

Physical Activity

*The Library has a growing collection of books for improving staff well-being.
The following books on Physical Activity are available to borrow from the Library.*

Move more at your desk: increase your energy at work and reduce back, shoulder and neck pain by K.A. Bradley (2022)

Run well: essential health questions and answers for runners by Julie McGratton (2021)

Younger, fitter, stronger by M. Roberts (2019)

The 4 pillar plan: how to relax, eat, move and sleep your way to a longer, healthier life by R. Chatterjee (2018)

Jog on: how running saved my life by B. Mackie (2018)

Walking for fitness by N.Barough (2017)

The programme: for a leaner, stronger, healthier you by J Pavelka (2016)

Lean in 15: the shape plan by J.Wicks (2016)

The calorie myth: how to eat more, exercise less, lose weight and live better by J.Bailor (2015)

Davina: 5 week fit by D.McCall (2015)

Hillwalking: the official handbook of the mountain training walking schemes. 3rd ed by S.Long (2014)

Push pull swing: the fat-torching muscle-building dumbbell, kettlebell and sandbag program by M. Murphy (2014)

The first 20 minutes: the surprising science of how we can exercise better, train smarter and live longer By G. Reynolds(2014)

Joanne Hall's Walkactive programme: the simple yet revolutionary way to transform your body, for life by J. Hall (2013)

Fast exercise by Michael Mosley (2013)

Anatomy of exercise for women by L. Purcell (2013)

Exercises for fibromyalgia: the complete exercise guide for managing and lessening fibromyalgia symptoms by W.Smith (2013)

Nutrition, exercise and behavior: an integrated approach to weight management. 2nd ed by L. Sumerfield (2013)

Exercises to improve your health by D. Daley (2013)

Pilates anatomy by R. Isacowitz (2011)

Depression: exercise plans to improve your life by D. Lawrence (2011)

Osteoporosis: exercise plans to improve your life by D. Lawrence (2011)

Exercise for mood and anxiety: proven strategies for overcoming depression and enhancing well-being By M. Otto (2011)

