

DOCUMENT RESUME

ED 248 232

SP Q25 167

AUTHOR) Bozzo, Robert and Others
 TITLE Inventory of Health and Physical Fitness Promotion Materials; Research and Articles from Periodicals of General Interest. Final Report. Report No. 7.
 INSTITUTION Granville Corp. Washington, DC.
 SPONS AGENCY Public Health Service (DHHS), Rockville, MD. Office of Disease Prevention and Health Promotion.
 PUB DATE 11 Dec '81
 CONTRACT 282-78-0183
 NOTE 358p.; For Report No. 3-12, see SP 025 163-172.
 PUB TYPE Reference Materials - Bibliographies (131) -- Guides - General (050)

EDRS PRICE MF01/PC15 Plus Postage.
 DESCRIPTORS Films; Information Dissemination; *Physical Fitness; *Physical Health; *Protocol Materials; Public Agencies; *Publications; *Reference Materials; Research Projects

ABSTRACT

This document reports on an effort to identify, collect, and catalog: (1) various fitness- and health-related promotion materials available to the general public by federal, state, and local agencies; and (2) informational items distributed by the private sector. Printed materials are categorized as: (1) currently available brochures and pamphlets costing no more than three dollars per single copy (in-depth materials and monographs have not been included); (2) bibliographies of selected articles from popular magazines, newspapers, and special journals published since 1978; (3) a catalog of public service announcements and films relevant to the promotion of fitness and health; and (4) fitness-related research projects funded by the federal government between 1981 and early 1982. The methods used for collecting, evaluating, and organizing materials for presentation of each information type are presented. (JD)

 * Reproductions supplied by EDRS are the best that can be made *
 * from the original document. *



Office of Disease Prevention and Health Promotion

ED248232

INVENTORY OF HEALTH AND PHYSICAL FITNESS
PROMOTION MATERIALS, RESEARCH AND ARTICLES
FROM PERIODICALS OF GENERAL INTEREST
FINAL REPORT
Contract No. 282-78-0183-DN

REPORT NO. 7

U.S. DEPARTMENT OF EDUCATION
NATIONAL INSTITUTE OF EDUCATION
EDUCATIONAL RESOURCES INFORMATION
CENTER (ERIC)

- This document has been reproduced as received from the person or organization originating it.
- Minor changes to a form made to improve reproduction have been made.
- Point of view or opinions stated in this document do not necessarily represent official NIE position or policy.

SP 035 167



INVENTORY OF HEALTH AND PHYSICAL FITNESS
PROMOTION MATERIALS, RESEARCH AND ARTICLES
FROM PERIODICALS OF GENERAL INTEREST
FINAL REPORT
Contract No. 282-78-0183-DN

REPORT NO. 7

Office of Disease Prevention and Health
Promotion
U.S. Department of Health and Human Services -
December 11, 1981

The names of the persons employed by the contract with management or professional responsibilities for work and/or content of the report are: Robert Bozzo, Nancy Lichter, Quinta Martin, and the support staff of the Health and Human Services Group of The Granville Corporation.

TABLE OF CONTENTS

	<u>PAGE</u>
SECTION ONE: Document Overview	1
SECTION TWO: Primary Reference Catalog	11
SECTION THREE: Cross-Reference by Distributor	143
SECTION FOUR: Cross-Reference by Audience	149
SECTION FIVE: Articles from Selected Periodicals of General Interest	
● Magazines	153
● Newspapers	225
● Journals	235
SECTION SIX: PSAs/FILM	241
SECTION SEVEN: Federally Funded Research Projects	245
Appendix A - Contact Letter	265
Appendix B - Lists of Contacts	
● Government Agencies:	
- Federal	267
- State	285
- Local (Maryland)	297
● Private Associations	301
● Private Companies	311
Appendix C - List of Supporting Materials	319
Appendix D - Printed Materials, Evaluation Form, and Readability Scale	341
Appendix E - Additional Resources	345

THE GRANVILLE CORPORATION
1133 Fifteenth Street, NW, Suite 1100
Washington, DC 20005-2791
(202) 638-4550

Inventory of Health and Physical Fitness
Promotional Materials, Research and Articles
from Periodicals of General Interest

FINAL REPORT

Contract No. 282-78-0183-DN

for the

Office of Disease Prevention and Health Promotion
U.S. Department of Health and Human Services

December 11, 1981

The names of the persons employed by the contract with management or professional responsibilities for work and/or content of the report are: Robert Bozzo, Nancy Lichter, Quinta Martin, and the support staff of the Health and Human Services Group of The Granville Corporation.

SECTION ONE: Document Overview

SECTION ONE: DOCUMENT OVERVIEW

The purpose of this effort was to identify, collect and catalogue the various fitness related and other health promotion materials available to the general public by Federal, state, and local government agencies, as well as those related informational items distributed by the private sector. Printed materials included in this Compendium are categorized as follows:

- Currently available brochures and pamphlets costing no more than three dollars per single copy. Note in-depth materials and monographs have not been included.
- Bibliographies of selected articles from popular magazines, newspapers and special journals published since 1978.
- A catalog of public service announcements relevant to the promotion of fitness and health.
- Fitness related research projects (inventoried and cataloged) funded by the Federal Government between FY1981 and early FY 1982..

Each of four primary categories corresponds to a major portion of this Compendium. The methods used in collecting, evaluating materials, and organizing for presentation each information type are presented below, in turn.

PHYSICAL FITNESS PROMOTION MATERIALS--BROCHURES/PAMPHLETS

The collection of a comprehensive set of physical fitness promotional materials (i.e., brochures/pamphlets) necessitated an extensive mailing effort that included constructing several mailing lists targeted to numerous distributors of fitness related materials. A mailing list for each of the following groups or sectors of actors was constructed:

Federal Agencies

Agencies and offices within each of the primary Federal organizations (e.g., Department of Health and Human Services), as well as the independent and quasi-Federal organizations, were selected on the basis of potential relevance to our effort. Intelligence regarding agency relevance was gathered from organizational charts and information resources provided by the agencies (e.g., Health Information Resources in the Department of Health and Human Services) as well as visits to each of the various health information clearinghouses (e.g., National Health Information Clearinghouse, National Clearinghouse on Aging). Visits to the clearinghouses were also useful in identifying private sector information providers. In total, 127 Federal offices/agencies were identified and contacted; the contact procedures employed are outlined above.

State Departments of Health

Officials within state departments of health were identified primarily from a listing provided by the Association of State and Territorial Public Health Officials. Seventy-nine officials were contacted across all states and U.S. territories.

Local Government Agencies

The nature and type of fitness and exercise promotion materials made available to the public at the local level was unknown. Also, contacting these local government agencies required an extensive effort. Therefore, an attempt was made to determine the actual value of soliciting information from these local government agencies. Approximately 40 agencies were contacted in Maryland to enable us to evaluate the worth of a broad based data collection effort. The various agencies contacted all had functions relevant to fitness (e.g., Commissions on Physical Fitness, Recreation and Parks Associations, Departments of Culture and Recreation). None of the agencies contacted provided us with unique information. Brochures/pamphlets and information packets

returned to us were either those provided to the local entities by national organizations (e.g., National Recreation and Parks Association, the President's Council on Physical Fitness and Sports) or local program descriptions and agendas. For these reasons no other local government agencies were contacted. A list of the Maryland agency contacts is included in Appendix B.

Private Groups

Individual corporations and national associations comprise the group of private sector contacts. The list of contacts in this group were identified by employing:

- Already existing resource/referral materials (e.g., "Health Education Materials and the Organizations That Offer Them")
- Private activity in the area of fitness/exercise (e.g., J.C. Penney's sponsorship of the Fitness Trails program, Pacific Mutual's sponsorship of the study entitled, "Health Maintenance," (1978))
- Information gleaned from the national clearinghouses
- Referrals

A total of 180 private organizations and associations potentially involved in providing fitness information to the general public were thus identified and contacted.

Information Collected

In excess of 400 brochures/pamphlets and other materials were collected in this manner. An initial investigation of these materials revealed that only approximately one-third of the documents focused on promulgating fitness and exercise. One hundred twenty six relevant documents were collected. Documents that did not focus primarily on fitness and exercise were further categorized into two groups: materials that were relevant to ODPHP's five areas of health promotion--alcohol and drug abuse, smoking cessation, stress management, nutrition, and cardiovascular and cardiopulmonary health (recall that materials relevant to exer-

cise are omitted from this category since they were already included in the main body of the Compendium) and materials that were health oriented, but not related to ODPHP's areas of health promotion activities.

A list of supporting materials, relevant to ODPHP's efforts, is presented in Appendix C of the Compendium. This list is organized alphabetically by the title of the publication; the distributor of the material is also noted. This list contains approximately 160 entries. The general health material, which items number about 180, has not been included in this Compendium as it was related neither specifically to fitness and exercise nor to ODPHP's general mission.

Evaluation of Printed Materials

Materials judged to pertain to physical fitness and exercise were evaluated further. The following informational items were extracted from each relevant publication:

- Title
- Author
- Publisher
- Sponsor
- Reference Number or Date of Publication
- Content Areas

In addition, all material was rated on standardized scales for:

- Readability
- Comprehensiveness
- Presentation of Factual Material
- Health Improvement Recommendations
- Accessibility

The readability of each item was assessed using the SMOG grade formulation.¹ This readability formulation was selected for ease of use, reliability, and to ensure that material collected in this effort would be rated consistent with other materials presently in use by various HHS agencies.

Comprehensiveness and the extent to which up-to-date factual materials and health improvement recommendations are presented were measured using three point Likert-type scales. These scales are shown in Appendix D which presents the materials rating form. Accessibility of materials was categorized as a function of the cost of single and multiple copies, the distributor(s) of the materials, and the presence of restrictions on the use of the materials. Compendium entries also contain a brief synopsis of the content of each pamphlet, booklet or article. The format used in preparing the abstracts was selected to be consonant with that presently used by the National Health Information Clearinghouse in their efforts.

Organization of Inventory of Physical Fitness and Exercise Pamphlets and Brochures

Originally, four distinct catalogs/cross reference indices were to be constructed. The main section of the Compendium was to be organized by content area (e.g., fitness and nutrition, fitness and stress). The three cross reference sections were to be organized by: distributor, type of material, and intended audience. Upon closer examination of the materials, it became apparent that this plan would have to be modified. First, almost all of the information received was classified as a brochure/pamphlet. Also, it became clear that it was too difficult to discriminate reliably between these two types of materials and it made little sense to force an arbitrary distinction between bro-

¹Readability Testing in Cancer Communications, NIH Publication No. 79-1689, June 6, 1979.

chures and pamphlets. More importantly, there was a veritable absence of other types of materials; therefore, the cross reference by type of material was dropped.

Similarly, there was a virtual absence of materials which dealt jointly with fitness and any of the other four health promotion areas. The primary catalog of the Compendium was therefore shifted from content area to a simple alphabetic listing, by title, which also presents all pertinent information, synopses, and ratings.

Both the cross reference by distributor and audience have been maintained. Cross reference is accomplished by means of document numbers assigned serially to entries in the alphabetically ordered catalog. However, it should be noted that the cross reference catalog organized by audience may be of limited utility since the bulk of materials are intended for the general population--both sexes, all ages.

Information from the fitness/exercise promotion materials was recorded on the evaluation forms and transferred to word processing cassettes. Again, complete entries were made for the primary reference catalog, ordered alphabetically. Less complete entries were made in the two cross reference sections. These entries include:

- Title
- Document Number
- Distributor

The primary reference catalog and two cross reference indices are presented in Sections 2-4 of this Compendium.

COLLECTION AND ORGANIZATION OF THE INVENTORY OF ARTICLES FROM PERIODICALS OF GENERAL INTEREST

In addition to published pamphlets and brochures, recent articles focusing on physical fitness and related health promotion issues that appeared in select newspapers, popular maga-

zines, and technical journals were collected, evaluated and listed.

Two newspapers--the New York Times and the Washington Post--were searched to identify relevant newspaper articles. These papers were selected because they subscribe to all major wire services.

Identification of popular magazines to be searched for relevant articles was initiated by contacting the Magazine Publishers Association and determining which magazines have the highest circulation rate. Of the ten most subscribed to magazines, six are targeted to women readers, and three are inappropriate for this task (e.g., TV Guide, National Geographic and Playboy). Of the top ten, we searched the top four "women's magazines" (Better Homes and Gardens, Womens' Day, Family Circle and McCall's) and Reader's Digest. In addition to these five popular magazines, we also searched Time, Newsweek and Sports Illustrated.

Newspaper and magazine articles appearing in the publications selected were searched using the Lockheed DIALOG Data Base Catalog System. DIALOG is a computer assisted research system which is available at most Federal libraries. The search included scanning selected publications for relevant articles appearing from mid-1980 through October/November 1981. The search was performed for two sets of key words: physical fitness and exercise. Bibliographic references were obtained from this search, articles located and scanned. Section 5 of the Compendium presents an alphabetic listing of these articles, according to content area.

Although it was not requested, the DIALOG search for newspaper and magazine articles yielded information on numerous articles from specialized journals. Because this information already was in hand, it was examined and relevant items were included under a separate heading. In all, the key word search produced a listing of about 1,700 newspaper, magazine, and special journal articles, many of which were found to be relevant and are listed in this compendium.

Public Service Announcements/Films

As part of our effort to construct a Compendium of materials promoting physical fitness and exercise, we obtained information about relevant radio and television PSAs, as well as films made available by agencies and private sector organizations and associations. Contacts with potential providers of PSAs and other sources of relevant films followed the procedures previously outlined.

While radio and television PSAs are by nature free, films included in this section of the Compendium are available on a rental or purchase basis. The rental or purchase cost of films included in this Compendium is relatively inexpensive. The listing of PSAs and films presented in Section 6 of the Compendium is organized alphabetically. Each entry includes information concerning the availability and use of materials such as address of distributor, cost, equipment requirements, type of materials (i.e., radio or television announcement, film) and ordering information.

Many of the responses to our requests for information about PSAs and films came in the form of ordering catalogs. The catalogs contained information about books, journals, educational modules, etc., as well as information about PSAs and films. We scanned these catalogs and extracted information thought to be relevant. However, since the listings in these catalogs are so numerous and since much of the material listed appeared relevant to ODPHP's health promotion efforts (other than fitness/exercise), we have provided a listing of other resources in Appendix C of this Compendium. This listing is organized alphabetically by title/distributor; contact information is also provided.

COLLECTION AND ORGANIZATION OF THE INVENTORY OF CURRENT FEDERALLY FUNDED RESEARCH

Section 7 of this Compendium focuses on current Federally funded research projects related to fitness/exercise. A single source for all current Federally funded research was identified. This source--the Smithsonian Scientific Information Exchange (SSIE)--maintains a computer data bank of all research projects funded by the Federal Government from 1979 to present. It also contains a listing of research projects funded by selected private foundations. In the SSIE data base, all projects are categorized according to topic areas. A listing of all current Federally funded research projects dealing with the topics "physical fitness" and "exercise" was obtained from SSIE. The listings present for each project the title of the study, the level of funding (if available), sponsor, senior researcher and affiliation. Again, these research projects have been presented by category for easy reference.

