easy-to-understand language. Not only can you burn fat more efficiently and change your body by using this video, but you may even change your mind about exercise.

HF VTV 616.8584 FIE

FIERCE GOODBYE: LIVING IN THE SHADOW OF SUICIDE

"Over four million people a year in the U.S. mourn the tragic suicide deaths of family members. Suicide devastates family members for many years; family survivors are at greater risk of suicide themselves and the pain ripples out to the entire community. In this video, family survivors reveal their intimate stories and aching pain to assist other survivors and to help the broader community understand the unique and terrible grief of suicide ... This documentary explores Protestant, Catholic, Jewish, and Greek Orthodox responses to suicide. The church can be a "healing station" in helping survivors find their way to recovery."--Container.

HF VTV 616.1025 FIR

FIRST RESPONSE: THE ABCD'S OF CPR

Adult CPR. Teaches emergency action, signs and symptoms, medical illnesses associated with the need for CPR.

HF VTV 616.1025 FIR

FIRST RESPONSE: THE ABCD'S OF CPR: CHILD AND INFANT VERSION

"Approved by American Environmental Health and Safety & American CPR training, this video is the most current and expansive video resource of its kind, featuring new American standards in CPR. The standards and guidelines of this video are in conjunction with the American Heart Association. Techniques such as rescue breathing, cardiopulmonary resuscitation (CPR) and clearing an airway obstruction for choking situations are demonstrated and described on children (1-8 years) and infants (under 1 year). This video is designed to provide the non-professional rescuer with the knowledge and skills required to deal with life-threatening emergencies"--Container.

HF VTV 616.0252 FIR

FIRST RESPONSE: THE FIRST AID VIDEO SERIES

3 videocassettes.

The series covers various emergencies that may arise at home, work, or play. What you can do may help save a life.

1. Bleeding and soft tissue injuries. -- 2. Head, spinal, muscle, bone and joint injuries. -- 3. Medical conditions and poisoning.

HF VTV 613.71 FIT

FIT AND FABULOUS AT ANY AGE

A complete fat-burning and toning workout with Denise Austin.

HF VTV 618.24 HAR

FIT MAMA PRENATAL WORKOUT

Leisa Hart, instructor.

Stay fit through every stage of your pregnancy with exercises designed to ease back pain, improve digestion, avoid calf cramps, increase energy levels, avoid excessive weight gain, ease emotional highs and lows, prepare for labor and delivery, and bounce back more quickly after delivery.

HF VTV 613.70446 FIT

FITNESS AFTER SIXTY: EXERCISE PROGRAM

Half hour easy exercise to big band music, designed to keep and increase muscle tone, improve mobility, fight osteoporosis and arthritis.

HF VTV 98-2703

FOREVER FIT: THE MIND-BODY-SPIRIT CONNECTION

Exercise program designed specifically for the elderly.

HF VTV 96-2217

GALLSTONES

U-to-date medical information on gallstones.

HF VTV 613.7176 GAR

GARY YANKER'S WALKING WORKOUTS

Regardless of age or lifestyle, you can walk your way to health with "Mr. Walk's" world-renowned program. These revolutionary soft aerobic workouts will slim and shape you in a safe, convenient way, indoors and out, in less than than three hours per week. Includes warm-up and technique practice, four workouts, and a gradual cool-down.

HF VTV 617.8 GET

GETTING THE MOST OUT OF YOUR HEARING AIDS

HF VTV 613.71 GIN

GIN MILLER'S NEW BODY WORKOUT: FITNESS FOR ALL LEVELS

A 32 min. basic aerobic routine; 20 min. full body toning program; warm-up, cool-down and stretching segments.

HF VTV 618.6 GOI

GOING HOME

Provides tools for making informed plans when going home from the hospital as well as life after the baby arrives.

Going home - - Physical characteristics - - Motor skills – Sensory responses - - Moms post partum body - - Post partum blues - - The new dad - - Bonding with baby - - Sex after baby – Newborn nutrition - - Breastfeeding - - Formula feeding - - Moms nutrition- - Crying - - Comfort - - Bathing - - Sleeping - - Diaper - - Calling for help - - Preventing burnout.

HF VTV 649.122 HAP

THE HAPPIEST BABY ON THE BLOCK: THE NEW WAY TO CALM CRYING AND HELP YOUR BABY SLEEP LONGER

Dr. Harvey Karp demonstrates what he calls the five S's, techniques for calming crying newborn babies. The techniques used independently or together help simulate the conditions in the womb. They are swaddling, side or stomach position, shushing, swinging, and sucking.

