

Visit the Santa Monica Public
Library Website at
www.smpl.org

Books and audiovisual materials

Santa Monica Public Library catalog:
www.smpl.org/ibistro

Databases

All databases are available at:
www.smpl.org/research/index.htm

Try...

InfoTrac OneFile for magazine articles

NewsBank for newspaper articles

Health & Wellness Resource Center for general
health information

Online Resources

The President's Council on Physical Fitness and

Sports: www.fitness.gov

Walk Santa Monica: <http://walk.smgov.net>



Temporary Main Library

1324 Fifth Street
Santa Monica, CA 90401
(310) 458-8600

Hours:

Monday-Thursday 10 am - 9 pm
Friday and Saturday 10 am - 5:30 pm
Sunday 1 pm - 5 pm

Montana Avenue Branch

1704 Montana Avenue
Santa Monica, CA 90403
(310) 829-7081

Fairview Branch

2101 Ocean Park Boulevard
Santa Monica, CA 90405
(310) 450-0443

Ocean Park Branch

2601 Main Street
Santa Monica, CA 90405
(310) 392-3804

Branch Hours:

Monday-Thursday 12 pm - 9 pm
Saturday 10 am - 5:30 pm
Closed Friday and Sunday

City of Santa Monica
Community and
Cultural Services
Department

Active Living

Santa Monica Public
Library



The Community and Cultural Services Department and the Santa Monica Public Library support active living and healthy lifestyles by providing information and resources on health and fitness to those who live, work, and visit Santa Monica.

Audiovisual Materials

Cardio Interval Training with Petra Kolber [DVD]

Fitness Walking: Beginner [Audio Cassette]

Flatten Your Stomach for Seniors [Video]

Introduction to Bellydance [DVD]

Kathy Smith Latin Rhythm Workout [DVD]

The Longest Walk [Audio Cassette]

Kids in Motion [CD]

Pilates for Dummies [Video]

Power Yoga: The Practice: A Total Mind/Body Workout [DVD]

Stretching for Seniors [Video]

Seniors

Fitness Over Fifty: An Exercise Guide from the National Institute on Aging foreword by John Glenn

More than Movement for Fit to Frail Older Adults: Creative Activities for the Body, Mind, and Spirit by Pauline Postiloff Fisher

How to Avoid Falling: A Guide for Active and Aging Seniors by Eric Fredrikson

Pretend Your Nose is a Crayon and Other Strategies for Staying Younger Longer by Carol Greenberg

Teens and Children

Be Healthy! It's a Girl Thing: Food Fitness and Feeling Great by Lilian Cheung

The Busy Body Book: A Kid's Guide to Fitness by Lizzy Rockwell

The Children's Book of Yoga: Games & Exercises Mimic Plants & Animals & Objects by Thia Luby

Dr. Sears' LEAN Kids: A Total Health Program for Children Ages 6-12 by William Sears

Helping Your Child Be Healthy and Fit: With Activities for Children Aged 4 Through 11 by Carol Katzman

Your Muscles and Ways to Exercise Them by Margaret Cosgrove

Adults

The Beach Towns: A Walker's Guide to L.A.'s Beach Communities by Robert John Pierson

Conditioning for Dance by Eric N. Franklin

Eight Minutes in the Morning: A Simple Way to Shed Up to 2 Pounds a Week by Jorge Cruise

Kathy Kaehler's Celebrity Workouts: How to Get a Hollywood Body in Just 30 Minutes a Day by Kathy Kaehler

Living Yoga: Creating a Life Practice by Christy Turlington

The Spirited Walker: Fitness Walking for Clarity, Balance, and Spiritual Connection by Carolyn Scott Kortge

Total Pilates by Malcolm Muirhead

Walk Away the Pounds: The Breakthrough Six-week Program that Helps You Burn Fat, Tone Muscle, and Feel Great without Dieting by Leslie Sansone

Walking for Fun and Fitness by Jerald P. Hawkins

The Way of Walking: Eastern Strategies for Vitality, Longevity, and Peace of Mind by Jacques MoraMarco