SECTION TWO: Primary Reference Catalog

Document #1

AAU/USA Junior Olympics Handbook:
Guidelines for the Junior Olympic Program

PUBLISHER: Amateur Athletic Union of the United States

REFERENCE DATE: 1981

AVAILABLE FROM: Amateur Athletic Union of the U.S.
3400 West 86th St.
Indianapolis, IN 46268

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: 18 years or less, Children/Adolescents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
fitness readiness, health cost/benefits,

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 16

Comprehensiveness rating: 3 - presents extremely detailed information.

No specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This is a comprehensive handbook for readers who are interested in forming a Junior Olympics event. The goals, rules, competition categories and requirements are presented comprehensively. One section answers questions a potential olympics organizer might have. Another section lists 1980's winners. Guidelines and recommendations for setting up a committee or tournament comprise an important part of this publication.

Document #2

The ABC's of Perfect Posture

By

Sandra C. Malanga

PUBLISHER: American Medical Association, Department of Health

REFERENCE NO.: OP-320, 1978

AVAILABLE FROM: Order Department OP-320
American Medical Association
P.O. Box 821
Monroe, WI 53566

COST: Single copy \$.75

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
health cost/benefits

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 9

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is designed to make readers aware of their poor postural habits and to show how to improve them. Photographs of a movable human-like figure are used to illustrate a number of posture problems. Specific recommendations for improvements and quick ways to test postural problems provide clear guidance to the majority of readers who have developed poor postural habits.

Document #3

Aches and Pains of Running

By

Lowell Scott Weil, D.P.M.

PUBLISHER: National Jogging Association

AVAILABLE FROM: NJA

2420 K Street, N.W.
Washington, DC 20037

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 9

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet briefly describes common running injuries: runner's knee, achilles tendinitis, shin splint tendinitis, and runner's heel. It describes the causes of and treatments for these conditions, in some instances suggesting methods of preventing certain of the conditions. It is a handy, if not indispensable, reference for runners and joggers.

Document #4

Add P.L.U.S. to Your Life

PUBLISHER: Kansas Department of Health and Environment

DATE OF PUBLICATION: 1979 -

AVAILABLE FROM: Kansas Department of Health and Environment
Topeka, KS 66620

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol;
Nutrition - general, obesity; Stress - headaches, ulcers, coping
mechanisms; Physical Fitness/Exercise - fitness standards, fitness
readiness, health cost/benefits, cardiovascular system, blood pressure.

DESCRIPTION:

Material presents factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet provides guidelines for improving the quality of life through a total program of health and fitness. It has a number of progress charts and records for self-assessment of adherence to goals. In addition, it contains an attractive poster that includes a progress chart, exercises, and specific recommendations for staying in shape. The tests, charts, and record-keeping devices in this publication make for entertaining, somewhat active reading.

Document #5

Adult Physical Fitness

By

President's Council on Physical
Fitness and Sports

PUBLISHER: President's Council on Physical Fitness and Sports

REFERENCE DATE: 1980

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness
standards, fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is a comprehensive guide to fitness for men and women. It provides a step-by-step explanation of how to exercise, from warm-up to cool-down. It provides exercises of varying degrees of difficulty, which have differing purposes: conditioning muscles, improving the circulatory system, and strengthening specific muscle groups. Accompanied by many useful photographs throughout, this publication provides a clear, varied orientation into physical fitness and conditioning activities.

Document #6

All Men and Women

By

New York State Department of Health

PUBLISHER: New York State Department of Health

REFERENCE NO.: OHCE/03-76

AVAILABLE FROM: State of New York
Department of Health
Albany, NY 12237

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - obesity; Physical
Fitness/Exercise - health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 8

Comprehensiveness rating: 2 - presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brief pamphlet describes the basic health and life-expectancy hazards related to smoking, obesity and sedentary life styles. Exercise is mentioned as a means of improving life expectancy, but specific detailed information is not included. The pamphlet lists a few simple tips on the importance of fitness and diet, and stresses the individual's responsibility for his own health.

Document #7

**Aqua Dynamics: Physical Conditioning
Through Water Exercises**

By

**President's Council on Physical
Fitness and Sports**

PUBLISHER: President's Council on Physical Fitness and Sports

REFERENCE NO.: 040-000-00360-6

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: Single copy \$2.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness readiness

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Materials provide some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 - presents extremely detailed information.

Some specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet discusses swimming and water exercises as priority physical fitness activities. A brief introduction explains the health benefits of water exercises, e.g., improving endurance, cardio-vascular strength, as well as illustrating why swimming is a good beginning activity for people who are out-of-condition, handicapped or elderly. The bulk of this pamphlet is devoted to descriptions and matching illustrations of some 66 water exercises designed to gradually build muscle strength and endurance. A series of exercises is presented as a suggested aqua-dynamics exercise program.

Document #8

The Asthmatic Athlete

By

American Medical Association

PUBLISHER: American Medical Association

REFERENCE NO.: OP-14

AVAILABLE FROM: Order Department, OP-14
American Medical Association
535 North Dearborn
Chicago, IL 60610

COST: Single copy \$1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes; All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise: asthma; Stress

DESCRIPTION :

Material presents a great deal of information.

Factual material is up-to-date relative to other materials on the subject.

Material provides references or resources for further explanation.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

A great deal of specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure addresses the syndrome of "exercise induced asthma", an increased airway obstruction that occurs 5-20 minutes following physical exertion. Information is disseminated regarding the methods of exercise testing, the various medications utilized to treat EIA, and overall patient management. The benefits of physical activity to the asthmatic is also presented.

Document #9

Basic Bodywork ... For Fitness and Health

By

Council on Scientific Affairs, Advisory

Panel on Exercise and Fitness

PUBLISHER: American Medical Association, Department of Health Education

REFERENCE NO.: OP-428

AVAILABLE FROM: Order Department OP-428
American Medical Association
P.O. Box 821
Monroe, WI 53555

COST: Single copy \$1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Alcohol and Other Drugs - abuse; Nutrition - obesity; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read in a few places.

This pamphlet outlines an approach to physical fitness. It is geared to the individual who is planning to begin a fitness program. Once basic health habits have been discussed, the pamphlet proceeds to give rules, do's and don't's, and illustrated exercises. The use of exercise in weight-loss programs is also covered. The pamphlet is thorough and does not resort to entertaining illustrations or eye-catching design.

Document #10

Basic Exercises for People Over 60

By

National Association for Human Development

PUBLISHER: National Association for Human Development

REFERENCE DATE: 1976

**AVAILABLE FROM: National Association for Human Development
1750-Pennsylvania Avenue, N.W.
Washington, DC 20006**

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

**PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise -- fitness standards,
fitness readiness, health cost/benefits**

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 14

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet contains an exercise sequence for people over 60. Step-by-step instructions, photographs, and the proper procedure to follow during exercise periods make this a handy guide for senior citizens who wish to begin a physical fitness routine. The exercises are simple yet beneficial.

Document #11

**Be Choosy: Pick a Lifestyle That
Really Works for You**

By

Canadian Information Directorate, Health and Welfare

PUBLISHER: Bureau of Health Promotion and Protection, Utah State
Department of Health

REFERENCE NO.: DHEW Publication No. (PHS) 79-50096

AVAILABLE FROM: Bureau of Health Promotion and Protection
Utah State Dept. of Health
P.O. Box 2500
Salt Lake City, Utah 84110
(801) 533-6120

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - obesity, cholesterol;
Stress, Physical Fitness/Exercise

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 - presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This attractive fold-out gives clear, simple recommendations for developing health habits to prolong life. The back of the fold-out is called a "life-style profile," the purpose of which is a checklist and reminder to readers who are interested in reforming for the better. The topics covered are stress, smoking, use of drugs and alcohol, driving and recreation safety, exercise and recreation habits, and attitudes toward preventive medicine and personal health habits.

Document #12

Be Wise: Choose a Healthy Lifestyle!
12 Preventive Measures for a Longer Life

PUBLISHER: Bureau of Health Promotion and Risk Reduction, Utah State
Department of Health

AVAILABLE FROM: Bureau of Health Promotion and Risk Reduction
Utah State Department of Health
150 W. North Temple, Room 474
Salt Lake City, UT 84103

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol,
abuse; Nutrition - cholesterol; Physical Fitness Exercise - fitness
standards

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 6

Comprehensiveness rating: 1 = presents minimal information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure lists twelve measures for prolonging life. While many of the measures are commonly known, the abbreviated format makes the brochure a handy health propaganda device. It can be posted on a kitchen or school bulletin board, a bathroom or vanity mirror, or other conspicuous places.

Document #13

Better Health in Later Years

By

Theodore Irwin

PUBLISHER: Public Affairs Committee, Inc.

REFERENCE NO.: 446

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: \$.50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/Exercise
- fitness standards, fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding.)

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Problems associated with aging are discussed in this pamphlet. It gives suggestions for better physical and mental health, such as developing a physical activity program satisfying the special nutritional and appetite needs of the aged, maintaining healthy mental attitudes, preventing accidents and illness. Among the common complaints addressed are vision problems, insomnia, coping with the weather, dental problems, and senility.

**Beyond Diet ... Exercise Your Way to
Fitness and Heart Health**

By

Lenore R. Zohman, M.D.

PUBLISHER: Mazola Corn Oil, CPC International, Inc.

REFERENCE NO.: 1974, 1979; 5724-81-38D

AVAILABLE FROM: Best Foods Nutrition Information Service
Box 307
Coventry, CT 06238

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All A Inc.

CONTENT AREA: Nutrition - general, cholesterol; Physical Fitness/Exercise -
fitness standards, cardiovascular system, blood pressure.

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet prescribes regular, planned exercise as a means of maintaining cardiovascular health. It provides the details of a sensible fitness routine. A useful section on possible dangers of embarking on a fitness program informs readers who are at risk of heart attack of what to do before embarking on a program of fitness and how to tell whether they are abusing, rather than strengthening, the heart.

Document #15

Bicycle Safety

PUBLISHER: AETNA

REFERENCE NO.: AA-2055-A

AVAILABLE FROM: AETNA Life and Casualty
151 Farmington Avenue
Hartford, CT 06115

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, 18 years or less; Children/Adolescents

PHYSICAL FITNESS CONTENT AREA: Bicycle Health

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 8

Comprehensiveness rating: 1 - presents minimal information.

No specific recommendations, improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure provides basic, clearly written information on bicycle selection, maintenance, and safety. It also contains a simple quiz about bicycle safety rules with answers on the reverse side.

Document #16

Bicycling for Everyone
By
Office of Public Affairs
U.S. Department of Transportation

PUBLISHER: Office of the Secretary, U.S. Department of Transportation

REFERENCE NO.: 0-550-719

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: \$1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost
benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet promotes bicycling as a useful and versatile way to maintain physical fitness. It gives instructions for bicycling safety and for preventing bicycle theft. Additionally, it promotes bicycling as a form of recreation and transportation that is not harmful to the environment. Attractive photographs illustrate important instructions and suggest that people of all ages and backgrounds can benefit from bicycling.

Document #177

A Boy and His Physique

By

Walter H. Gregg, Ed.D.

PUBLISHER: National Dairy Council

REFERENCE NO.: B 010

AVAILABLE FROM: Local Dairy Council

TYPE OF MATERIAL: Brochure

INTENDED READERS: Males, 18 years or less; Children/Adolescents

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 9

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is directed toward adolescent males and stresses proper eating habits. It includes a discussion of calorie counting as a means of either building body weight or losing excess pounds. Height-weight and caloric value charts are included. Exercise is discussed in some detail as a means of improving coordination and strength. A self-test of muscular performance is included, and subsequent discussion links exercise and good nutrition to overall good health.

Document #18

Building a Healthier Company

PUBLISHER: Blue Cross/Blue Shield with PCPFS and AAFDBI

AVAILABLE FROM: President's Council on Physical Fitness and Sports
400 6th Street, S.W.
Suite.3030
Washington, DC 20201

COST: Single Copy \$1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults (company managers)

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol;
Nutrition - obesity; Physical Fitness/Exercise, - health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet, produced by Blue Cross/Blue Shield, is addressed to company executives who want to improve employee health. It explains why management should have an interest in employee fitness, i.e., why it is a cost-effective measure, and describes how a company should go about establishing such a program. Also presented are mini-case studies outlining what some large companies have done to promote employee fitness.

Document #19

Cardioenergetics

PUBLISHER: University of the State of New York

DATE OF PUBLICATION: 1979

AVAILABLE FROM: University of the State of New York
State Education Department
Bureau of General Education Curriculum Development
Albany, NY 12234

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol;
Nutrition - general; Stress; Physical Fitness/Exercise - fitness standards,
fitness readiness, health cost/benefits, cardiovascular system, blood
pressure.

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 15

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size boldness) is easy to read throughout.

This booklet is a curriculum and guide to teaching physical fitness and cardiovascular disease prevention. It can be used by teachers in disciplines other than physical education. The learning experiences it suggests can take place in gyms, athletic fields, and the like, as well as in a number of settings not traditionally used in physical education. The cross-disciplinary approach to fitness should stimulate even the sedentary or intellectually oriented student.

Document #20

Cellulite: Hard to Budge Pudge

By

Louise Fenner

PUBLISHER: DHHS - Public Health Service

REFERENCE NO.: FDA 80-1078

**AVAILABLE FROM: Public Documents Distribution Center
Pueblo, CO 81009**

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Females, Parents, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Nutrition - obesity; Physical Fitness/Exercise - fitness standards

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further exploration. ✓

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding.)

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Reprinted from EDA Consumer (May 1980), this publication discusses cellulite. It defines cellulite as, not an extraordinary condition, but a feminine manifestation of fat. A general discussion about the myths of sport reducing and cellulite treatments informs the reader who otherwise might be misled by cellulite and spot-fat-removal advertisements.

Document #21

**Children and Youth in Action:
Physical Activities and Sports**

PUBLISHER: U.S. Department of Health and Human Services

AVAILABLE FROM: DHHS #80-30182

U.S. Department of Health and Human Services
Office of Human Development Services
Administration for Children, Youth and Families

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Document #22

A Conversation with Helen C. Spear on Stress

PUBLISHER: Hogg Foundation for Mental Health

REFERENCE NO.: 1981

AVAILABLE FROM: Hogg Foundation for Mental Health
The University of Texas
Austin, TX 78712

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Stress - coping mechanisms

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure briefly examines stress. It suggests a number of practical stress management techniques. It also strives to dispel three common myths about the sources of stress and tension. Readers interested in improving the quality of their emotional and physical lives will find this discussion stimulating and useful.

