

DIET & FITNESS RESOURCES

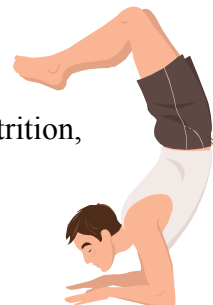
Finding Books & DVDs

Catalog Keywords:

Exercise, Physical Fitness, Obesity, Nutrition,
Reducing Diets, Exercising Diets

Call Numbers:

613 for health and nutrition
641.5 for cooking light and healthy
646.7 for lifestyle changes
792 and 796 for dance and sports



Database

Access through DPL website at www.deerfieldlibrary.org
From the *Reference and Research* tab on the left,
Select *Online Resources*,
Then choose *Consumer Reports Health*
At home use requires a valid DPL card #

Web Sources

www.medlineplus.gov provided by the National Library of
Medicine and the National Institutes of Health
www.healthierus.gov provided by the U.S. Department of
Health and Human Services
www.mypyramid.gov provided by the U.S. Department of
Agriculture
www.healthypeople.gov a government index of more
online resources

Smartphone Apps

Lose It! compatible with the iPhone

Download from iTunes under Apps

Calorie Counter compatible with Android and BlackBerry

Download at www.fatsecret.com/connected/android
or <http://appworld.blackberry.com/webstore/>