HF VTV 618.4 HAV

HAVING YOUR BABY: [A COMPLETE LAMAZE PREPARED CHILDBIRTH CLASS]

Lamaze explained - - Positioning and relaxation exercises - - What labor accomplishes - - First stage labor: early labor - - Effleurage - - First stage labor: active labor - - First stage labor: transition - - Second stage labor: birth of the baby - - Third stage labor: delivery of the placenta - - Actual birth - - All about pain medications - - "Back labor": comfort measures - - Induction of labor - - Complete Cesarean preparation/Cesarean birth.

HF VTV 613.7046 HEA

HEALING YOGA FOR ACHES & PAINS

Charles and Lisa Matkin, instructors.

Even if you've never done yoga before, you can benefit from this gentle program. If you suffer from arthritis, back pain, neck pain or pain from an injury, this yoga program may help you ease your symptoms. The series of simple exercises focus on pain management and the gentle increase of range of motion to your spine and joints.

HF VTV 616.132 HIG

HIGH BLOOD PRESSURE

Up-to-date medical information on high blood pressure.

HF VTV 616.994 HIS

A HISTORY OF CANCER TREATMENT

Little by little, cancer is giving up its secrets to determined doctors and scientists. Drawing on five decades of laboratory research and clinical trials by medical pioneers and cancer crusaders, this program-a veritable who's who of cancer research-traces the history of America's fight against diseases including childhood leukemia, Hodgkin's disease, breast cancer, and melanoma. The viral and genetic causes of cancer, methods of detection, and treatment through surgery, radiation, chemotherapy, and immunotherapy are all explained.

HF VTV 616.9792 HIV

HIV/AIDS COMMUNITY AWARENESS FORUM FOR ADULTS

Monroe Middle School, sponsored by District 200 and PTA, taped March 16, 1993.

HF VTV 613.71 HOL

THE HOLIDAY WORKOUT

Fitness routines created and choreographed by Joanie Greggains.

HF VTV 612 HUM

THE HUMAN BODY

3 videocassettes.

Examines the human body from simple cells, to DNA, the body's building blocks of life, to the major systems and organs. Using live-action footage and commentary from medical specialists, this program illustrates how the major systems and organs function.

[v.1.] Major systems and organs -- [v.2] Nervous system -- [v.3] Musculoskeletal system.

HF VTV 613.71 IWA

I WANT THOSE ABS! WITH TAMILEE

HF VTV 613.71 IWA

I WANT THOSE ARMS! WITH TAMILEE

HF VTV 613.71 IWA

I WANT THOSE BUNS! WITH TAMILEE

HF VTV 617.581 IMP

IMPLANT III: HIP REVISION SURGERY

"Records the complete process of hip revision surgery: pre-operative meetings between doctor and patient, the entire surgical procedure and the patient's follow-up care."-- Container.

HF VTV 617.582 IMP

THE IMPLANT II: KNEE REPLACEMENT SURGERY

Follows Anthony K. Hedley, M.D., as he leads a surgical team through the procedure of total knee replacement. Highlights patient diagnosis, design and manufacture of the artificial knee joint components, and rehabilitation.

HF VTV 649.122 INF

INFANT MASSAGE: THE POWER OF TOUCH

Ines Benedict, a licensed neuromuscular therapist leads this step-by-step lesson in infant massage techniques. Special strokes allow people to tailor the massage to each individual baby's needs. The video also includes a question-answer session with a registered nurse (Ann Powell) and a childbirth instructor (Jennifer Bain).

HF VTV 618.178 INF

INFERTILITY: THE NEW SOLUTIONS

Provides clear, concise answers to the health issues facing every woman at every age, and is designed to empower through self-examination, self-assessment, and education.

HF VTV 618.178 INF

INFERTILITY

Up-to-date medical information on infertility.

HF VTV 616.8498 INS

INSOMNIA

Up-to-date medical information on insomnia.

HF VTV 155.4 ISM

IS MY BABY OK?

Stresses early diagnosis of movement problems for the effective management of children with delayed development.

HF VTV 613.71 JAN

JANE FONDA'S NEW WORKOUT

This new program is designed to strengthen and tone muscles, develop flexibility, increase endurance and burn calories. Both classes begin with a warm-up and finish with a cool down -- [pt. 1] Beginners (35 min.) -- [pt. 2] Advanced (55 min.)

