Exercise Books Available On BARD

The following exercise books are available at no charge.

Be alive as long as you live: DB16748; Frankel, Lawrence J Richard; Betty Byrd.

[Exercise & physical activity: your everyday guide: DB70650](https://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB70650); Pocinki, Karen McCrory Rodgers; Anne Brown; National Institute on Aging.

#### [Good-bye to bad backs: a proven program of simple stretching and strengthening exercises for better body alignment and freedom from lower back pain: DB29449](https://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB29449); Scott, Judith.

#### [Reach for fitness: a special book of exercises for the physically challenged: DB24483](https://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB24483); Simmons, Richard.

#### [Sixty plus & fit again: exercises for older men and women: DB12072](https://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB12072); Rosenberg, Magda.

#### [Smart exercise: burning fat, getting fit: DB39218](https://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB39218); Bailey, Covert.

[The "I hate to exercise" book for people with diabetes: turn everyday home activities into a low-impact fitness plan you'll love: DB72073](https://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB72073); Hayes, Charlotte.

[The body shop: Scandinavian exercises for relaxation: DB08974](https://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB08974); Hinrichsen, Gerda.

[The complete book of exercisewalking: DB32906](https://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB32906); Yanker, Gary.

[The healing power of exercise : your guide to preventing and treating diabetes, depression, heart disease, high blood pressure, arthritis, and more: DB53448](https://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB53448); Goldberg, Linn; Elliot, Diane L.

[The W.E.T. workout: water exercises and techniques to help you tone up and slim down aerobically: DB28144](https://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB28144); Katz, Jane.

[Water exercises for osteoarthritis: the effective way to reduce pain and stiffness, while increasing endurance and strength, DB65400](https://nlsbard.loc.gov/nlsbardprod/download/detail/srch/DB65400); Rosenstein, Ann A.