Document #23

Coronary Heart Disease:
Risk Factors and the Diet Debate

By

Laurence M. Hursh, M.D.

PUBLISHER: National Dairy Council

REFERENCE NO.: B083

AVAILABLE FROM: Local Dairy Council

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - general, obesity, cholesterol; Stress - general; Physical Fitness/Exercise - cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 14

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is primarily a discussion of coronary heart disease - its symptoms, its causes, and methods of prevention. Specific risk factors such as smoking, obesity, stress, diet, sedentary lifestyle, heredity and blood pressure are noted and their relationship to coronary disease is discussed. Much space is devoted to the relationship between diet and cholesterol intake and heart disease. Exercise is described in passing as a method of offsetting arterial deterioration.

Document #25

Diabetic Athlete

By

American Medical Association

PUBLISHER: American Medical Association

REFERENCE NO.: OP-084

AVAILABLE FROM: Order Department, OP-084
American Medical Association
P.O. Box 821
Monroe, WI 53566

COST: Single copy \$1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes; All Ages

PHYSICAL FITNESS CONTENT AREA: Stress: diabetes

DESCRIPTION :

Material presents a great deal of information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further explanation.

Readability level: 10

Comprehensiveness rating: 3 = presents extremely detailed information.

A great deal of specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure, written primarily for the young athlete and for those who share the responsibility for management of the disorder (i.e., family, coaches, etc.), provides current scientific information about the effect of exercise on diabetic patient. It reemphasizes the value of exercise in diabetes treatment and informs the reader of safeguards during active sports participation or during exercise by persons with diabetes. Hypoglycemia--its symptoms, prevention and treatment regimes--is discussed. Also a caloric equivalent of physical exercise chart is provided.

Document #26

Do It for Your Heart Exercise Diary

PUBLISHER: Chicago Heart Association

REFERENCE NO.: 99-7061-B

AVAILABLE FROM: Chicago Heart Association
20 North Wacker Drive
Chicago, IL 60606

COST: Single copy \$.50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
fitness readiness, health cost/benefits

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 - presents an adequate amount of information
(i.e., enough for basic understanding).

Some specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is more than just a diary or record of exercise. It also contains fitness readiness measures and physical indications of fitness and over-exertion. It provides information for readers to determine whether they are at high risk of heart attack and whether they should consult a physician before embarking on a fitness program. Such a diary is a motivational tool for beginning an individual fitness program.

Document #27

Do You Know How Much You Should Weigh?

PUBLISHER: Pacific Mutual Life Insurance Company

REFERENCE NO.: 11489

AVAILABLE FROM: Pacific Mutual
700 Newport Center Drive
Box 9000
Newport Beach, CA 92660

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity; Physical Fitness/Exercise - fitness standards.

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure promotes exercise as a means of weight control. It also provides a table of suitable weight for adults of varying ages and heights. It uses research statistics to support the contention that long life expectancy is positively related to having weight ten per cent below the natural average.

Dynamic Fitness

PUBLISHER: Action for Independent Maturity

REFERENCE NO: 1978 AIM/Cb1502 (779) 75M

AVAILABLE FROM: Action for Independent Maturity
Public Affairs
1909 K Street, N.W.
Washington, DC 200049

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol, controlled substances; Nutrition - general, obesity, cholesterol; Stress - general; Physical Fitness/Exercise - cardiovascular system.

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet discusses total fitness for adults, particularly those middle-aged and over. The major health issues - stress, drug abuse, disease, the degenerative effects of the aging process, sexuality, nutrition - are all touched upon. The booklet suggests that exercise, good personal health habits, and good nutrition not only prolong life but also improve the quality of life. The text is accompanied by several attractive charts, tables, checklists, and the like.

Document #29

"E" Is for Exercise

By

William Haskell, Ph.D. and

Jere Mitchell, M.D.

PUBLISHER: American Heart Association

REFERENCE DATE: 1977

AVAILABLE FROM: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system.

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This American Heart Association flyer provides common-sense, useful suggestions for starting an individual program of physical fitness. An explanation of how to exercise to minimize probability of injury is followed by an explanation of normal variation in interest concerning one's exercise program. The exercise checklist provides the reader with a succinct method of maintaining his or her program on a regular and sensible basis.

Eating and Your Heart ... A Program for Change!

By

**Cooperative Extension Service,
U.S. Department of Agriculture**

PUBLISHER: Cooperative Extension Service, U.S. Department of Agriculture

**AVAILABLE FROM: Cooperative Extension Service
U.S. Department of Agriculture
Colorado State University
Fort Collins, CO 805231**

COST: Single copy \$.40

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness Exercise - cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 7

Comprehensiveness rating: 1 = presents minimal information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure simply and succinctly lists the basic hazards to cardiovascular health. It briefly describes the Colorado Healthy Heart Program's series of workshops called "Eating and Your Heart."

Document #31

Exercise — Activity for People Over 60

By

National Association for Human Development

PUBLISHER: National Association for Human Development

REFERENCE DATE: 1977

AVAILABLE FROM: National Association for Human Development
1750 Pennsylvania Avenue, N.W.
Washington, DC 20006

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness readiness,
health cost/benefits

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet is designed for the older person who wishes to maintain his or her current level of physical fitness. It provides directions for and step-by-step photographs of simple but useful exercises for the senior citizen who needs an easy series of exercises for developing flexibility.

Document #32

Exercise and Weight Control

PUBLISHER: President's Council on Physical Fitness and Sports

REFERENCE NO: S/N 040-000-00371-1

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: Single copy \$1.25

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is primarily about exercise as a means to control obesity. It describes energy expenditure for different types of exercises and stresses that excess weight is more easily lost through exercise than through dieting alone. There is a section devoted to debunking weight control fallacies such as the old myth that exercise is worthless because it increases appetite. There is also a section on "exercise and modern living" which explains the special exercise needs of people with sedentary jobs and severe time constraints. The booklet provides suggestions for beginning and maintaining a regular, varied program of lifelong exercise.

Document #33

Exercise and Your Heart

PUBLISHER: National Institutes of Health

REFERENCE NO: 81-16-77

AVAILABLE FROM: Information Office
National Heart, Lung, and Blood Institute
9000 Rockville Pike
Bethesda, MD 20205

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - cholesterol; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This very informative booklet describes the health costs and benefits of exercise, particularly the advantages exercise has on the cardiovascular system. Myths about exercise are dispelled, and tips on how to begin and maintain an appropriate fitness program are given. Also provided are suggestions for warming up, attire, maintaining motivation, and avoiding injury. The booklet includes a sample jogging program for a 16-week period.

Exercise for the Elderly

By

David K. Leslie, Ph.D. and

John W. McLure, Ph.D.

PUBLISHER: University of Iowa

REFERENCE DATE: 1975

**AVAILABLE FROM: Dr. David K. Leslie
TELETOES, Room 205
Field House
University of Iowa
Iowa City, IA 52242**

COST: Single copy \$2.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

**PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
fitness readiness, health cost/benefits.**

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This extremely complete booklet provides an exercise guide for senior citizens. It describes the TELETOES program developed by the University of Iowa. The program is designed to support and encourage physical fitness among the elderly. There are sections on the need for exercise, its benefits, motivation, medical concerns, attire and equipment, and leadership. Each exercise is illustrated and accompanied by a textual description and explanation of its benefits. Emphasis is placed on carefully supervised programs which increase gradually to build strength and flexibility. A self-evaluation questionnaire and progress chart are included, as is an annotated bibliography.

Exercise Your Right to Live

By

Dr. Robert Kerlan and Dr. Frank Jobe

PUBLISHER: National Athletic Health Institute, Inc.
Occidental Life Insurance Company of California

REFERENCE DATE: 1979

AVAILABLE FROM: Occidental Life Insurance Company of California
Advertising Department
Box 2102
Terminal Annex
Los Angeles, CA 90051

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/
Exercise - fitness standards, fitness readiness, health cost/benefits,
cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is a guide to basic conditioning exercise. Twenty-six types of exercises are described and illustrated. The exercises are broken down into four fundamental categories: conditioning, flexibility endurance, and strength. Each category is introduced by a brief explanation of the benefits of that particular type of exercise. Also included are a chart of comparative energy (calorie) expenditures, a guide to proper attire, shoes, level of exercise and general health. A chart is provided for the reader to keep track of his exercise activities, body weight, and measurements.

Exercises for Office Workers

PUBLISHER: Illinois Governor's Council on Health and Fitness

AVAILABLE FROM: Illinois Governor's Council on Health and Fitness
535 West Jefferson
Springfield, IL 62706

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/
benefits, cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Readability Level: 10

Material provides no references or resources for further exploration.

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brief pamphlet describes the special health hazards to which sedentary desk jobs can lead, and presents a series of exercises which can be done in the office to alleviate stiffness. Included are basic stretching and limbering exercises as well as several aerobic-type exercises which can be fit into a busy schedule.

Document #37

Feel Better

By

Eddie Miller et al.

PUBLISHER: Blue Cross/Blue Shield

REFERENCE DATE: 1980

AVAILABLE FROM: Local Blue Cross/Blue Shield Plan

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents/Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet sets out to inform the reader about the common health-threatening habits prevalent in American society. It provides convincing, though few, statistics to strengthen its thesis that most Americans have to think more and do more to improve their health habits. It provides a number of helpful suggestions for behavioral change.

Document #38

Fire Service Physical Fitness Programs

By

International Association of

Fire Chiefs Foundation

PUBLISHER: U.S. Department of Commerce

REFERENCE NO.: 003-000-00538-1

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: \$2.20

TYPE OF MATERIAL: Brochure

INTENDED READERS: Males, Adults

PHYSICAL FITNESS CONTENT AREA: Nutrition - cholesterol; Stress - general;
Physical Fitness/Exercise - fitness standards, fitness readiness, health
cost/benefits, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 15

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet provides the results of a study of fire fighters fitness programs. It also makes specific recommendations for adopting or developing fitness programs for fire fighters. Fitness tests, evaluation materials, and descriptions of several existing fire fighters fitness programs increase the usefulness of the publication.

Fit For Fun
By
American Medical Association

PUBLISHER: American Medical Association

REFERENCE NO.: OP-249

AVAILABLE FROM: Order Department, OP-249
American Medical Association
P.O. Box 821
Monroe, WI 53566

COST: Single copy \$1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: 18 years or less Children/Adolescents; Both Sexes; Parents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise: fitness standards

DESCRIPTION:

Material presents some factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further explanation.

Readability level: 5

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding)

A great deal of specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Directed to children from 6-9 years, this booklet is designed for usage by parents and educators, to interest the child in fitness and to encourage the use of active recreation, exercise and sports as a part of daily living through adulthood. The typography, language, and cartoon characters create and hold the child's interest throughout the pamphlet. The exercise topics are associated with animals, objects, and familiar activities (games/persons) of children to depict excitement and fun.

Fit for Life

PUBLISHER: Kellogg Company/President's Council on Physical Fitness and Sports

AVAILABLE FROM: Division of Health Education
State Department of Health
Bismark, N.D.

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents/Adults

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brief pamphlet is subtitled "A Plan Combining Food and Sensible Exercise," which accurately describes its content. The four major food groups are described and incorporated into a suggested meal plan for fitness. Exercises such as jogging, cycling, and swimming are discussed, along with proper attire and suggestions for how to plan and implement a good program for personal fitness. Also discussed is interval training, which encourages warm-up and cool-down periods, as wise exercise procedure for both seasoned athletes and people just beginning a fitness regimen. This pamphlet also presents the requirements for the Presidential Sports Awards.

Document #41

Fitness and Work Capacity

By

Brian J. Sharkey

PUBLISHER: Forest Service, U.S. Department of Agriculture

REFERENCE NO.: 001-001-00426-0

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: \$2.20

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Stress; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet contains a great deal of information designed to increase physical fitness levels. It has any number of goal-measuring tables, fitness charts, and exercise programs for people interested in participating in a program of physical fitness. Specific exercises are illustrated and their benefits explained. The pamphlet provides a great deal of information on program exercise techniques and on safely upgrading one's level of fitness.

Document #42

**The Fitness Challenge ... in the Later Years
An Exercise Program for Older Americans**

By

**The President's Council on Physical Fitness
and Sports and
The Administration on Aging**

PUBLISHER: U.S. Administration on Aging

REFERENCE DATE: 1981

**AVAILABLE FROM: Library of Statutory Distribution Service
Department #76
Washington, DC 20401**

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

**PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - general, obesity;
Physical Fitness/Exercise - fitness standards, fitness readiness, health
cost/benefits**

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides a great deal of references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet uses simple illustrations and diagrams in advocating physical fitness for senior citizens. It provides physical conditioning programs of three levels of difficulty. It also gives directions for and illustrations of simple, enjoyable exercises that can be easily performed by aged individuals. A progress chart and special tips for arthritis help make this an extremely useful publication.

Document #43

The Fitness Connection
By
Best Foods, CPC International

PUBLISHER: Best Foods, CPC International

AVAILABLE FROM: The Fitness Connection
Department of FC-X, Box 207
Coventry, CT 06238

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity.

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 3 = presents extremely detailed information.

Copy type (size, boldness) is easy to read throughout.

A companion to "Shaping Up for the Long Run," this pamphlet provides a few simple guidelines for healthful cooking and eating. It also provides twelve basic recipes for the individual who wishes to use the most nutritious food preparation techniques currently available. Hints on physical fitness are interspersed among the recipes.

Document #44

Fitness Focus: A Nutrition and Physical Fitness Unit

PUBLISHER: Kellogg Company

REFERENCE NO: 0998-9-2509, 1979

AVAILABLE FROM: Kellogg Company
Public Affairs Department
235 Porter Street
Battle Creek, MI 49016

COST: Single copy \$2.50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, 18 years or less; Children/Adolescents,
Adults

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/
Exercise - fitness standards, fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This publication is a curriculum package for the teaching of physical fitness theory to school-aged children. A poster, audio-visual materials, tests, and a plan of activities and methods are provided for teaching the program. The program is designed to heuristically motivate students to participate in fitness activities through their adult years.

Document #45

**Fitness in the Workplace:
A Handbook on Employee Programs**

PUBLISHER: Phillips Petroleum Co, and PCPFS

AVAILABLE FROM: President's Council on Physical Fitness and Sports
400 6th Street, S.W., Suite 3030
Washington, DC 20201

COST: Single copy \$1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults/Managers

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet describes the growing trend of employee fitness programs sponsored in whole or in part by the employer. The pamphlet attributes declining levels of adult fitness to the nature of sedentary work, and stresses the cost-benefit to employers of having a healthier workforce. Financial losses related to absenteeism, illness, and premature death are illustrated in a way which emphasizes that employee fitness programs are actually a cost-saving measure. Also listed are the essential features of a successful employee fitness program and suggestions for companies interested in implementing such a program.