HF VTV 618.24 JAN

JANE FONDA'S PREGNANCY, BIRTH, AND RECOVERY WORKOUT

Jane Fonda's workout is designed to help women live as gracefully as possible through the rapid physical changes involved in becoming a mother.

HF VTV 613.71 JAN

JANE FONDA'S WORKOUT: LOW IMPACT AEROBIC

This low impact aerobic class is designed to teach your body to burn fat, improve cardiovascular fitness and muscle strength.

HF VTV 618.45 JOY

THE JOY OF NATURAL CHILDBIRTH

Some of Hollywood's famous couples share their personal experiences and feelings about natural childbirth. Looks at the Lamaze method of delivery where both parents play an active role. Lorenzo and Michele Lamas, along with trained Lamaze experts, demonstrate proper techniques of breathing and relaxation.

HF VTV 613.79 JOY

THE JOY OF STRESS

Loretta LaRoche explains how humor helps strengthen our immune system, reduces stress, and prevents "hardening of the attitude."

HF VTV 613.7148 KAR

KARATE WORKOUT WITH LISA GAYLORD

Extension of the video "Perfect Balance Workout". Begins with warm-up in tai chi style and continues with aerobics in karate style.

HF VTV 613.71 KAT

KATHY SMITH'S BODY BASICS

Exercise program for beginners to more advanced. The low-impact aerobics are easier on the body while still getting the pulse rate up to lose weight and build a stronger heart.

HF VTV 613.71 KAT

KATHY SMITH'S INSTANT WORKOUT

Presents three 20-minutes routines (one toning, one cardio-aerobic, and one stretching) which can be used separately or in combination.

HF VTV 613.71 KAT

KATHY SMITH'S ULTIMATE VIDEO WORKOUT

Program of physical fitness including aerobics and strength training.

HF VTV 179.7 KEV

THE KEVORKIAN FILE

Assisted suicide is examined through the use of case studies of some of Kevorkian's patients.

HF VTV 613.85 LAS

THE LAST CIGARETTE

Since everyone knows that smoking isn't good for you, why do so many people smoke? That's one of the questions posed in this documentary that looks at the role of the cigarette in our culture and how tobacco has become so important in the American mindset. Footage of 1994 congressional hearings, in which tobacco industry representatives attempt to defend their actions and their product, are interspersed with clips from vintage Hollywood films, in which the likes of John Wayne, Bette Davis, and Burt Lancaster enjoy a smoke with no small enthusiasm, and television commercials from the 1950s and 1960s, in which the "smooth," "clean," "fresh" tastes of various cigarettes are praised. The film also includes excerpts from a "smoking porn" video (in which sexy but clothed women smoke and talk about how much cigarettes turn them on) and less amusing footage of nicotine experiments performed on laboratory animals.

HF VTV 613.71 LES

LESLIE SANSONE'S WALKAEROBICS: FIRM UP FAST

Aerobic instructor, Leslie Sansone.

This exercise video concentrates on toning and sculpting. It contains a segment for the upper body, mid-body and lower body.

HF VTV 613.71 LET

LET'S GET STARTED: BEGINNER'S WORKOUT

Aerobic, toning and stretching routines that are fun, easy and non-intimidating.

HF VTV 613.71 LET

LET'S GET MOVING: LOW-IMPACT AEROBICS

Aerobic, toning and stretching routines that are fun, easy and non-intimidating.

HF VTV 613.71 LET

LET'S TONE UP: TOTAL BODY TONING

Aerobic, toning and stretching routines that are fun, easy and non-intimidating.

HF VTV 613.7046 LIL

LILIAS! FLOWING POSTURES FOR BEGINNERS: CARDIO CHALLENGE

Lilias shows new ways to increase energy, fitness and relaxation. Using easy-to-learn exercises, this series will complete the basic knowledge needed to benefit from yoga.

HF VTV 613.7046 LIL

LILIAS! YOGA WORKOUT SERIES FOR BEGINNERS

Program 1. What is yoga -- Program 2. Mindfulness -- Program 3. The inner smile -- Program 4. Meditation.

Lilias shows new ways to increase energy, fitness and relaxation. Using easy-to-learn exercises, this series will complete the basic knowledge needed to benefit from yoga.

HF VTV 616.994 LIV

LIVING WITH CANCER: A MESSAGE OF HOPE

People who have been diagnosed with cancer have discovered that their disease can be part of life, not necessarily the end of it. Find encouragement in stories of individuals who use courage, humor and a new sense of focus to help them confront their disease, successfully undergo treatment, and move on to lead full and healthy lives.

