


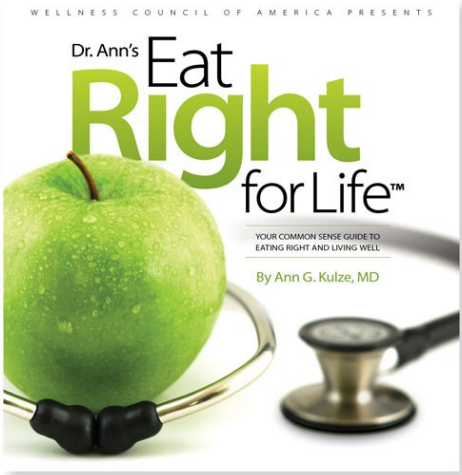
Items Available Through CCTC Library About Health and Fitness For Employees Only

	<p>Cooking Light: MAGAZINES-- -- Note: CURRENT 1 YEAR</p>
	<p>Fitness Magazine: MAGAZINES-- -- Note: CURRENT 1 YEAR</p>
	<p>Food Network Magazine: MAGAZINES-- -- Note: CURRENT 1 YEAR</p>
	<p>Health Magazine: MAGAZINES-- -- Note: CURRENT 1 YEAR</p>
	<p>Weightwatchers Magazine: MAGAZINES-- -- Note: CURRENT 1 YEAR</p>

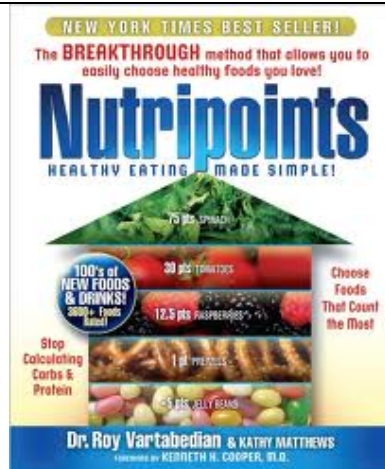
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 <p>The image shows the 'OM yoga in a box' product. At the top is a blue box with a white silhouette of a person in a yoga pose and the text 'OM yoga in a box'. Below the box is an open presentation containing a blue CD, a booklet, a yoga mat, a candle, and a small incense burner.</p>	<h3>OM yoga in a box</h3> <p>This exciting boxed presentation is designed to offer all you need to progress from beginner to experienced yogi. It contains two instructional CDs with a booklet, a set of flashcards describing each posture in greater detail, a yoga belt to help with deeper stretches, a candle and sandalwood incense with a holder. The sessions are created and taught by Cyndi Lee, the director of the OM Yoga Center in New York City (Amazon).</p>
 <p>The image displays the 'P90X Extreme Home Fitness' product. It features three vertical panels showing a woman in various fitness poses, each with the 'P90X EXTREME HOME FITNESS' logo at the bottom. Below these panels is a large image of the product box, which is black with white and red text, and a collection of DVDs and a nutrition plan booklet.</p>	<h3>P90X Extreme Home Fitness</h3> <ul style="list-style-type: none">• Get lean, bulk up, or grow stronger, with an endless variety of mix-and-match routines to keep you motivated• Muscle Confusion technique accelerates the results process by constantly introducing new moves and routines so your body never plateaus• Collection of 12 highly diverse and intense DVD workouts• Also includes comprehensive three-phase nutrition plan, specially designed supplement options• Personal trainer Tony Horton will keep you engaged every step of the way
 <p>The image shows the 'Zumba Fitness The Ultimate Zumba Fitness DVD Experience' product. It features a collection of colorful exercise balls in various sizes and colors (red, blue, green, purple, orange), a pink exercise mat, and a DVD case with a woman in a Zumba pose on the cover.</p>	<h3>Zumba Fitness</h3> <h4>The Ultimate Zumba Fitness DVD Experience</h4> <p>Guarantee Details: Zumba Fitness, LLC accepts returns of the Zumba® Exhilarate™ Body Shaping System within 30 days of receiving your order and provides a full refund, less S&H, if conditions are met. Please ensure that the items are sent back through a traceable and/or insurable method as Zumba Fitness is not responsible for any return packages that are not received. Zumba Fitness reserves the right to limit returns. Please note that the original shipping and handling costs will not be refunded, but free shipping will be applied to</p>

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	<p>exchanges. However, you are responsible for paying the shipping cost on all returned items, unless the item is defective (Amazon).</p>
 <p>The image shows the cover of a DVD titled "TURBO FIRE® INTENSE CARDIO CONDITIONING Greatest HIIts Stretch 10 Class". The cover features a woman in athletic wear performing a squat on a red and white striped mat. The DVD disc is also visible, showing the same woman and text.</p>	<h3>Turbo Fire Greatest HIIts Stretch 10 Class</h3> <ul style="list-style-type: none">• Greatest HIIts in the latest Turbo Fire workout• We've remixed the hottest High Intensity Interval Training (HIIT) so you lose more fat in half the time• Just a 20 minute workout - perfect for Turbo Fire veterans short on time, or anyone that wants to give Turbo Fire a try before graduating to the whole program
 <p>The image shows the cover of the book "Dr. Ann's Eat Right for Life™". The cover features a green apple on a stethoscope. Text on the cover includes "WELLNESS COUNCIL OF AMERICA PRESENTS", "Dr. Ann's Eat Right for Life™", "YOUR COMMON SENSE GUIDE TO EATING RIGHT AND LIVING WELL", and "By Ann G. Kulze, MD".</p>	<h3>Eat Right for Life! By Dr. Ann Kulze M.D.</h3> <p>Dr. Ann Kulze M.D., Eat Right for Life Incentive Campaign, participants are challenged to work toward transforming unhealthy eating behaviors into healthy habits that will promote a lifetime of excellent health. The <i>Eat Right for Life</i> Campaign is presented in a format that is guaranteed to engage your employees to better understand their own eating habits and give them the information to adjust those habits for a healthier and happier life ahead (www.welcoa.org).</p>

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Nutripoints

The **Nutripoints™ Program for Optimal Nutrition** is the ultimate guide to simple, healthy eating. No more counting calories, protein, carbs, fats, cholesterol, sodium, sugar, vitamins, minerals...all that work has been done for you, and put into one number—the Nutripoint score. The higher the score, the higher its nutritional value. Based on nutrient density, and created by **Dr. Roy E. Vartabedian** while at the world famous Cooper Clinic in Dallas, no other plan is easier or healthier (Nutripoints Website).



Isorobic

Using the concept of Isokinetic-Rope Friction Exercise combined with Interval training **Ogie Shaw** condensed traditional 40 minute workouts into 12-15 minutes. All performed without eccentric exercise and stress to the joints; without bulking (muscle hypertrophy), and the 48 hour recovery time associated with barbells. Muscle isolation is a key advantage of this program so those with knee, neck, back, or shoulder problems adapt the exercises for their physical restrictions.