Food and Fitness

PUBLISHER: Blue Cross/Blue Shield

REFERENCE NO: Volume XXIV

AVAILABLE FROM: Local Blue Cross/Blue Shield Plan

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/
Exercise - health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This colorful, attractively designed pamphlet uses a magazine format to discuss nutrition, exercise, and related areas of interest such as food fads, shopping economically, dieting for permanent weight control, and the relation between diet and physical fitness. The articles are interestingly written and are accompanied by attractive color photographs. The content is substantial and is reinforced by helpful tables and charts and by helpful suggestions for developing good nutritional habits.

Document #47

Foot Owner's Manual; A Guide to Good Foot Care

By

Nancy Raines Day and

Arthur C. Sciaroni, M.D., Consultant

PUBLISHER: PAS Publishing

AVAILABLE FROM: PAS Publishing
345-G Serramonte Plaza
Daly City, CA 94015

COST: Single copy \$.75

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages, 18 years or less, Children/
Adolescents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 8

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This is an excellent guide to the care of the foot. Numerous illustrations, many of them entertaining as well as instructive, contribute to the clearly written text. The pamphlet describes the normal and the abnormal development of the foot, from infancy to adulthood. It presents specific recommendations for preventing or recovering from foot problems. It provides numerous tips for the athlete, the amateur runner or jogger, the parent, and practically anyone with potential foot problems.

Document #48

Four Keys to a Healthy Heart

By

Alton Blakeslee and Jeremiah Stamler, M.D.

PUBLISHER: Best Foods, CPC International, Inc.

REFERENCE DATE: 1976

AVAILABLE FROM: Best Foods Nutrition Information Service
Box 307
Coventry, CT 06238

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - obesity, cholesterol;
Stress; Physical Fitness/Exercise - cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet first builds a case for moderate lifestyle as a basis of heart health. It uses statistical evidence to discourage cigarette smoking, high cholesterol intake, sedentary lifestyle, overeating, and mismanagement of stress. It provides concrete suggestions for diet and exercise management but provides only warnings in the areas of stress management and cigarette smoking.

Document #49

A Girl and Her Figure

By

Ruth M. Leverton, Ph.D.

PUBLISHER: National Dairy Council

REFERENCE NO: B087

AVAILABLE FROM: Local Dairy Council

TYPE OF MATERIAL: Brochure

INTENDED READERS: Families, Children/Adolescents, 18 years or less

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity; Physical Fitness/Exercise - fitness standards

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is directed toward adolescent females and emphasizes proper eating habits. It includes extensive discussion of calories - how they are ingested and how they can be expended. Height-weight charts and calorie charts figure prominently, as do descriptions of the four food groups and vitamins. Good nutritional habits are the primary focus; exercise is presented mainly as a means to shed extra calories, develop grace, and maintain one's figure.

Document #50

**Go! Go! Go! Go! - An Exercise
Program for Healthy People**

PUBLISHER: Chicago Heart Association

REFERENCE NO.: 99-7061

AVAILABLE FROM: Chicago Heart Association
20 North Wacker Drive
Chicago, IL 60606

COST: Single copy \$.50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/
benefits, cardiovascular system

DESCRIPTION:

Material presents a great deal of factual information.
Factual material is up to date relative to other materials on the subject.
Material provides no references or resources for further exploration.
Readability level: 12
Comprehensiveness rating: 3 = presents extremely detailed information.
Numerous specific recommendations to improve health are included.
Copy type (size, boldness) is easy to read throughout.

This booklet provides exercise instruction using the approach of exercising in four stages. The exercises are clearly illustrated and described. Unlike most pamphlets on the subject of fitness, it includes sports activities such as swimming, running, and sports in the daily program. The approach is realistic and innovative enough to interest the person who has previously been unsuccessful in continuing a program of individual fitness.

Document #51

Go Junior Fitness Program

PUBLISHER: Chicago Heart Association

REFERENCE DATE: 1979

AVAILABLE FROM: Chicago Heart Association
20 North Wacker Drive
Chicago, IL 60606

COST: Single copy \$1.25

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, 18 years or less, Children/Adolescents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness Exercise - fitness standards, fitness readiness, health cost/benefits.

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 8

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet is designed to interest preadolescents and adolescents in embarking on a sensible, healthful program of physical fitness. It explains the rationale of getting and staying fit. It also has a number of entertaining and instructive illustrations. The exercises are varied enough to maintain the young reader's interest. The accompanying self-assessment games and charts reinforce the information and put the idea of exercise in a positive, recreational light.

Document #52

Good Health - Exercise/Nutrition

PUBLISHER: Illinois Governor's Council on Health and Fitness

AVAILABLE FROM: Illinois Governor's Council on Health and Fitness
535 West Jefferson
Springfield, IL 62706

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/
Exercise - health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brief pamphlet has two major sections on nutrition and exercise. In the first, each of the four major groups is described as well as the food components of carbohydrates, fats, proteins, etc. In the second section, there are tips on basic exercise and an explanation of calories expended in various activities. The pamphlet also includes a question and answer section designed to dispel some common misconceptions about exercise.

Document #53

Good Health - The Rules of the Game

PUBLISHER: Johns Hopkins University

REFERENCE DATE: 1977

AVAILABLE FROM: Maryland State Department of Health and Mental Hygiene
201 W. Preston Street
Baltimore, MD 21201

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs; Nutrition;
Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This attractive fold-out gives the basic rules of good health. Not only are the rules simply stated but the suggestions are highly practical. Suggestions for alcohol and smoking control are particularly impressive. A progress chart is also provided for keeping track of one's health habits for the first month.

Document #54

Guide to Prescribing Exercise Programs

PUBLISHER: American Medical Association

REFERENCE NO: OP-447

AVAILABLE FROM: Order Department OP-447
AMA
535 North Dearborn Street
Chicago, IL 60610

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercises - fitness standards

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet is designed to help physicians properly evaluate the fitness levels and physical activity requirements of their patients. Guidelines for "apparently healthy" patients differ from those for patients with problems. The pamphlet also describes the correct administering and scoring of several standard fitness tests. Examples of exercises to benefit varying physical needs are illustrated and briefly analyzed for harmful and beneficial effects.

Document #55

Guidelines to Good Health

PUBLISHER: Kraft, Inc.

REFERENCE NO: A9-1161, 1979

AVAILABLE FROM: Kraft, Inc.

Consumer Affairs Department
Chicago, IL 60690

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity/weight control;
Physical Fitness/Exercise - fitness readiness, health cost/benefits, cardio-vascular system

DESCRIPTION:

Material presents a great deal of factual information,
Factual material is up to date relative to other materials on the subject.
Material provides numerous references or resources for further exploration.
Readability level: 12
Comprehensiveness rating: 3 = presents extremely detailed information.
Numerous specific recommendations to improve health are included.
Copy type (size, boldness) is easy to read throughout.

This publication focuses on nutritional needs during different stages of life. In addition to its heavy concentration on nutrition, it provides rules of good health. It provides very specific guidelines for keeping physically fit and supplies convincing data in support of maintaining an ongoing program of physical fitness:

Document #56

H.E.L.P.

PUBLISHER: Health Evaluation and Longevity Planning Foundation

REFERENCE NO.: Information Packet

AVAILABLE FROM: H.E.L.P. Foundation
7300 4th Street, Suite 203
Scottsdale, AZ 85251

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This information packet explains the health evaluation program of H.E.L.P. and contains sample survey and health evaluation materials. This program is designed for organizations that wish to determine the level of health risk of their employees. It uses a series of questionnaires and tests to project longevity and particular areas of health risk for employees (and possibly their families) without betraying the privacy of participants.

Document #57

Health Education Center.

PUBLISHER: Blue Cross/Blue Shield of Greater New York

AVAILABLE FROM: Blue Cross/Blue Shield of Greater New York
3 Park Avenue
New York, NY 10016

COST: Single copy free /

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet contains information developed by Blue Cross/Blue Shield's Health Education Center. A description of workshops and health promotion programs is included. The packet also contains brochures on a number of health topics.

Document #58

Health Hazard Appraisal - Clues
for a Healthier Lifestyle

By

Lydia Ratcliff

PUBLISHER: Public Affairs Pamphlets

REFERENCE NO.: 1978/ PA Pamphlet No 558

AVAILABLE FROM: Public Affairs Committee
381 Park Avenue South
New York, NY 10016

COST: Single copy \$.50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise -- fitness standards

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This useful pamphlet provides statistical evidence for living a healthier lifestyle to prolong life. In addition to making specific health recommendations, it includes a "health hazard appraisal" test which is easily self-administered. Such a test, backed up by the information in the pamphlet could motivate the interested reader to change his or her habits for the better.

Document #59

Health Style: A Self-Test

PUBLISHER: U.S. HHS, Public Health Service

REFERENCE NO.: (PHS) 81-50155

AVAILABLE FROM: Health Style
Box 47
Washington, DC 20044

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents/Adults

PHYSICAL FITNESS CONTENT AREA: Alcohol and Other Drugs - alcohol, illicit drugs; Nutrition - general; Stress - general; Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet contains a self-test to measure overall health. Aspects tested are alcohol and drugs, smoking, eating habits, exercise/fitness, stress control, and safety. Following the test is an explanation of scoring which indicates how healthy the test-taker is. Suggestions to improve one's score include eliminating cigarettes, or switching to a "low-tar" brand, exercising regularly, eating sensibly, and so forth. The test is to be used as a self-assessment to make the test-taker aware of his danger zones. The booklet suggests attacking these danger zones one at a time in an effort to improve overall health.

Document #60

Health Works - It's Up to You

PUBLISHER: Blue Cross/Blue Shield

REFERENCE NO: 2138.000-N281

AVAILABLE FROM: Local Blue Cross/Blue Shield Plan

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Texas, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs; Nutrition - general, obesity; Stress - general; Physical Fitness/Exercise - health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure provides a simplistic argument and practical suggestions for developing a healthful, moderate lifestyle. It advocates exercise, stress management, and avoidance of tobacco. It gives detailed instruction in daily dental hygiene and makes constructive suggestions about improving eating and alcohol consumption habits.

Document #61

Healthy Approach to Slimming
By
American Medical Association

PUBLISHER: American Medical Association

REFERENCE NO.: OP-003

AVAILABLE FROM: Order Department, OP-003
American Medical Association
P.O. Box 821
Monroe, WI 53566

COST: Single Copy \$1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents, Senior Citizens, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise: fitness standards;
Nutrition: obesity

DESCRIPTION :

Material presents a great deal of information.

Factual material is up-to-date relative to other materials on the subject.

Material provides a great deal of references or resources for further explanation.

Readability level: 8

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

No specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure, targeted to adults, presents a general discussion of weight and health consciousness. Charts depicting suggested weights for heights, prevalence of obesity in men and women, caloric expenditures relative to physical activity, caloric intake per food groups, the 1600 and 1200 caloric diets, are also presented. Discussions related to reducing salons/health clubs, protein supplements, drugs, diet clubs and behavior modification are included.

Document #62

The Heart and Lungs at Work: Primer
of Exercise Physiology

By

Jack Wilmore, Ph.D. and Allen Norton, Ph.D.

PUBLISHER: Beckman Instruments, Inc.

REFERENCE NO.: EID 76001-979-5AE

AVAILABLE FROM: Beckman Instruments, Inc.
Electronic Instruments Division
3900 River Road
Schiller Park, IL 60176

COST: Single copy \$3.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents/Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 15

Comprehensiveness rating: 3 - presents extremely detailed information.

No specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This very technical booklet describes the body's cardiovascular and respiratory responses to exercises and illustrates how these responses can be measured. It provides formulas to measure oxygen consumption, gas exchange, metabolic adaptations to exercise, cardiac output, etc. The booklet also includes a section on modes of exercise testing, such as cycle ergometers, treadmills, and step tests, as well as exercise test protocols. Various automated systems approaches and computer analyses currently used to perform sophisticated physiological measurements are described and illustrated.

Help Yourself

PUBLISHER: Blue Cross/Blue Shield

REFERENCE NO.: Volume XXVII, Number 1

AVAILABLE FROM: Blue Cross/Blue Shield
Communications Department
676 St. Clair
Chicago, IL 60611

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - general, cholesterol;
Stress - general, headaches, depression, coping mechanisms; Physical Fitness/Exercise - fitness standards, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is an attractive, magazine-formatted publication on major fitness and lifestyle issues. The topics of cancer cause and prevention, fitness standards, preventive medicine, and moderate lifestyles are treated in an interesting, journalistic fashion. Stress, nutrition, obesity, and the above-mentioned topics are discussed authoritatively and are generally accompanied by useful suggestions for developing good health habits.

Document #64

High Blood Pressure

PUBLISHER: National Institutes of Health

REFERENCE NO.: 81-1800

AVAILABLE FROM: Information Office
National Heart, Lung, and Blood Institute
9000 Rockville Pike
Bethesda, MD 20205

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol; Nutrition - general, obesity, cholesterol; Physical Fitness/Exercise - health cost/benefits, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet is a good basic source of information on high blood pressure. It describes what blood pressure is, how it is measured, and how it affects one's health. Risk factors such as smoking and cholesterol, which add to the chances of coronary disease, are listed and explained. There is a section on the causes of hypertension and types of therapy. Physical fitness and exercise are discussed as methods of reducing hypertension.

Hocus-Rocus as Applied to Arthritis

By

Annabel Hecht

PUBLISHER: DHHS - Public Health Service

REFERENCE NO.: (FDA) 81-1080

**AVAILABLE FROM: U.S. Government Printing Office or
Public Document Distribution Center
Pueblo, CO 81009**

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Stress - coping mechanisms

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 15

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet discusses the nature of arthritis, current treatment programs, and remedies (including drugs). The role of the FDA in preventing and alerting the public to quack treatments is also discussed. Following a general description of the many illnesses subsumed under arthritis is a table listing current FDA-approved therapies for arthritis.

Document #66

**How Different Sports Rate in
Promoting Physical Fitness**

By

C. Carson Conrad

PUBLISHER: Medical Times

AVAILABLE FROM: Medical Times
80 Shore Road
Port Washington, NY 11050

COST: Single copy \$.50

TYPE OF MATERIAL: Newspaper article

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
fitness readiness, health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This article presents the physical fitness benefits of a number of common recreational and sports activities. It gives the fitness-benefit ratings of seven sports medicine specialists. The seven physicians rate jogging, bicycling, swimming, skating, handball/squash, skiing, basketball, tennis, calisthenics, walking, golf, softball, and bowling. They each emphasize how to participate in these activities for maximum benefit.