HF VTV 616.132 LIV

LIVING WITH HIGH BLOOD PRESSURE

Based on the book "Three medical experts tell you what you want to know about your blood pressure," written by Neil B. Shulman, M.D., Elijah Saunders, M.D., W. Dallas Hall, M.D.

HF VTV 613.71 LOW

LOWER BODY WORKOUT

The program demonstrates specific exercises with gentle toning movements, to firm the hips, thighs, calves and buttocks.

HF VTV 616.1205 LOW

LOWER YOUR CHOLESTEROL NOW

Shows how to lower cholesterol by shopping wisely, reading labels, cooking without fat, etc.

HF VTV 613.71 LOW

LOW-IMPACT AEROBICS

Instructor, Deborah Crocke

HF VTV 616.8527 MAN

THE MANY FACES OF DEPRESSION

A portrayal of two older adults who have lived through depression with discussion of signs, symptoms, risk factors and treatment options.

HF VTV 618.24 MAR

MARIE OSMOND. EXERCISES FOR MOTHERS-TO-BE

Marie is exercising the easy way, with a gentle, no-strain program designed by Physical Therapist Elizabeth Noble. This program provides a healthy, safe alternative to more strenuous exercise during pregnancy.

HF VTV 618.175 MEN

MENOPAUSE

Up-to-date medical information on menopause.

HF VTV 612.662 MEN

MENSTRUATION: UNDERSTANDING YOUR BODY

Provides clear, concise answers to the health issues facing every woman at every age, and is designed to empower through self-examination, self-assessment, and education.

HF VTV 616.857 MIG

MIGRAINE & OTHER HEADACHES

Up-to-date medical information on migraines and other headaches.

HF VTV 618.76 MOR

MORE THAN BABY BLUES: UNMASKING POSTPARTUM DEPRESSION

Details possible warning signs and treatment for postpartum depression.

HF VTV 613.71 MOV

MOVING THROUGH MENOPAUSE

Presenter, Kathy Smith.

Includes three 20-minute workouts designed for peri-menopause and menopause, as well as nutritional advice.

HF VTV 613.71 MOV

MOVING TO MOZART: CLASSIC EXERCISE FOR AN AGELESS BODY

v. 1. Introductory exercises - - v. 2. Secondary exercises.

Suitable for all ages, conditions, and body types, this video features slow, continuous stretching motion that flows from the inside to create a healthy, well-proportioned body. The exercises are set to music by Mozart.

HF VTV 612.85 MYS

MYSTERY OF THE SENSES: HEARING

This Nova program explores the sense of hearing. Travel from the Arctic Circle to the forest of New Zealand to explore some of the different ways that humans make use of sound.

HF VTV 613.85 NIC

THE NICOTINE WAR

This program tells the story of Food and Drug Administration chief David Kessler's attempt to regulate tobacco. This industry has defied regulation for more than thirty years.

HF VTV 616.99449 NO

NO HAIR DAY: LAUGHING (AND CRYING) OUR WAY THROUGH CANCER

A refreshing portrait of women facing cancer. Debbie Dorsey, Libby Levinson and Carol Potoff reveal the new face of cancer patients as they pose for portraits at Elsa Dorfman's studio.

HF VTV 613.71 ON

ON THE BALL ABS WORKOUT FOR BEGINNERS

Leisa Hart guides you through a series of innovative abdominal toning exercises and shows you how to work every muscle that wraps around your middle for strong, sleek, sexy abs and a trim waistline.--Container.

HF VTV 155.937 ONO

ON OUR OWN TERMS: MOYERS ON DYING

4 videocassettes.

Program 1. *Living with death* - - Program 2. *A different kind of care* - - Program 3. *A death of one's own* - - Program 4. *A time to change*.

