

Health & Wellness Bibliography

The following items are available through the Charlotte School of Law Office of Human Resources. Please contact the library reference desk (704-971-8573) for access assistance.

Low Calorie Cookbooks

[The Biggest Loser cookbook :more than 125 healthy, delicious recipes adapted from NBC's hit show /Devin Alexander and the Biggest Loser experts and cast with Karen Kaplan ; foreword by Bob Harper and Kim Lyons](#)

- Chef Devin Alexander and the Biggest Loser experts and cast members reveal their favorite healthy recipes. With more than 125 guilt-free, flavorful recipes, this cookbook shows that healthy eating and successful weight loss don't mean giving up your favorite foods.

[McCormick & Schmick's seafood restaurant cookbook /recipes compiles by Chef William King](#)

- For this special edition of the *McCormick & Schmick's Seafood Restaurant Cookbook*, we have added a "Heart-Healthy" section. As healthy eating becomes an ever-increasing concern for all of us, it is important that restaurants do their part by providing choices and balance on their menus. Devoted to recipes that provide heart healthy options, yet don't skimp on flavor, they are all very quick and easy to prepare.

[Weight Watchers all-time favorites :over 200 best-ever recipes from the Weight Watchers test kitchens](#)

- With *All Time Favorites*, you'll find chapters devoted to the best-ever brunches and lunches, 15-minute fixes that are sure to please, and the tastiest – and easiest – slow-cooker recipes ever.

[Weight Watchers in 20 minutes: 250 fresh, fast recipes](#)

- A collection of 250 popular Weight Watchers recipes, from hearty breakfasts to main dish meals for the whole family, that gets you in and out of the kitchen in 20 minutes or less. Features a special chapter on vegetarian recipes, a bonus chapter on making two meals from one recipe, a Points value recipe index, microwave meals, and more.

[Weight Watchers new complete cookbook](#)

- This comprehensive Weight Watchers cookbook is packed with more than 500 fresh and flavorful recipes for every meal and virtually every occasion. With countless cooking tips, helpful how-tos and sixty color photographs, this is an all-in-one kitchen resource you'll turn to again and again for great ideas and inspiration.

[Weight Watchers take-out tonight! :150+ restaurant favorites to make at home](#)

- This cookbook contains more than 150 mouthwatering recipes that reinvent all of America's most-loved take-out dishes – all with a POINTS value of 8 or less. Each recipe offers easy how-tos, tips and complete nutritional information.

Fitness Programs

[The Biggest Loser fitness program: fast, safe, and effective workouts to target and tone your trouble spots - adapted from NBC's hit show](#)

- In this book, the show's trainers reveal the most efficient and effective move for a toned belly, time-saving workouts designed for today's busy schedules, beginner and advanced modifications, and sensible and real-life eating advice from the show's nutrition experts.

Exercise Videos

[30 day shred](#)

- Jillian Michaels offers three different twenty minute workouts at three different ability levels to promote weight loss and body sculpting. Each workout uses the 3-2-1 Interval System which combines strength, cardio and abdominal exercises. Hand weights and mat are necessary if exercising on a hard surface.

[The Biggest Loser: the workout](#)

- Exercise routines adapted from NBC's hit show. Customized workout with 6 routines to choose from: Warm-Up, Low-Intensity Workout, High-Intensity Workout, Strength and Sculpt, Boot Camp, and Stretch.

[The Biggest Loser: the workout 2](#)

- From the hit NBC show's trainers and contestants come specifically designed workouts for men and women. Includes customized mix-and-match option to fit your current fitness level, and an inspirational segment as well as a nutritional cooking segment.

[The Biggest Loser: the workout - Boot camp](#)

- Viewers can join Biggest Loser trainer Bob, plus show contestant winners and finalists, and learn to rev up their fat-burning furnace and experience dramatic weight loss in less time.

[The Biggest Loser: the workout - Cardio max](#)

- Consists of three different cardio workouts, each with an increased level of intensity, plus a warm-up and a cool-down.

[The Biggest Loser: the workout - Power sculpt](#)

- Consists of three different strength training workouts, plus a warm-up and a cool-down.

[The Biggest Loser: the workout - Weight loss yoga](#)

- Viewers can get with the program and achieve pound-shedding results in just 6-8 weeks with the transforming power of yoga.

[Bootcamp with Denise Austin - Total body blast!](#)

- Intense cardio, strength and flexibility workouts that incorporate punches, kicks, power drills, kickboxing, sports drills, calisthenics, and active stretching moves.

[Cardio kickbox, Jillian Michaels, the biggest winner! : How to win by losing](#)

- *Cardio kickbox* is a high-energy aerobic workout designed to keep you moving and boost your fat-burning capabilities while at the same time giving your muscles a day off from weight-training.

[Maximize, back in action - Jillian Michaels, the biggest winner! : How to win by losing](#)

- In *Maximize - Back In Action* you use the same muscle groups, the back, biceps, glutes, hamstrings, and as always, the abs. But you also will incorporate a whole new series of exercises and work in cardio intervals to get your heart rate up and really burn off the fat.

[Maximize, full frontal - Jillian Michaels, the biggest winner! : How to win by losing](#)

- In *Maximize, full frontal* you use the abs, thighs, shoulders, triceps, chest and hips, mixing it up to keep your body from adapting by doing a completely different set of exercises.

[The S.W.A.T. workout: the elite law enforcement exercise program inspired by the officers of Special Weapons and Tactics teams](#)

- Includes sections on applying to law enforcement and SWAT teams nationwide -- Nutritional tips for peak performance -- Warm-up and stretching program -- Push-ups and combination push-ups -- Pull-ups and alternatives -- Abdominal exercises -- Weight lifting exercises -- The pt pyramid and other workouts -- Learn how to run faster -- Sprints and agility drills explained -- The police academy workout -- The SWAT team candidate workout -- Active duty SWAT member workout

[Shape up, backside - Jillian Michaels, the biggest winner! : How to win by losing](#)

- Join Jillian Michaels, TV's toughest fitness guru, for the best and most comprehensive workout regimen available on DVD...back, biceps, glutes, hamstrings, and abs

[Shape up, front - Jillian Michaels, the biggest winner! : How to win by losing](#)

- *Shape Up: Front* gets your body moving and your blood flowing with a lower and upper body workout to make your body burn twice as many calories - so you'll melt off the fat and lose the weight.

[Total workout in ten!](#)

- Contains four 10-minute routines that focus on cardio blasts to burn fat, upper-body training to tone arms, lower-body training to slim bum and legs, flexibility and balance moves to firm abs.

[Women's health: Perfect body workout](#)

- This workout provides strength training segments based on sports inspired moves to tone and tighten the entire body.

[Women's health: Ultimate fat burn!](#)

- This workout combines fun athletic drills, strength training, and high-impact cardio for a leaner, tighter, and slimmer body. This workout is so effective that it will crank up your resting metabolism, and you'll keep burning fat long after you've hit the showers. Burn up to 500 calories in this high intensity full body routine. Includes: bonus core stability abs workout.