Document #67

How to Cope with Arthritis

PUBLISHER: USDHEW — Public Health Service

REFERENCE NO.: 79-1092

AVAILABLE FROM: Public Documents Distribution Center
Pueblo, CO 81009

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Stress - coping mechanisms; Physical
Fitness/Exercise - health cost/benefits

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides some references or resources for further explanation.

Readability level: 14

Comprehensiveness rating: 2 = presents an adequate amount of information
(enough for basic understanding)

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

The many different forms of arthritis are explained in this pamphlet. It surveys current arthritis research and treatments. In addition, misconceptions about arthritis and "quack" treatments for arthritis are warned against. The pamphlet stresses the importance of appropriate diet, exercise, and medical supervision in coping with arthritis.

How to Shape Up ... And Keep in Shape ...

PUBLISHER: State of Florida, Department of Citrus

REFERENCE NO.: 1980, BB-90-1

AVAILABLE FROM: Department of Citrus
State of Florida
Florida Citrus Commission
Lakeland, FL 33802

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Males, 18 years or less; Children/Adolescents

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/
Exercise - fitness standards, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 9

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is directed at adolescent males who are interested in getting in shape in order to participate in sports. General nutrition information is provided together with a rationale for physical fitness. Primarily, the booklet outlines a general fitness program. It contains an attractive chart that illustrates, describes, and provides rating standards for a number of basic exercises. Tips on skin and hair care, and an attempt to discredit the crash diet and health food fad industries render this an all-around useful source of information for young men.

Document #69

How to Stop Smoking

PUBLISHER: Channing L. Bete Co., Inc.

REFERENCE NO.: 1981, 1241A-4-81

AVAILABLE FROM: Channing L. Bete Co., Inc.
South Deerfield, MA 01373
(800) 628-7733

COST: Single copy \$.39

TYPE OF MATERIAL: Brochure

INTENDED READERS: Adults

PHYSICAL FITNESS CONTENT AREA: Smoking

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 9

Comprehensiveness rating: 3 presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet presents a clear, convincing argument for giving up smoking. It presents simple methods for quitting and techniques for maintaining will power. The quitting techniques, accompanied by entertaining illustrations, simplify a complex, difficult behavioral change.

Document #70

Implications of Title IX for Postsecondary
Physical Education and Athletic Personnel

By

Resource Center on Sex Roles in Education
(prepared for the Council of Chief State Officers)

PUBLISHER: U.S. Department of Health, Education, and Welfare, Office of
Education

REFERENCE NO.: 017-080-01925-6

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: \$2.40

TYPE OF MATERIAL: Brochure

INTENDED READERS: Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 15

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet explains the applications of Title IX of the Education Amendments of 1972, which provides for nondiscriminatory education of people regardless of sex. The booklet explains and illustrates tacit sex discrimination in curriculum design and course structure. It provides recommendations for adjusting curricula and methods of evaluating curricula for sex discrimination.

Document #71

An Introduction to Physical Fitness

PUBLISHER: PCPFS

REFERENCE NO.: DHEW (os) 79-50068

AVAILABLE FROM: President's Council on Physical Fitness and Sports
400 6th Street, S.W., Suite 3030
Washington, DC 20201

COST: Single copy \$1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure provides step-by-step guidance for the reader interested in beginning an individual fitness program. It does not assume that the reader knows the basics of properly beginning a program or even of how to correctly and safely embark on the daily exercise routine. Three levels of fitness routines are introduced and are accompanied by illustrations to ensure that the reader avoids unnecessary injury in his or her quest for fitness.

Join the Active People Over 60

PUBLISHER: Maryland Office on Aging

AVAILABLE FROM: State of Maryland
Department of Health and Mental Hygiene
201 West Preston Street
Baltimore, MD 21201

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/
benefits, cardiovascular system

DESCRIPTION:

Material presents a great deal of factual information.

Material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This large leaflet could very well be used as a wall poster. It uses a
question-and-answer format on one side to motivate senior citizens to become
physically fit. On the reverse side, it provides 12 illustrated exercises
senior citizens can perform to achieve a satisfactory level of fitness.

Document #13

The Joy of Jogging

PUBLISHER: Channing L. Bete Co., Inc.

REFERENCE NO.: 1980, 1223B-6-80

AVAILABLE FROM: Channing L. Bete Co., Inc.
South Deerfield, MA 01373
(800) 628-7733

COST: Single copy \$.39

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness readiness,
health cost/benefits

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 8

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet outlines an entire jogging program for the individual who wants to begin a fitness program based on jogging. The benefits of jogging are outlined. The proper attire and equipment, the correct procedures, and running techniques are presented here, accompanied by entertaining, informative illustrations.

Document #74

Kansas Plus Program

PUBLISHER: Kansas Department of Health and Environment

REFERENCE DATE: January, 1980

AVAILABLE FROM: Kansas Department of Health and Environment
Topoka, KS 66620

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This publication contains a teaching guide ("Leader's Manual") and numerous reprints of publications for the operation of a program of physical fitness development. The program contains plans, objectives, and information designed to educate and indoctrinate participants in the principles of fitness, recreation, and exercise. In addition to the reprints for use as hand-outs, the program contains a good number of outside references for further information.

Document #75

**Knee Owner's Manual: A Guide to the Care
and Treatment of the Problem Knee**

By

Physicians Art Service

Leland H. Johnson, M.D.

consultant

PUBLISHER: PAS Publishing

REFERENCE DATE: 1979, 1980

**AVAILABLE FROM: PAS Publishing
345-G Serramonte Plaza
Daly City, CA 94015**

COST: Single copy \$.75

INTENDED READERS: Both Sexes, Senior Citizens, All Ages

TYPE OF MATERIAL: Brochure

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet describes common knee problems and injuries. Excellent illustrations show the parts of the knee, a number of tests, and treatments for knee problems. General guidelines for preventing knee injury and for recovering from knee injuries are also provided. Amateur athletes and others can benefit from the guidelines presented here.

Knee Pain and the Runner

By

Ronald Green, D.P.M.

National Jogging Association
National Jogging Association
20 K Street, N.W.
Washington, DC 20037

free

Brochure

Both Sexes, Adults

CONTENT AREA: Physical Fitness/Exercise - fitness standards

Some factual information.

Up to date relative to other materials on the subject.

Some references or resources for further exploration.

8

Rating: 2 = presents an adequate amount of information (basic understanding).

Directions to improve health are included.

(Readability) is easy to read throughout.

Discusses a common cause of knee pain among runners, the condition known as patellofemoral pain syndrome. The causes of and treatments for the condition and more chronic forms are presented. The pamphlet also discusses preventive exercise and a simple diagram of the knee.

Document #77

Life is Movement

By

Committee on Physical Fitness of Elders

PUBLISHER: Connecticut State Department on Aging

AVAILABLE FROM: Connecticut State Department on Aging
80 Washington Street
Hartford, CT 06115

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Stress - general;
Physical Fitness/Exercise - fitness readiness, cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is a guide to beginning exercises for senior citizens. It describes simple flexibility exercises for all parts of the body, as well as cardio-respiratory exercises such as walking, dancing, and swimming. There are sections on relaxation and good nutrition. The emphasis in "Life is Movement" is on slow, gradual exercise which is designed to increase flexibility and promote general fitness among the elderly. Strenuous exercise--e.g., jogging, isometrics, weight training--are discouraged.

Document #78

Light on Your Feet

By

Jules Saltman

PUBLISHER: Public Affairs Committee, Inc.

REFERENCE NO.: 345A

AVAILABLE FROM: Public Affairs Pamphlets
4 381 Park Avenue South
New York, NY 10016

COST: \$.50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards

DESCRIPTION:

Material presents some factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding)

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Prevention of foot problems and information on foot health care professionals are the subjects of this pamphlet. Taking care of a child's feet during the growing years is an informative section, as is the one explaining special foot problems that many people do not get proper medical treatment for. The pamphlet promotes the podiatry profession and gives a quick description of the opportunities in the field.

Document #79

Living Well: An Introduction to Health
Promotion and Disease Prevention

,By
Public Health Service

PUBLISHER: U.S. Dept. of Health, Education, and Welfare, Public Health
Service

REFERENCE NO.: 017-001-0Q416-2

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: \$2.75

TYPE OF MATERIAL: Brochure

INTENDED READERS: Pregnant Females, Both Sexes, Parents, Senior Citizens, All
Ages

PHYSICAL FITNESS CONTENT AREA: Alcohol and Other Drugs; Nutrition; Stress;
Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information
(enough for basic understanding)

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

The booklet provides general information on developing a healthier lifestyle for increased longevity and improved quality of life. It provides statistics to support its many health recommendations. It focuses on care of infants and children as a way of preventing disease and poor health among adults. It contains a directory of national agencies and organizations that promote health and disease prevention.

Document #80

Living with a Heart Ailment

By

Theodore Irwin

PUBLISHER: Public Affairs Committee, Inc.

REFERENCE NO.: 1975, (Public Affairs Pamphlet No. 521)

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: Single copy \$.50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol;
Nutrition - obesity, cholesterol; Stress; Physical Fitness/Exercise -
fitness standards, health cost/benefits, cardiovascular system, blood
pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet focuses on describing treatments for common heart ailments. It describes the possible short-term and long-term results of heart attacks. Appropriate rehabilitative therapies and activities are described and popular myths dispelled. The booklet is useful reading for heart attack victims and their families and for those at high risk of heart attack.

Document #81

Medical Evaluation of the Athlete--A Guide

By

American Medical Association

PUBLISHER: American Medical Association

REFERENCE NO.: OP-209

AVAILABLE FROM: Order Department, OP-209
American Medical Association
P.O. Box 821
Monroe, WI 53566

COST: Single Copy \$1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes; All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise: fitness standards,
fitness readiness

DESCRIPTION:

Material presents a great deal of information.

Factual material is up-to-date relative to other materials on the subject.

Provides no references or resources for further explanation.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure addresses a medical evaluation process of the athlete. Safe-guarding the athlete's health--good coaching, officiating, proper equipment--should be periodically evaluated. A health appraisal regime to determine athletic participation and limitations is provided. An inserted poster giving "FIRST AID FOR ATHLETIC INJURIES" can be easily lifted from the brochure. Additionally, a chart on disqualifying health conditions for collision, contact and non-contact sports is provided.

Document #82

Medicine for the Layman—Heart Attacks

By

Dr. Robert I. Levy

PUBLISHER: USDHEW - Public Health Service, NIH

REFERENCE NO.: 80-1083

AVAILABLE FROM: Public Documents Distribution Center
Pueblo, CO 81009

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - cardiovascular system, blood pressure

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet, one in a series entitled "Medicine for the Layman," explains simply and comprehensively major issues in the field of heart attack research. Not only are treatments, preventive measures, and misconceptions addressed, but also the problems of and obstacles to research are clearly outlined for the lay audience. Risk factors, treatment costs, technological developments are explained clearly and concisely. Excellent color illustrations accompany the text.

Document #83

Moderate Exercises for People Over 60

By

National Association for Human Development

PUBLISHER: National Association for Human Development

REFERENCE DATE: 1976

AVAILABLE FROM: National Association for Human Development
1750 Pennsylvania Avenue, N.W.
Washington, DC 20006

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
fitness readiness, health cost/benefits

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet is aimed at the senior citizen interested in maintaining or upgrading his level of flexibility and physical fitness. Step-by-step photographs and instructions for performing a number of exercises for conditioning all parts of the body. The exercises are designed for a gradual increase in performance ability.

Document #84

**Neck Owner's Manual: A Guide to the Care
and Treatment of Common Neck Problems**

By

Nancy Raines Day, Stephen E. Conrad, M.D., and
George B. Hamil, Jr., R.P.T.

PUBLISHER: PAS Publishing

REFERENCE DATE: 1981

AVAILABLE FROM: PAS Publishing
345-G Serramonte Plaza
Daly City, CA 94015

COST: Single copy \$.75

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/
benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 8

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Neck Owner's Manual presents in a clear, interesting fashion advice about care of the neck and causes of common neck problems. Excellent illustrations appear throughout the pamphlet showing the parts of the neck, typical treatments, and recommended exercises. The general reading audience will find this a useful guide to good neck health.

Document #85

Nutrition and Your Health: Dietary
Guidelines for Americans

By

U.S. Department of Agriculture and
U.S. Department of Health and Human Services

PUBLISHER: Home and Garden

REFERENCE NO.: 232

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Pregnant Females, Both Sexes, Parents, All Ages

PHYSICAL FITNESS CONTENT AREA: Alcohol and Other Drugs - alcohol; Nutrition - general, obesity, cholesterol; Physical Fitness/Exercise - health cost/benefits, cardiovascular system, blood pressure.

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This is a straightforward factual booklet emphasizing good eating habits. It describes in some detail the types of foods, vitamins and minerals necessary for a healthy diet, and lists foods which contain essential nutrients. This booklet also discusses the health hazards of overconsumption of sugar, sodium saturated fats, and alcohol. Exercise is mentioned as one way to maintain ideal weight; a chart illustrating the calorie expenditure of various types of exercise accompanies this section.

Document #86

On Making It Through the Night

By

Judith Willis

PUBLISHER: DHHS - Public Health Service, Food and Drug Administration

REFERENCE NO.: (FDA) 80-3095

AVAILABLE FROM: Public Documents Distribution Center
Pueblo, CO 81009

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Stress - coping mechanisms

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 17

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Reprinted from the FDA Consumer (Sept. 1979), this publication examines the problem of insomnia. Not only are the causes of insomnia surveyed but also problems associated with its treatment, particularly that of drug abuse. Non-drug treatments of insomnia, such as biofeedback, exercise, diet, and ways to prevent insomnia, such as avoidance of stimulants, alcohol, and tobacco are presented.

Document #87

One Step at a Time: An Introduction to Running

PUBLISHER: President's Council on Physical Fitness and Sports

REFERENCE NO.: S/N 017-001-00425-1

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20042

COST: Single copy \$1.75

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/
benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brief booklet describes running as a fun, inexpensive way of exercising and improving overall fitness. It provides tips on proper attire, running style, stretching exercises and beginning a running program. Also included is a section on careful running—cautions to see a doctor, first aid for minor injuries, and so forth. There is a runner's log and an application for the Presidential Sports Award which is presented to runners who have met a series of minimum requirements.

Document #88

Overweight — A Problem for Millions

By

Michael H. K. Irwin, MD

PUBLISHER: Public Affairs Committee, Inc.

REFERENCE NO.: 364A

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: \$.50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - obesity, cholesterol; Physical
Fitness/Exercises - health cost/benefits

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding)

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet emphasizes the harmful effects of overweight on health. Hypertension, atherosclerosis, diabetes, osteoarthritis, heart ailments are presented in their relation to overweight. Prevention of obesity, the inefficiency of fad dieting, the need for nutrition education are all stressed. The pamphlet outlines the principles of safe, effective weight reduction, having built a case against fad dieting and ignorance about the affects of obesity.