Living with dying (90 min.): "In this program, Bill Moyers describes the search for new ways of thinking- -and talking- -about dying. Forgoing the usual reluctance that most American show toward speaking about death, patients and medical professionals alike come forward to examine the end of life with honesty, courage, and even humor, demonstrating that dying can be an incredibly rich experience for both the terminally ill and their loved ones."; *A different kind of care (90 min.): "Bill Moyers presents the important strides being made in the area of palliative care at pioneering institutions such as New York's Mt. Sinai Hospital and Memorial Sloan-Kettering Cancer Center. These advances are bringing peace to those who fear that they will be a burden to loved ones, will suffer needlessly, or will be abandoned in their hour of greatest need."* *A time to change (90 min.): "Bill Moyer introduces crusading medical professionals- -including staff members of the Balm of Gilead Project in Brimingham, Alabama--who have dedicated themselves to improving end-of-life care by changing America's overburdened health system.";* *A death of one's own (90 min.): Unraveled are the complexities underlying the many choices at the end of life, including the bitter debate over physician-assisted suicide. Three patients, their families and their doctors discuss some of the hardest decisions, including how to pay for care, what constitutes humane treatment, and how to balance dying and dignity. In the end, do these patients die the way they wanted?"*

HF VTV 616.716 OST

OSTEOPOROSIS

Up-to-date medical information on osteoporosis.

HF VTV 616.7223 OST

OSTEOARTHRITIS

Narrated by Dr. Art Ulene and featuring arthritis specialist William J. Arnold, this non-technical presentation answers general questions about osteoarthritis.

HF VTV 616.398 OVE

OVERWEIGHT & OBESITY

Up-to-date medical information on obesity.

HF VTV 616.99449 PAR

PARTNERS IN HOPE: A MAN'S GUIDE TO WOMEN'S BREAST CANCER

This informative and supportive video addresses women's breast cancer from a male point of view. Topics include the initial impact of the diagnosis, how men and women face crises, sorting through medical information, and intimacy.

HF VTV 613.71 PIL

PILATES PLUS

A blend of pilates, yoga and ballet for the ultimate total-body workout.

HF VTV 362.2 PLA

A PLACE FOR MADNESS

Examines the troubling conflict between protecting the rights of the mentally ill to live outside mental hospitals and safeguarding society from those who are dangerous to themselves and to others.

HF VTV 01-4189

POWER PILATES: STRETCH AND RELAXATION FOR LONGEVITY

Combines movement, stretching and breathing to gently bolster our body's vital foundational structure and is ideally suited for those over 50.

HF VTV 613.71 PRE

PRECISION ABS

Instructors: Jennifer Kries, Lisa Wheeler.

This video presents two workout routines targeted at the abdominal muscles.

HF VTV 613.71 PRE

PRECISION PILATES

Jennifer Kries, featured instructor.

Exercise video for sculpting the upper and lower body.

HF VTV 613.71 PRE

PRECISION SCULPTING

Featured instructor, Jennifer Kries.

This exercise video uses precision sculpting techniques based on strength training. It concentrates on toning and trimming the arms, firming and sculpting the chest and shoulders and trimming and defining the thighs and hips.

HF VTV 613.71 PRE

PRECISION TONING

Jennifer Kries, featured instructor.

Exercise video that combines ballet and yoga to focus on toning the body.

HF VTV 618.2 PRE

PREGNANCY

Up-to-date medical information on pregnancy.

HF VTV 618.24 PRE

PREGNANCY EXERCISE PROGRAM

A home exercise program for women at all stages of pregnancy. The intensity level of this exercise program was selected for the unique conditions that exist for women during pregnancy.

HF VTV 618.24 PRE

PREGNANCY FOR DUMMIES

4 videocassettes.

Based on the book by Joanne Stone and Keith Eddleman.

Introduces you to real-life couples experiencing the challenges and rewards of pregnancy.

v.1. First Trimester -- v.2. Second Trimester -- v.3. Third Trimester -- v.4. First three months of life.

HF VTV 616.99463 PRO

PROSTATE CANCER

Up-to-date medical information on prostate cancer.

HF VTV 616.65 PRO

PROSTATE DISORDERS

Up-to-date medical information on prostate disorders.

HF VTV 613.79 REL

THE RELAXED BODY: [AN ANTI-TENSION WORKOUT]

Anti-tension workouts include breathing awareness, progressive relaxation, backsavers, deskercises, headache healers, pampered feet, backsoothers.

HF VTV 613.71 REV

REV UP THE SEQUEL: WITH CHARLENE PRICKETT

This advanced workout is designed to maximize fat reduction through 40 sustained minutes of vigorous aerobics. A thorough warm up precedes the aerobic segment which peaks with a brief period of interval work; cool down and stretch follow.

HF VTV 613.71 RIS

RISE AND SHINE: WAKE UP EXERCISES TO DO EVERY MORNING BEFORE DRESSING

Seven different 3 minute stretching sequences corresponding to the 7 days of the week.

