

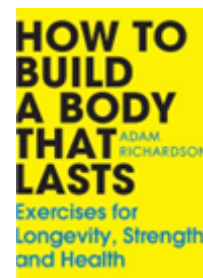
# Reading List

## 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.

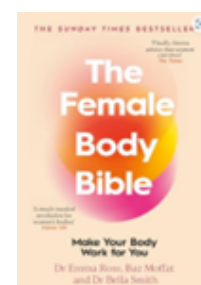
### **How to build a body that lasts: exercises for longevity, strength and health**

by A. Richardson (2024) **Wellbeing 613.71 RIC**



### **The female body bible: a revolution in women's health and fitness**

By E. Ross (2024) **Wellbeing 613.04 ROS**



### **Move more at your desk: increase your energy at work and reduce back, shoulder and neck pain**

by K.A. Bradley (2022) **Wellbeing 613.7 BRA**



### **Run Well: essential health questions and answers for runners**

by J. McGratton (2021) **Wellbeing 796 MCG**

### **Younger, fitter, stronger**

by M. Roberts (2019) **Wellbeing 613.2 ROB**



### **The 4 pillar plan: how to relax, eat, move and sleep your way to a longer, healthier life**

by R. Chatterjee (2018) **Wellbeing 613 CHA**

### **Jog on: how running saved my life**

by B. Mackie (2018) **Wellbeing 796 MAC**

### **Walking for fitness**

by N. Barough (2017) **Wellbeing 613.71 BAR**



### **Run for your life: mindful running for a happy life**

by W. Pullen (2017) **Wellbeing 796.420 PUL**

### **The programme: for a leaner, stronger healthier you**

by J. Pavelka (2016) **Wellbeing 613.25 PAV**

### **Lean in 15: the sustain plan**

by J. Wicks (2016) **Wellbeing 641 WIC**

### **Hillwalking: the official handbook of the mountain training walking schemes.**

3rd ed by S. Long (2014) **Wellbeing 796 LON**

### **Push pull swing: the fat-torching muscle-building dumbbell, kettlebell and sandbag program**

by M. Murphy (2014) **Wellbeing 613.71 MUR**



Search our library catalogue for more **physical activity** books

Updated 2026

For more information about the Library please visit our website:

<https://healthacademy.lancsteachinghospitals.nhs.uk/library>