

## 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)**