HF VTV 613.85 RIG

RIGHT DECISIONS, RIGHT NOW!: YOUTH NONSMOKING VIDEO

Features three segments focusing on various aspects of peer pressure: the pressure one feels to fit society's perception of a beautiful person, the pressure to fit into a group and the pressure one feels when first exploring the world of dating.

HF VTV 617.564 SAY

SAY GOODBYE TO BACK PAIN

Information and exercises to help people avoid back pain. These methods taught at the YMCA, based on the work of Hans Kraus.

HF VTV 616.86 SAY

SAY NO! TO DRUGS

A practical, easy-to-follow approach for parents and families who want to keep their children off drugs.

HF VTV 616.8982 SCI

THE SCIENCE OF SCHIZOPHRENIA: MILESTONES TO THE MILLENNIUM

Narrated by Daniel Weinberger.

Traces the recognition that schizophrenia was a genetic/chemical brain disorder in 1897 through research and developments today in diagnostic techniques and new families of anti-psychotic drugs.

HF VTV 615.822 SEL

SELF-HELP REFLEXOLOGY

Teaches reflexology, the ancient healing art, used to relieve stress and pain.

HF VTV 613.7 SEV

7-DAY SOLUTION

Tracy York, Michelle Dozois, instructors.

Includes calorie burner workout, tone and firm weight workout, and a 7 day diet plan.

HF VTV 616.951 SEX

SEXUALLY TRANSMITTED DISEASES: THE KEYS TO PREVENTION

Covers transmission, prevention, and recognition of sexually transmitted infections.

HF VTV 613.713 SHA

SHAPING UP WITH WEIGHTS FOR DUMMIES

Step-by-step instruction for twelve exercises with free weights on several levels.

Includes exercises for both upper and lower body to tone muscles and burn calories.

HF VTV 616.86 SHA

SHATTERED: IF YOUR KID'S ON DRUGS

The story of the tragic spell of drugs that strikes two loving families. Looks at teenage addiction and offers hope and the means to stamp out the problem.

Includes an on-screen list of drug and alcohol help and rehabilitation referral centers.

HF VTV 616.8982 SHA

THE SHATTERED MIND

Examines what medication can do for schizophrenics and what can happen without it.

HF VTV 616.12 SHA

SHATTERING THE MYTHS: WOMEN AND HEART DISEASE

Exposes many of the misconceptions about heart disease in women, reveals the facts, then clearly explains about risk factors and treatments that are specific to women.

HF VTV 616.8584 SIL

SILENT EPIDEMIC: TEEN SUICIDE

Presents the potential signs and causes of teen suicide as discussed by parents, teens, and experts within the dual formats of talk show and docudrama. Contains interviews with teens who attempted suicide and discusses options available to such individuals or their parents.

HF VTV 613.71 SIT

SIT AND BE FIT

Activities in this balanced exercise and relaxation program are done in bed or seated in a chair. The program is designed to meet the special needs of bed-ridden or minimally ambulatory people.

HF VTV 616.99477 SKI

SKIN CANCER

Up-to-date medical information on skin cancer.

HF VTV 613.71 SMA

SMART EXERCISE

Whether you're a beginner or an avid exerciser, Bailey shows how to create a workout program that is safe, efficient and fun.

HF VTV 616.8527 SOM

SOMEONE'S DEPRESSED: HOW CAN I HELP

Producer Sheila Alexander and Tom O'Neal with Joseph Pariso and John Humphrey use a support group to instruct group members and viewers on how to conduct an intervention with someone suffering from depression.

HF VTV 615.535 SPO

SPONTANEOUS HEALING

Dr. Andrew Weil shares his vision of the human body's innate healing abilities and appreciation of the healing power of nature.

HF VTV 613.79 STR

STRESS & ANXIETY

Up-to-date medical information on stress and anxiety.

HF VTV 613.79 STR

STRESS REDUCTION EXERCISES: CHINESE CHI-GUNG WARM-UPS

Master Bob Klein teaches beginning warm-ups of "Chi-Gung". The ancient Chinese practice uses relaxed physical movements, concentration and slow breathing to re-energize and heal the body.

HF VTV 616.81 STR

STROKE

Up-to-date medical information on stroke.

HF VTV 613.7045 STR

STRONG WOMEN LIVE WELL

Provides simple exercises and dietary tips proven to help women age optimally.

HF VTV 613.71 SWE

SWEATIN' TO THE OLDIES: WITH RICHARD SIMMONS

Richard conducts these exercises to his favorite heart-thumping tunes of the '50s and '60s. You're going to slim down, get more energy and have more fun exercising than you ever dreamed possible.

HF VTV 98-2622

SWEATIN' TO THE OLDIES 2: (AN AEROBIC CONCERT WITH RICHARD SIMMONS)

Richard conducts these exercises to his favorite heart-thumping tunes of the '50s and '60s. Includes Rhythmic warm-up -- Lower torso warm-up and beginning of low impact aerobics -- Low impact aerobics -- Aerobic cooldown -- Final cooldown.

HF VTV 613.71 SWE

SWEATIN' TO THE OLDIES 3

Low impact aerobic exercises

*Do you wanna dance -- Gimme some lovin' -- The name game -- Out of limits -- Louie louie -- Build me up, buttercup -- California dreaming -- Born to be wild -
- Rockin'Robin -- I get around.*

HF VTV 797.21 SWI

SWIM. BABY. SWIM

Covers the specifics of: First bath-introduction of water during the first week of life; Bathtub water training; Portable pool; Big pool; Completely water safe.

HF VTV 613.7148 TAI

TAI CHI FOR BEGINNERS: BEGIN YOUR JOURNEY TO BETTER HEALTH WITH TAI CHI STEP 1-2-3

Instructor Paul Lam presents a step-by-step Tai Chi program for beginners.

HF VTV 613.71 TAE

TAE-BO. ADVANCED

Seven-time World Martial Arts Champion, Billy Blanks, leads viewers in his Tae-Bo fitness workout program. Combines self-defense, dance, boxing and music.

HF VTV 613.71 TAE

TAE-BO LIVE! SNEAK PREVIEW WORKOUT

Seven-time World Martial Arts Champion, Billy Blanks, leads viewers in his Tae-Bo fitness workout program. Combines self-defense, dance, boxing and music. Includes complete live workout featuring segments from the new Tae-bo live! series. "This video contains Sneak Preview segments from the new Billy Blanks Tae-Bo live! basic and Advanced video series"- -Container.

HF VTV 613.71 TAE

TAE-BO BASIC: THE ULTIMATE TOTAL BODY WORKOUT

Seven-time World Martial Arts Champion, Billy Blanks, leads viewers in his Tae-Bo fitness workout program. Combines self-defense, dance, boxing and music.

HF VTV 613.71 TAE

TAE-BO INSTRUCTIONAL: THE ULTIMATE TOTAL BODY WORKOUT

Seven-time World Martial Arts Champion, Billy Blanks, leads viewers in his Tae-Bo fitness workout program. Combines self-defense, dance, boxing and music.

HF VTV 613.7148 TAI

TAI CHI: THE EMPOWERING WORKOUT

*"Experience the beauty of nature and the power of Tai Chi."
Structure: Folding door; Swinging gate; Pulling and pushing skill -- Flexibility: Bandheating -- Fluidity: Ten postures -- Power: Power sets.*

HF VTV 616.722 TAI

TAI CHI FOR ARTHRITIS

Follow step-by-step instructions to relieve arthritic pain as you tune your body and gain greater mobility, through the power of Tai Chi.

HF VTV 613.7148 TAI

TAI CHI FOR HEALTH

Demonstrates tai chi as an exercise form that tones muscles, improves flexibility and reduces stress; presented as an effective way to control arthritic pain, promote cardiovascular fitness and lose weight.

HF VTV 613.7148 TAI

T'AI CHI FOR HEALTH: THE YANG LONG FORM WITH TERENCE DUNN

This video offers two hours in Yang long form training including philosophical and historical introduction to t'ai chi, stretching and warm-up exercises, introduction to basic t'ai chi postures, step-by-step instruction in 108 postures, long form style, complete Yang long form demonstration.

HF VTV 613.7148 TAI

TAI CHI FITNESS & HEALTH

3 videocassettes.

Tai chi conditions physically, relieves stress, & can lead to a sense of well-being. It uses little space & no equipment. The video includes warm-up ; posture & breathing techniques ; and body movements combined into a flow of techniques.

HF VTV 613.7148 TAI

T'AI CHI FOR HEALTH: THE YANG SHORT FORM

A historical and philosophical introduction is given of T'ai Chi Ch'uan, in addition to warm-up exercises, basic postures, step-by-step instruction in 37 postures and a complete Yang short form demonstration.