Physical Education: A Performance Checklist

By

President's Council on Physical Fitness and Sports

AVAILABLE FROM: President's Council on Physical Fitness and Sports
400 6th Street, S.W.
Suite 3030
Washington, DC 20201

COST: Single copy \$1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet describes regular physical education training as an important "fourth R" necessary to a child's overall development. It illustrates the fact that some schools have woefully inadequate physical education programs and provides a parent's checklist designed to assess the effectiveness of his child's p.e. program. Also provided are brief recommendations as to what a parent can do to improve the physical education program at his child's school.

Document #90

Physical Fitness and Nutrition for the Athlete

PUBLISHER: State of Florida, Department of Citrus

REFERENCE DATE: 1979

AVAILABLE FROM: Florida Department of Citrus
P.O. Box 148
Lakeland, FL 33802

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, 18 years or less, Children/Adolescents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is designed for the general use of the young athlete or aspiring athlete. While specific exercises are recommended and illustrated, the pamphlet concentrates on general awareness of fitness and diet rather than on detailed fitness and dietary regimens. Oranges as a source of vitamin C are promoted in the first part of the pamphlet.

Document #91

Physical Fitness and Your Heart

PUBLISHER: Channing L. Bete Co., Inc.

REFERENCE NO.: ed. 1161C-12-78 1976, 1981

AVAILABLE FROM: Channing L. Bete Co., Inc.
South Deerfield, MA 01373
(800) 628-7733

COST: Single copy \$.39

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness readiness,
health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet provides general information on embarking on a program of physical fitness. Facts about and guidelines for developing and maintaining fitness are presented, using entertaining illustrations throughout. Several suggestions about pulse rate, clothing, practicality of one's exercise program and danger signals of overexertion are useful for the sedentary individual who wants to get in shape.

Physical Fitness for Office Workers

By

Governor's Council on Physical
Fitness and Sports (Pennsylvania)

PUBLISHER: Governor's Council on Physical Fitness and Sports (Pennsylvania)

REFERENCE NO.: H-502.626.1P, Revised 8-78

AVAILABLE FROM: Pennsylvania Department of Health and Communications
P.O. Box 90
Harrisburg, PA 17120

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This leaflet argues for daily, simple exercise for individuals who work in sedentary jobs. Recognizing the need for exercise after business hours or on week-ends, it nevertheless provides a simple routine that most people can follow, even if the bulk of their work takes place at a desk in the confines of an office.

Document #93

Physical Fitness Program

By

**United States Secret Service,
Office of Training**

PUBLISHER: Department of the Treasury

REFERENCE NO.: 048-006-00007-8

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: \$1.30

TYPE OF MATERIAL: Brochure

INTENDED READERS: Males, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
fitness readiness, health cost/benefits

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This complete physical fitness program, though designed for the use of U.S. Secret Service special agents, can be used by most people under forty years of age. The program contains instructions for and illustrations of exercises. It also provides a "strength and stamina" testing routine. The fitness program and the test are quite rigorous; therefore, neither should be attempted by high-risk individuals.

Document #94

The Physically Underdeveloped Child

PUBLISHER: President's Council on Physical Fitness and Sports

REFERENCE NO.: 1977, O-239-894

AVAILABLE FROM: U.S. Government Printing Office
Washington, DC 20402

COST: Single copy \$1.00

TYPE OF MATERIAL: Brochure

EXTENDED USERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides a great deal of references or resources for further exploration.

Readability level: 15

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet describes the screening procedures by which physically underdeveloped children can be identified, and present suggestions for building a developmental program to overcome physical weaknesses. The screening test described is one developed by the President's Council for Physical Fitness and Sports, and is designed for children ages 9-17. It measures arm-shoulder strength, abdominal strength and endurance, and circulatory-respiratory, and muscular endurance. Instructions for administering the test and interpreting test results are included, as well as a guide to where further help can be obtained.

Document #95

Put Some Pep in Your Step

PUBLISHER: Blue Cross/Blue Shield

AVAILABLE FROM: Local Blue Cross/Blue Shield Plan

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet advocates walking as an easy, convenient way to stay in shape. It describes the most useful walking methods and also provides instructions on and illustrations of warm-up and conditioning exercises for walkers.

Document #96

Recreation for Disabled Persons

By

Elizabeth Ogg

PUBLISHER: Public Affairs Committee, Inc.

REFERENCE NO.: 1979 (Public Affairs Pamphlet No. 571)

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: Single copy \$.50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/
benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet advocates fitness and recreation for individuals disabled by physical and mental disabilities. Issues of attitudes toward the disabled architectural barriers, transportation for the disabled, special problems of the blind, deaf, and mentally retarded provide an excellent supportive framework to the pamphlet's main aim, that of informing and interesting the reader in the many available recreational opportunities for the disabled.

Document #97

Reduce Your Risk of Heart Attack

By

American Heart Association

Revised by Harvey L. Alpern, M.D.

PUBLISHER: American Heart Association

REFERENCE DATE: 1969, 1974

AVAILABLE FROM: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - obesity, cholesterol; Physical Fitness/Exercise - health cost/benefits, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet explains how to reduce heart attack risk by showing the relationship between health habits and cardiovascular disease. It recognizes the limitations of hereditary factors while making a case for changing eating, exercise, and social habits to reduce the risk of developing preventable conditions directly responsible for stroke and heart attack.

Document #98

Run for Life

By

Lenore Zohman, M.D. with Frank Shorter

PUBLISHER: Connecticut Mutual Life Insurance Company

AVAILABLE FROM: Connecticut Mutual Life Insurance Company
Public Relations Department
140 Garden Street
Hartford, CT 06115

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents/Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs; Nutrition/
Weight Control - general; Stress; Physical Fitness/Exercise - fitness
standards, fitness readiness, health cost/benefits, cardiovascular system
blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

"Run for Life" is a very informative beginner's guide to running. It discusses the physical and psychological benefits of exercise generally and running/jogging specifically. The booklet explains and encourages aerobic exercises and stresses the importance of building cardiovascular endurance. In addition, there are sections describing pulse rates, warm-up and cool-down exercises, attire, special concerns, potential medical concerns and motivation. Frank Shorter, well-known long distance runner wrote the forward, as well as a section on "running tips." "Run for Life" is a good, complete and interesting introduction to healthy exercise.

Document #99

**School Physical Fitness Programs:
What You Should Know ... Now You Can Help**

PUBLISHER: President's Council on Physical Fitness and Sports

REFERENCE NO.: DHEW (os) 76-50044

AVAILABLE FROM: President's Council on Physical Fitness and Sports
400 6th Street, S.W.
Suite 3030
Washington, DC 20201

COST: Single copy \$1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
fitness readiness

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brief pamphlet stresses the need for comprehensive school physical education programs. It suggests that many current programs are inadequate and that, as a result, many children never develop their fitness potential. Further, the early lack of motivation to exercise is seen as the culprit for inactivity and poor health in adult years. Parents and educators are urged to evaluate the physical education programs in their children's schools and to make recommendations for improvement. Parents are also urged to play a personal role in their children's attitudes toward exercise and fitness.

Document #100

A Self Appraisal Checklist for School Health Programs

PUBLISHER: Ohio Department of Health, Health Education

REFERENCE DATE: 1966

AVAILABLE FROM: Ohio Department of Health, Health Education
P.O. Box 118
Columbus, OH 43216

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
fitness readiness.

DESCRIPTION:

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This publication is a self-evaluation instrument for school health programs.

Document #101

Shape Up for Life

PUBLISHER: American Medical Association Auxiliary, Inc.

REFERENCE DATE: 1979

AVAILABLE FROM: AMA Auxiliary, Inc.
535 North Dearborn Street
Chicago, IL 60610

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity; Physical Fitness/Exercise - fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brief pamphlet stresses the connection between nutrition and general good health, and makes many suggestions on how to plan meals wisely. There is a section on weight loss which dispels myths about so-called "magic" weight control methods, and another section on exercises and weight control. Exercise is described as the best way to reduce overweight as well as essential activity for general fitness. Also included is a daily food guide which suggests types and amounts of foods required for good health.

Document #102

Shaping Up for the Long Run

By

Ronald M. Deutsch, Consultant

PUBLISHER: Best Foods, CPC International, Inc..

REFERENCE DATE: 1978, 1979

AVAILABLE FROM: Shaping Up for the Long Run
Dept. SU-X, Box 307
Coventry, CT 06238

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/
Exercise-fitness standards, fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure is designed to help the runner follow good health habits during training, between contests, and during the off-season. It explains and illustrates safe exercise techniques. It also provides visual aids, such as a true-false test for self-evaluation, a calorie-intake energy-output table, and a guide to good nutrition.

Document #103

**Shoulder Owner's Manual: A Guide to the Care
and Treatment of Common Shoulder Problems**

By

Nancy Raines Day, Stephen E. Conrad, M.D., and
George B. Hamill, Jr., R.P.T.

PUBLISHER: PAS Publishing

AVAILABLE FROM: PAS Publishing
345-G Serramonte Plaza
Daly City, CA 94015

COST: Single copy \$.75

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Causes for and explanations of shoulder injuries are presented in this pamphlet. Entertaining but useful illustrations show the steps of initial injury, therapy, and preventive maintenance of injury prone shoulders. Although the material is presented simply and clearly, the information in the pamphlet is adequately comprehensive for the average layman.

Document #104

Sports and Exercise for People with
Diabetes: Selected Annotations

By

National Diabetes Information Clearinghouse

PUBLISHER: DHHS - NIH

REFERENCE NO.: NIH 81-2179

AVAILABLE FROM: National Institutes of Health
Bethesda, MD 20205

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 - presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet provides an annotated bibliography of publications about exercise, recreation, fitness, and athletics for diabetics. The bibliography includes print and non-print resources directed at both diabetics and professionals in health and recreation.

Document #105

Sports Injuries in Children

PUBLISHER: Hoffman-LaRoche, Inc.

REFERENCE NO.: RGS 634-80

AVAILABLE FROM: Public Affairs and Planning Division
Public Relations Department
Hoffman-LaRoche, Inc.
340 Kingsland Street
Nutley, NJ 07110

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercises - health cost/
benefits

DESCRIPTION:

Material presents a great deal of factual information.
Factual material is up to date relative to other materials on the subject.
Material provides no references or resources for further exploration.
Readability level: 13
Comprehensiveness rating: 3 = presents extremely detailed information.
Numerous specific recommendations to improve health are included.
Copy type (size, boldness) is easy to read throughout.

This pamphlet explains the dangers of improperly supervised and over strenuous athletic activity among children. Specific problems and injuries that result from common training errors or playing techniques are delineated. Guidelines for proper conditioning of young athletes and for prevention of future injuries and defects are emphasized here.

Document #106

Stay Well Series: Exercise

PUBLISHER: Metropolitan Life Insurance Company

REFERENCE NO.: T-18540 (10-79)

AVAILABLE FROM: Metropolitan Life Insurance Company
Health and Safety Education Division
One Madison Avenue
New York, NY 10010

COST: Single copy free

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Using a question-and-answer format, this brochure provides basic information on fitness and exercise. Aerobic, anaerobic, isometric, and isotonic exercises are described and explained. Group exercise as a means of keeping fit and controlling weight are also discussed. A useful section describing and illustrating exercises to reduce tension is an attractive part of the publication.

Document #107

Staying Well - Your Responsibility

PUBLISHER: Health Insurance Institute

REFERENCE NO.: 1238, 1980

AVAILABLE FROM: Health Insurance Institute
1850 K Street, N.W.
Washington, DC 20002

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol;
Nutrition - general; Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet discusses good health as it relates to general happiness and well-being. It includes tips on proper exercise, nutrition, weight control, smoking, and drinking. In addition, there is a brief section on lifestyles and habits which can lead to a longer and healthier life, e.g., sleep patterns, stress avoidance, attitude modification. The overall tone of this booklet stresses the individual's responsibility for his own health.

Document #108

Stress

By

**Dr. George S. Everly, Jr. and
Daniel Dirdano**

PUBLISHER: U.S. Department of Health, Education, and Welfare, Public Health Service

REFERENCE NO.: No. (PHS) 79-50097

AVAILABLE FROM: Bureau of Health Promotion and Protection
Utah State Department of Health
P.O. Box 2500
Salt Lake City, UT 84110

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults, All Ages

PHYSICAL FITNESS CONTENT AREA: Stress - coping

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

No specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Four stress tests are presented in this brochure. Part One tests the reader's frustration level; Part Two tests tendency to take on excessive work or responsibility; Part Three tests for specific stress-reducing personality traits; and Part Four tests ability to cope effectively with stress. The tests are clearly explained, simply designed, and easily self-administered.

Document #109

**Super Heart: A Heart Disease Intervention
Program for Young Children**

PUBLISHER: SUNY College at Cortland

AVAILABLE FROM: New York State Department of Education
Albany, NY 12234

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet describes a curriculum designed for elementary school-aged children that gives instruction in cardiovascular health. The history, content, and costs are described. Also, the pamphlet contains photographs of children while they are participating in program activities. A step-by-step procedure for replicating the Super Heart program is provided.

Document #110

**Take the Time: A Guide to Fitness
for the Working Woman**

By

**The President's Council
on Physical Fitness and Sports**

PUBLISHER: The California Raisin Advisory Board

REFERENCE NO.: CO-236, 1980

AVAILABLE FROM: California Raisin Advisory Board
P.O. Box 5335
Fresno, CA 93755

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Females, Both Sexes, Parents/Adults, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/
Exercise - fitness standards, fitness readiness, health cost/benefits,
cardiovascular system

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet, published by the California Raisin Advisory Board, stresses exercise and nutrition as they relate to general good health. It includes sections on the four food groups, calories and weight control, and food components such as protein, carbohydrates, fats, vitamins and minerals. There is a general discussion of the benefits of exercise and the proper approach to finding the right exercise program, beginning it, and maintaining it. Four broad categories of exercise are discussed: cardiovascular conditioning, flexibility, muscular endurance, and muscular strength. Brief mention is made of the need for "fitness after fifty."

Document #111

**Target: Physical Fitness ... A Healthier
Lifestyle for Pennsylvanians**

By

**Governor's Council on Physical Fitness
and Sports (Pennsylvania)**

PUBLISHER: Governor's Council on Physical Fitness and Sports (Pennsylvania)

REFERENCE NO.: H 502.626P, Rev. 10-78

**AVAILABLE FROM: Governor's Council on Physical Fitness and Sports
Room 932, Health and Welfare and Building
P.O. Box 90
Harrisburg, PA 17120**

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

**PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/
benefits**

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 16

Comprehensiveness rating: 1 = presents minimal information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure promotes Pennsylvania's Governor's Council on Physical Fitness and Sports. It explains simply and briefly the relationship between increased longevity and regular participation in a physical fitness program. It briefly argues for improved productivity and quality of life for both children and adults who are physically fit.

Document #112

Tensions — And How to Measure Them

By

George Stevenson, MD and Harry Milt

PUBLISHER: Public Affairs Committee, Inc.

REFERENCE NO.: 305

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: \$.50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Stress - general, headaches, coping mechanisms

DESCRIPTION:

Material presents some factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further explanation.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information
(enough for basic understanding)

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet discusses the mental hazards and stresses of modern living. The author puts causes of tension and anxiety into perspective socially, showing causes arising from the paradoxes of modern society and problems resulting from poor child-rearing practices such as over-protection of or over attention to a child. Suggestions for controlling tension, bad moods, feelings of inferiority, anger, and other negative personality traits are also included.

Document #113

The Time in Your Life

PUBLISHER: Action for Independent Maturity

REFERENCE NO.: AIM/GB 1506 (879)63M

AVAILABLE FROM: Action for Independent Maturity
1909 K Street, N.W.
Washington, DC 20049

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/
benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet discusses use of time during retirement years. It emphasizes recreational and athletic activities as well as socially and intellectually constructive activities. An initial test of interests is followed by specific suggestions on how to satisfy specific interests and attitudes. Readers interested in improving the quality of their lives during retirement years should find this publication quite helpful and specific.

Document #114

Understand Your Heart

By

Theodore Irwin

PUBLISHER: Public Affairs Committee

REFERENCE NO.: 1974, 1979 (Public Affairs Pamphlet NO. 514)

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - obesity, cholesterol;
Stress; Physical Fitness/Exercise - health cost/benefits, cardiovascular
system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet explains clearly the workings and diseases of the heart. Having defined the common heart ailments, it explains the effect on cardiac health of several risk factors, among them, heredity, smoking, obesity, diet, lifestyle, personal health habits. Presenting the danger signals of and first aid for heart attack adds to the level of usefulness of this usefulness of this publication for practically every adult reader.

Document #115

The Utah Seniors' Physical Fitness Awards Program

By

Jackie A. Smith

PUBLISHER: Utah Senior Olympic Committee
Utah Division of Aging

AVAILABLE FROM: Bureau of Health Promotion and Protection
Utah State Department of Health
P.O. Box 2500
Salt Lake City, UT 84110

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Senior Citizens, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure presents guidelines and requirements for earning a Utah Senior's Physical Fitness Award. A brief fitness readiness test and warnings about fitness readiness and development of stamina precede the actual test, or "activity chart." The brochure presents guidelines for achievement of a healthy, safe level of fitness, providing instructions of the taking and use of pulse rate. The activities are simple and are directed toward continued participation in a fitness program.

Document #116

Walk to Better Health

PUBLISHER: Blue Cross/Blue Shield

AVAILABLE FROM: Local Blue Cross/Blue Shield Plan

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Adults, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet describes a physical fitness activity that is inexpensive and that requires no special equipment or expertise — Swedish walking. The warm-up for beginning each walk is illustrated with photographs of an elderly man going through the warm-up paces. The proper way to embark on and develop within the program is also described. Fitness readiness and standards are provided in simple tables.

Document #117

Walking As An Exercise

PUBLISHER: Illinois Governor's Council on Health and Fitness

REFERENCE NO.: 22077-5M-11-80

AVAILABLE FROM: Illinois Governor's Council on Health and Fitness
535 West Jefferson
Springfield, IL 62706

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: All Ages, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This short pamphlet gives basic tips on walking as an exercise. It describes the benefits of walking as a means to achieve better health. There is a chart which provides some relative distances and times as goals for a walking program.

Document #118

Walking for Exercise and Pleasure

PUBLISHER: President's Council on Physical Fitness and Sports

AVAILABLE FROM: President's Council on Physical Fitness and Sports
400 6th Street, S.W., Suite 3030
Washington, DC 20201

COST: Single copy \$1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: All Ages, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

No material provides references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet describes walking as "an exercise for all ages," a form of exercise which requires no special training, skills or equipment. The fitness benefits of walking—in terms of weight control, endurance and cardiovascular health—are compared with those of other activities to illustrate that walking, while not a "total" exercise, is a very good basic foundation for physical fitness. The pamphlet also includes a series of warm-up and conditioning exercises which walkers should do to prevent injury and to complement the benefits of walking. Information on the Presidential Sports Awards is included.

Document #119

Watch Your Blood Pressure!

By

Theodore Irwin

PUBLISHER: Public Affairs Committee, Inc.

REFERENCE NO.: Public Affairs Pamphlet No. 483B, 1972, rev. 1980

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: Single copy \$.50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Pregnant Females, Senior Citizens, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - general, obesity; Stress

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet presents a thorough discussion of hypertension — its causes, prevention, treatment, and diagnosis. It suggests common-sense, easily adaptable measure of controlling or preventing the disease. In addition, an explanation of specific physiological changes that occur when hypertension-inducing factors are introduced makes this presentation a professional and convincing one.

Document #120

The Way to Fitness

PUBLISHER: Rhode Island Department of Health

REFERENCE NO.: June 1981

AVAILABLE FROM: Department of Health
Cannon Bldg.
75 Davis Street, Room 103
Providence, RI 02908

COST: Single copy \$.25

TYPE OF MATERIAL: Brochure

INTENDED READERS: Pregnant Females, Parents, Senior Citizens, All Ages, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Stress; Physical Fitness/Exercise -fitness standards, fitness readiness, health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet provides practical suggestions for getting in shape. There is a chart that shows how to measure your fitness using pulse and heart rate. Courses of actions are recommended for the general populations, as well as the elderly, disabled, heart attack victims, and diabetics. There are illustrations of exercises for pregnant women and for sedentary personalities. Suggestions about exercising at home, with family members, and at work make this a highly usable guide to getting fit for practically anybody.

Document #121

**The Way to a Man's Heart: A Fat-Controlled
Meal Plan to Reduce the Risk of Heart Attack**

PUBLISHER: American Heart Association

REFERENCE NO.: 51-018A, 1972

AVAILABLE FROM: American Heart Association
7320 Greenville Avenue
Dallas, TX 75231

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - obesity, cholesterol; Physical
Fitness/Exercise - health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 14

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This fold-out leaflet provides basic information about cholesterol and fat. It provides helpful definitions of frequently heard, though commonly misunderstood terms like "saturated fats," "polyunsaturated fats," and "hydrogenation." It shows the relationship between fats and blood cholesterol. A number of useful suggestions together with an attractive 14 by 16 inch wall chart combine to make this an easy-to-follow guide to dietary change.

Document #122

The Way We Eat

PUBLISHER: The Office of Nutrition Service, Rhode Island Department of Health

REFERENCE NO.: September 1979

AVAILABLE FROM: Rhode Island Department of Health
Cannon Bldg., Room 103
75 Davis Street
Providence, RI 02908

COST: Single copy \$.25

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents, All Ages, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity, cholesterol;
Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is packed with useful charts and tips to guide the reader interested in improving his nutritional habits. It has charts for fast-food calorie counting and suggestions for brown-baggers and breakfast haters. Charts make it easy to exchange unwise supermarket selections for nutritionally sound ones. Low cholesterol food substitutions also are charted. The reader is shown how to rate his or her eating habits, how to balance meals, even how to use weight charts. For cooks, there is a chart for nutritionally upgrading recipes.

Document #123

The Way We Live

PUBLISHER: The Rhode Island Department of Health

REFERENCE NO.: July 1977

AVAILABLE FROM: Department of Health
Cannon Bldg., Room 103
75 Davis Street
Providence, RI 02908

COST: Single copy \$.25

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents, All Ages, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol, abuse; Nutrition - cholesterol; Stress - general; Physical Fitness/Exercise - health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 14

Comprehensiveness rating: 3 - presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet advocates a preventive approach to personal health. It focuses on the disadvantages of indolence, heavy consumption of alcohol, and poor nutrition habits. It stresses the dangers of smoking, consuming high amounts of cholesterol, and overusing over-the-counter and prescription drugs. A number of impressive statistics and seven rules for sensible living are provided to emphasize the need for a well-balanced, moderate lifestyle.

Document #124

We're Glad You Asked About the Take
Fitness to Heart Program

PUBLISHER: Blue Cross/Blue Shield

AVAILABLE FROM: New York State Department of Education
Albany, NY 12234

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Adults, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 - presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure briefly advances the cause of fitness, then proceeds to explain the 15-week program of worksite fitness, the "Take Fitness to Heart" program. It cites as an advantage of participating in the program the documented result of participant's continuing to practice what they learned in the program long after the 15-week period elapsed.

Document #125

What Every Person Should Know About The
New Physical Education

By

American Alliance for Health, Physical Education,
Recreation, and Dance

PUBLISHER: American Alliance for Health, Physical Education,
Recreation, and Dance

AVAILABLE FROM: AAHPERD Publications
1900 Association Drive
Reston, VA 22091

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness
standards, fitness readiness

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability, level: 13

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This leaflet examines the evolution in thinking among physical education and recreation professionals. It advocates physical education as an indispensable part of every school system and community's body of services. The leaflet particularly encourages looking at fitness as recreation that can benefit family relationships as well as individual well-being, rather than fitness as a preventive medicine device.

140

Document #126

What Parents and Coaches Should

Know About Youth Sports

By

Jerry R. Thomas, editor

PUBLISHER: Alliance for Health, Physical Education, Recreation, and Dance

REFERENCE NO.: 245-26410

**AVAILABLE FROM: AAHPERD Publications
1900 Association Drive
Reston, VA 22091**

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This leaflet, itself a useful guide, is an abstract of a larger work published by the AAHPERD, titled "Youth Sports Guide for Coaches and Parents." The leaflet itself presents a number of broad considerations that parents, coaches, and community groups should be aware of when working with youth athletics. Healthy coaching principles, healthy spectator and parental attitudes, pitfalls of overenthusiasm are among the items outlined here.

Document #127

**What You Should Know About Stroke
and Stroke Prevention**

By

Arthur Ancowitz, MD

PUBLISHER: USDHEW - Public Health Service

REFERENCE NO.: 79-1090

AVAILABLE FROM: Public Documents Distribution Center
Pueblo, CO 81009

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both All Sexes

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs; Stress - coping mechanisms; Physical Fitness/Exercise - cardiovascular system, blood pressure.

DESCRIPTION :

Material presents some factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides a great deal of references or resources for further explanation.

Readability level: 13.

Comprehensiveness rating: 1 = presents minimal information

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet discusses strokes — the definition, causes, and results. It presents a description of likely candidates for stroke, including risk factors for each. Warning signs, preventive measures including health habits, and an explanation of the varying opportunities for rehabilitation of stroke victims give the reader a basic understanding of strokes, stroke research, and stroke therapy.

Document #128

You and Your Headaches

By

Dr. Seymour Diamond

PUBLISHER: McNeil Consumer Products Company

REFERENCE NO.: PM107, March 1980

AVAILABLE FROM: McNeil Consumer Products Company
Fort Washington, PA 19034

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents/Adults, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol;
Nutrition - general; Stress - headaches; Physical Fitness/Exercise - health
cost/benefits, asthma

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet deals primarily with headaches--their symptoms, causes and remedies. The most-discussed type (and the commonest) is the muscle-contraction or "tension" headache. Also discussed are migraines, and cluster-, hypertensive-, and toxic headaches. Alcohol, cigarettes, and food additives are among the causes described. Exercise is mentioned as a way to provide relaxation and reduce tension, thus decreasing the likelihood or severity of certain types of headaches. The pros and cons of acetaminophen/aspirin are reported.

Document #129

You and Your Health

PUBLISHER: Metropolitan Life Insurance Company

REFERENCE NO.: 585LW (6-73)

AVAILABLE FROM: Health and Welfare Division
Metropolitan Life Insurance Co.
One Madison Avenue
New York, NY 10010

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Adults, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards,
health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet attempts to cover both health habits and preventive medicine. In addition to advocating a healthy, active, moderate lifestyle, it provides a great deal of information on how to use a number of different types of health agencies for treatment, disease prevention, and counseling. While the basics of diet, exercise, drug and alcohol abuse, and stress are presented, this pamphlet's focus is on health care providers.

Document #130

You and Your Heart

PUBLISHER: Channing L. Bate Co.

REFERENCE NO.: 1970-11237-4-81

AVAILABLE FROM: Channing L. Bate Co. Inc.
South Deerfield, MA 01373
(800) 638-7733

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Adults, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 6

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This easy-to-read pamphlet describes reasons for and causes of heart disease and heart attack. The many statistics and facts are supplemented by useful, often entertaining illustrations. Specific measures for preventing heart disease are recommended: diet and weight control, regular exercise, regular medicine supervision, and avoidance of stress and tobacco use. This pamphlet is interesting and should motivate the average reader.

Document #131

You and Your Weight

PUBLISHER: Channing L. Bete, Co., Inc.

REFERENCE NO.: 1979, 1215A-10¹-79

AVAILABLE FROM: Channing L. Bete Co., Inc.
South Deerfield, MA 01373
(800) 628-7733

COST: Single copy \$.39

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity; Physical
Fitness/Exercise - health costs/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is directed at the overweight individual. Practical suggestions, accompanied by entertaining illustrations, for getting on and maintaining a sensible weight loss program are featured here. A few short, simple charts are presented to aid a person who wishes to embark on a weight loss program of diet and exercise.

SECTION THREE: Cross-Reference by Distributor

Action for Independent Maturity
Public Affairs
1909 K Street, N.W.
Washington, DC 20049

Dynamic Fitness - Document #28

The Time in Your Life - Document #113

AETNA Life and Casualty
151 Farmington Avenue
Hartford, CT 06115

Bicycle Safety - Document #15

**Amateur Athletic Union of the
United States**
3400 West 86th Street
Indianapolis, IN 46268

AAU/USA Junior Olympics Handbook;
Guidelines for the Junior Olympic
Program - Document #1

**American Alliance for Health,
Physical Education, Recreation,
and Dance**
1900 Association Drive
Reston, VA 22091

What Every Person Should Know About the
New Physical Education - Document #125

What Parents and Coaches Should Know
About Youth Sports - Document #126

American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231

"E" is for Exercise - Document #29

Reduce Your Risk of Heart Attack -
Document #97

The Way to a Man's Heart: A Fat-Con-
trolled Meal Plan to Reduce the Risk
of Heart Attack - Document #121

American Medical Association
Department of Health Education
P.O. Box 821
Monroe, WI 53566

The ABCs of Perfect Posture -
Document #2

The Asthmatic Athlete - Document #8

Basic Bodywork ... for Fitness and
Health - Document #9

Diabetic Athlete - Document #25

Fit For Fun - Document #39

Guide to Prescribing Exercise
Programs - Document #54

Healthy Approach to Slimming -
Document #61

Medical Evaluation of the Athlete-A
Guide - Document #81

**American Medical Association Auxiliary,
Inc.**
535 North Dearborn Street
Chicago, IL 60610

Shape up for Life - Document #9101

Beckman Instruments, Inc.
Electronic Instruments Division
3900 River Road
Schiller Park, IL 60176

The Heart and Lungs at Work: Primer
at Exercise Physiology - Document #62

Best Foods, CPC International, Inc.
Nutrition Information Service
Box 307
Coventry, CT 06238

Beyond Diet ... Exercise Your Way to Fit-
ness and Heart Health - Document #14

The Fitness Connection - Document #43

Four Keys to a Healthy Heart - Document #48

Shaping Up for the Long Run - Document #102

Blue Cross/Blue Shield
Communications Department
676 St. Clair
Chicago, IL 60611

Help Yourself - Document #63

Blue Cross/Blue Shield
Local Blue Cross/Blue Shield Plan

Feel Better - Document #37

Food and Fitness - Document #46

Health Works - It's Up to You -
Document #60

Put Some Pep in Your Step - Document #95

Walk to Better Health - Document #116

Blue Cross/Blue Shield of Greater New York
3 Park Avenue
New York, NY 10016

Health Education Center - Document #57

California Raisin Advisory Board
P.O. Box 5355
Fresno, CA 93755

Take the Time: A Guide to Fitness for
the Working Woman - Document #110

Channing L. Bete Co., Inc.
South Deerfield, MA 01373

How to Stop Smoking - Document #69

The Joy of Jogging - Document #73

Physical Fitness and Your Heart -
Document #86

You and Your Heart - Document #130

You and Your Weight - Document #131

Chicago Heart Association
20 North Wacker Drive
Chicago, IL 60606

Do It Yourself Heart Exercise Diary -
Document #26

Go, Go, Go, Go: An Exercise Program for
Healthy People - Document #50

Go Junior Fitness Program - Document #51

Connecticut Mutual Life Insurance Company
Public Relations Department
140 Garden Street
Hartford, CT 06115

Run for Life - Document #98

Connecticut State Department on Aging
80 Washington Street
Hartford, CT 06115

Life is Movement - Document #77

Florida Citrus Commission
Florida Department of Citrus
P.O. Box 148
Lakeland, FL 33802

How to Shape Up ... And Keep in
Shape ... - Document #68

Physical Fitness and Nutrition for the
Athlete - Document #91

Health Evaluation and Longevity Planning
Foundation
7300 4th Street, Suite 203
Scottsdale, AZ 85251

H.E.L.P. - Document #56

Health Insurance Institute
1850 K Street, N.W.
Washington, DC 20006

Staying Well - Your Responsibility -
Document #107

Health Style
Box 47
Washington, DC 20044

Health Style: A Self-Test - Document #59

Hoffman-LaRoche, Inc.
Public Affairs and Planning Division
Public Relations Department
340 Kingsland Street
Nutley, NJ 07118

Sports Injuries in Children - Document #105

Hogg Foundation for Mental Health
The University of Texas
Austin, TX 78712

A Conversation with Helen C. Spear on
Stress - Document #22

Illinois Governor's Council on Health and
Fitness
535 West Jefferson
Springfield, IL 62706

Exercise for Office Workers - Document #35

Good Health - Exercise/Nutrition -
Document #52

Walking as an Exercise - Document #117

Iowa Commission on Aging
415 Tenth Street
Des Moines, IA 50319

Exercises for the Elderly - Document #34

Kansas Department of Health and
Environment
Topeka, KS 66620

Add P.L.U.S. to Your Life - Document #4

Kansas PLUS Program - Document #74

Kellogg Company
Public Affairs Department
235 Porter Street
Battle Creek, MI 49016

Fitness Focus: A Nutrition and Physical
Fitness Unit - Document #44

Kraft, Inc.
Consumer Affairs Department
Chicago, IL 60690

Guidelines to Good Health - Document #55

Library of Statutory Distribution Service
Department #76
Washington, DC 20401

The Fitness Challenge ... In the Later
Years: An Exercise Program for Older
Americans - Document #42

Maryland State Department of Health and
Mental Hygiene
201 W. Preston Street
Baltimore, MD 21201

Good Health: The Rules of the Game -
Document #53

Join the Active People Over 60 -
Document #72

McNeil Consumer Products Company
Fort Washington, PA 19034

You and Your Headaches - Document #128

Medical Times
80 Shore Road
Port Washington, NY 11050

How Different Sports Rate in Promoting
Physical Fitness - Document #66

Metropolitan Life Insurance Company
Health and Safety Education Division
One Madison Avenue.
New York, NY 10010

Stay Well Series: Exercise - Document #106

You and Your Health - Document #129

National Association for Human Development
1750 Pennsylvania Avenue, N.W.
Washington, D.C. 20006

Basic Exercises for People Over Sixty -
Document #10

Exercise - Activity for People Over Sixty -
Document #31

Moderate Exercises for People Over Sixty -
Document #83

National Dairy Council
Local Dairy Council

A Boy and His Physique - Document #17

Coronary Heart Disease: Risk Factors and
the Diet Debate - Document #23

A Girl and Her Figure - Document #49

National Heart, Lung, and Blood Institute
Information Office
3000 Rockville Pike
Bethesda, MD 20205

Exercise and Your Heart - Document #33

High Blood Pressure - Document #64

National Institutes of Health
Bethesda, MD 20205

Sports and Exercise for People with
Diabetes - Selected Annotations -
Document #104

National Jogging Association
2420 K Street, N.W.
Washington, DC 20037

Aches and Pains of Running - Document #3

Knee Pain and the Runner - Document #76

New York State Department of Education
Albany, NY 12234

Super Heart - Document #109

We're Glad You Asked about the TAKE
Fitness to Heart Program - Document #124

New York State Department of Health
Albany, NY 12237

All Men and Women - Document #6

North Dakota Division of Health Education
Bismark, ND 58501

Fit for Life - Document #40

Occidental Life Insurance Company of
California
Advertising Department
Terminal Annex
Box 2102
Los Angeles, CA 90051

Exercise Your Right to Live - Document #35

Ohio Department of Health
Health Education
P.O. Box 118
Columbus, OH 43216

A Self Appraisal Checklist for School
Health Programs - Document #100

Pacific Mutual Life Insurance Company
700 Newport Center Drive
Box 9000
Newport Beach, CA 92660

FAS Publishing

345-G Serramonte Plaza
Daily City, CA 94015

Foot Owner's Manual: A Guide to Good Foot
Care - Document #47

Knee Owner's Manual: A Guide to the Care
and Treatment of the Problem Knee -
Document #75

Neck Owner's Manual: A Guide to the Care
and Treatment of Common Neck Problems -
Document #84

Shoulder Owner's Manual: A Guide to the
Care and Treatment of Common Shoulder
Problems - Document #103

Pennsylvania Department of Health
Health Communications
P.O. Box 90
Harrisburg, PA 17120

Physical Fitness for Office Workers -
Document #92

Pennsylvania Governor's Council on
Physical Fitness and Sports
Health and Welfare Building
Room 932
P.O. Box 90
Harrisburg, PA 17120

Target: Physical Fitness, A Healthier
Lifestyle for Pennsylvanians -
Document #111

President's Council on Physical Fitness
and Sports
400 6th Street, S.W.
Suite 3030
Washington, DC 20201

Building a Healthier Company -
Document #18

Fitness in the Workplace: A Handbook on
Employee Programs - Document #45

An Introduction to Physical Fitness -
Document #71

Physical Education: A Performance
Checklist - Document #89

School Physical Fitness Programs: What
You Should Know ... How You Can Help -
Document #99

Walking for Exercise and Pleasure -
Document #118

Public Affairs Committee, Inc.
Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

Better Health in Later Years - Document #13

Health Hazard Appraisal - Clues for a
Healthier Lifestyle - Document #58

Light on Your Feet - Document #78

Living with a Heart Ailment - Document #80

Overweight - A Problem for Millions -
Document #88

Recreation for Disabled Persons -
Document #96

Tensions - And How to Master Them -
Document #112

Understand Your Heart - Document #114

Watch Your Blood Pressure! - Document #119

Public Documents Distribution Center
Pueblo, CO 81009

Cellulite: Hard to Budge Pudge -
Document #20

Hocus-Focus As Applied to Arthritis -
Document #65

How to Cope with Arthritis - Document #67

Medicine for the Layman - Heart Attacks - Document #82

On Making it Through the Night - Document #86

What You Should Know About Stroke and Stroke Prevention - Document #127

Rhode Island Department of Health
Cannon Building, Room 103
75 Davis Street
Providence, RI 02908

The Way to Fitness - Document #120

The Way We Eat - Document #122

The Way We Live - Document #123

U.S. Department of Agriculture
Cooperative Extension Service
Colorado State University
Fort Collins, CO 805231

Eating and Your Heart... A Program for Change! - Document #30

U.S. Government Printing Office
Superintendent of Documents
Washington, DC 20402

Adult Physical Fitness - Document #5

Aqua Dynamics: Physical Conditioning through Water Exercises - Document #7

Bicycling for Everyone - Document #16

Children and Youth in Action Physical Activities and Sports - Document #21

Exercise and Weight Control - Document #32

Fire Service Physical Fitness Programs - Document #38

Fitness and Work Capacity - Document #51

Hocus-Focus As Applied to Arthritis - Document #65

Implications of Title IX for Postsecondary Physical Education and Athletic Personnel - Document #70

Living Well: An Introduction to Health Promotion and Disease Prevention - Document #79

Nutrition and Your Health: Dietary Guidelines for Americans - Document #85

One Step at a Time: An Introduction to Running - Document #87

Physical Fitness Program - Document #93

The Physically Underdeveloped Child - Document #94

The University of the State of New York
Education Program
Bureau of Continuing Education Curriculum Development
Albany, NY 12234

Design for Heart Disease Prevention Programs - Document #24

Cardioenergetics - Document #19

Utah State Department of Health
Bureau of Health Promotion and Protection
P.O. Box 2500
Salt Lake City, UT 84110

Be Choosy: Pick a Lifestyle That Really Works for You - Document #11

Be Wise: Choose a Healthy Lifestyle! 12 Preventive Measures for a Longer Life - Document #12

Stress - Document #108

The Utah's Seniors' Physical Fitness Awards Program - Document #115

All Ages/Both Sexes

AAU/USA Junior Olympics Handbook:
Guidelines for the Junior Olympics
Program - Document #1

The ABCs of Perfect Posture - Document #2

The Asthmatic Athlete - Document #8

Basic Bodywork ... For Fitness and Health -
Document #9

Be Chubby: Pick a Lifestyle That Really
Works for You - Document #11

Be Wise: Choose a Healthy Lifestyle! 12
Preventive Measures for a Longer Life -
Document #12

Better Health in Later Years - Document #13

Beyond Diet ... Exercise Your Way to
Fitness and Heart Health - Document #14

Bicycling for Everyone - Document #16

Coronary Heart Disease: Risk Factors and
the Diet Debate - Document #23

Design for Heart Disease Prevention
Programs - Document #24

Diabetic Athlete - Document #25

Do It For Your Heart Exercise Diary -
Document #26

Do You Know How Much You Should Weigh? -
Document #27

Dynamic Fitness - Document #28

"E" Is for Exercise - Document #29

Eating and Your Heart ... A Program for
Change! - Document #30

Exercise Your Right to Live - Document #35

Food and Fitness - Document #46

Foot Owner's Manual: A Guide to Good Foot
Care - Document #47

Four Keys to a Healthy Heart - Document #48

Go! Go! Go! Go! An Exercise Program for
Healthy People - Document #50

Good Health - Exercise/Nutrition -
Document #52

Good Health - The Rules of the Game -
Document #53

Guide to Prescribing Exercise Programs -
Document #54

Guidelines to Good Health - Document #55

H.E.L.P. - Document #56

Health Works - It's Up to You -
Document #60

How Different Sports Rate in Promoting
Physical Fitness - Document #66

How to Cope with Arthritis - Document #67

The Joy of Jogging - Document #83

Knee Owner's Manual: A Guide to the Care
and Treatment of the Problem Knee -
Document #75

Light on Your Feet - Document #78

Living Well: An Introduction to Health
Promotion and Disease Prevention -
Document #79

Medical Evaluation of the Athlete-A Guide -
Document #81

Medicine for the Layman - Heart Attacks -
Document #82

Nutrition and Your Health: Dietary
Guidelines for Americans - Document #85

One Step at a Time: An Introduction to Running - Document #87

Overweight - A Problem for Millions - Document #88

Put Some Pep in Your Step - Document #95

Recreation for Disabled Persons - Document #96

Reduce Your Risk of Heart Attack - Document #97

Shape Up for Life - Document #101

Shaping Up for the Long Run - Document #102

Shoulder Owner's Manual: A Guide to the Care and Treatment of Common Shoulder Problems - Document #103

Stress - Document #108

Target: Physical Fitness ... A Healthier Lifestyle for Pennsylvanians - Document #111

Tensions - And How to Manage Them - Document #112

Understand Your Heart - Document #114

Walking As an Exercise - Document #117

Walking for Exercise and Pleasure - Document #118

The Way to Fitness - Document #120

The Way to a Man's Heart: A Fat-Controlled Meal Plan to Reduce the Risk of Heart Attack - Document #121

The Way We Eat - Document #122

The Way We Live - Document #123

What You Should Know About Stroke and Stroke Prevention - Document #127

You and Your Weight - Document #131

Children/Adolescents

AAU/USA Junior Olympics Handbook: Guidelines for the Junior Olympic Program - Document #1

Bicycle Safety - Document #15

A Boy and His Physique - Document #17

Fit for Fun - Document #39

Fitness Focus: A Nutrition and Physical Fitness Unit - Document #44

Foot Owner's Manual: A Guide to Good Foot Care - Document #47

A Girl and Her Figure - Document #49

Go Junior Fitness Program - Document #51

How to Shape Up ... And Keep In Shape ... Document #68

Physical Fitness and Nutrition for the Athlete - Document #90

Elderly

Aqua Dynamics: Physical Conditioning Through Water Exercises - Document #7

Basic Exercises for People Over 60 - Document #10

Cellulite: Hard to Budge Pudge - Document #20

Exercise - Activity for People Over 60 - Document #31

Exercise for the Elderly - Document #34

The Fitness Challenge ... in the Later Years: An Exercise Program for Older Americans - Document #42

Healthy Approach to Slimming - Document #61

Focus-Focus As Applied to Arthritis - Document #65

Join the Active People Over 60 - Document #72

Knee Owner's Manual: A Guide to the Care and Treatment of the Problem Knee - Document #75

Life is Movement - Document #77

Living Well: An Introduction to Health Promotion and Disease Prevention - Document #79

Moderate Exercises for People Over 60 - