



Healthy Weight Resources List

*Prepared by the Dana Medical Library for the
Community Medical School,
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American Academy of Family Physicians—Exercise: How to get started

<http://familydoctor.org/online/famdocen/home/healthy/physical/basics/015.html>

Barnes, Mary Ann. Fat Cells, Beauty and You! New York: iUniverse, 2004.

Dana Consumer Health Collection

WD 212 B261f

Berg, Frances M. Underage & Overweight. New York: Hatherleigh Press, 2004.

Dana Consumer Health Collection

WD 212 B493u

Centers for Disease Control and Prevention—Overweight and Obesity

<http://www.cdc.gov/nccdphp/dnpa/obesity/>

Dalton, Sharron. Our Overweight Children. Berkeley: U of CA Press, 2004.

Dana Consumer Health Collection

WD 210 D152o

Harvey-Berino, Jean. The Eating Well Diet. Woodstock, VT: Countryman Press, 2007.

Dana Consumer Health Collection

WB 405 H341e

Hensrud, Donald D., ed. Mayo Clinic on Healthy Weight. Rochester, MN: Mayo Clinic, 2000.

Dana Consumer Health Collection

WD 212 M473

Manger, William M. Our Greatest Threats. Sudbury, MA: Jones and Bartlett Publishers, 2006.

Dana Consumer Health Collection

W 85 M277o

MedlinePlus—Exercise and Physical Fitness

<http://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html>

MedlinePlus—Obesity

<http://www.nlm.nih.gov/medlineplus/obesity.html>

Waterhouse, Debra. Outsmarting the Midlife Fat Cell. New York: MJF Books, 1998.

Dana Consumer Health Collection

WD 212 W326o

Weil, Andrew. Eating Well for Optimum Health. New York: Knopf, 2000.

Dana Consumer Health Collection

QU 145 W422e

Wildman, Robert. The Nutritionist. New York: Haworth Press, 2002.

Dana Consumer Health Collection

QU 145 W674 n

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