HF VTV 613.71 TAR

TARGET SPECIFICS: ABS, ARMS, HIPS, THIGHS

HF VTV 613.71 TAR

TARGET ZONES: UPPER-MID-LOWER BODY

Led by dancer and choreographer Jennifer Kries. Experience the best and most proven deep muscle toning and conditioning exercise in four 20 minute workouts.

HF VTV 613.71 THR

3-DIMENSIONAL TONING

Jennifer Kries, featured instructor.

Isometric exercise to shape both lower and upper body parts.

HF VTV 616.44 THY

THYROID DISORDERS

Up-to-date medical information on thyroid disorders.

HF VTV 362.175 TOL

TO LIVE UNTIL I DIE: CONVERSATIONS WITH HOSPICE PATIENTS

Follows 6 people close to death who were patients at Chicago-area hospices and learn how to care for the living.

HF VTV 613.7046 TOT

TOTAL YOGA: FLOW SERIES; LEVEL I: EARTH

Featuring Tracey Rich and Ganga White.

HF VTV 613.7046 TOT
TOTAL YOGA: FLOW SERIES; LEVEL 3: FIRE

HF VTV 613.7046 TOT
TOTAL YOGA: FLOW SERIES; LEVEL 2: WATER

HF VTV 616.343 ULC
ULCERS
Up-to-date medical information on ulcers.

HF VTV 613.71 WEE
A WEEK WITH RAQUEL
Consists of seven separate exercise programs of approximately 15 minutes each to be done over the space of a week. Also included: the music video, "This girl's back in town ."

HF VTV 613.713 WEI
WEIGHT TRAINING VIDEO: STEPS TO SUCCESS
*Based on the book by Thomas R. Baechle and Barney R. Groves.
Shows everything needed to start a personal weight training program.
Demonstrates 19 strength-building exercises that work all major muscle groups.*

HF VTV 616.99449 WIL
WILL MOM BE OK?: FAMILIES TALK ABOUT BREAST CANCER
Two child/family counseling experts discuss how to tell your children you have breast cancer, communicating effectively, managing the daily routine, recognizing a child's distress signals, and dealing with your own emotional highs and lows.

HF VTV 613.71 WOM
WOMEN AT LARGE
An exercise program for large women.

HF VTV 613.7046 YOG
YOGA FOR BEGINNERS
Join yoga instructor Patricia Walden as she offers you a safe and easy-to-follow contemporary approach to this classical discipline.

HF VTV 613.7046 YOG
YOGA FOR THE KID IN ALL OF US
*Breathing -- Smiling breath -- Cat/Cow -- Dog pose -- Lion pose -- Butterfly pose -- Cobra pose -- Airplane -- Rocking horse -- Childs pose -- As the toe turns -
- Camel pose -- Motorcycle pose -- Bridge pose -- Fish pose -- Sandwich pose --
Cooking with the king -- Red light green light -- As the toe turns -- Mountain pose -- Flamingo pose -- Fountain pose -- Chair pose -- Triangle pose -- Warrior pose -- Wheelbarrow pose -- Tree pose -- Kangaroo pose -- As the toe turns -- Own pose -- Resting pose.*

HF VTV 613.7046 YOG

YOGA FOR THE REST OF US WITH PEGGY CAPPY

Eases you into the world of yoga-- whatever your age and ability-- and can become your personal at-home yoga trainer. Use it in the morning or at night and discover how easily yoga can be incorporated into your daily routine and how quickly you'll see the benefits for your body and spirit.

HF VTV 613.7046 YOG

YOGA FOR TWO: YOGA FOR BEGINNERS

Another person assisting your yoga can help assure proper posture, alignment and form.

HF VTV 613.71 YOG

YOGASCULPT

Develop flexible strength by combining yoga postures with the best of body sculpting.

HF VTV 613.7046 YOG

YOGA WITH RICHARD FREEMAN

"The primary series of Vinyasa Ashtanga Yoga"

HF VTV 613.7046 YOG

YOGACIZE

Kavi Raz discusses and Catherine Evans demonstrates the physical exercises and positions of hatha yoga. Includes a marketing trailer of Bob Mukherjee's movie stunts and film clips.

HF VTV 613.71 YOU

YOU'RE NEVER TOO OLD TO START

Strength training for mature adults who are active, or have been in an exercise program.

HF VTV 616.12 YOU

YOUR HEART. YOUR HEALTH

This videotape and booklet help you to choose a health program that fits your lifestyle and can add years to your life. Learn how to: reduce high blood pressure, stop smoking, lower high cholesterol, lose weight, control diabetes, eliminate stress, exercise effectively.

12/11/2006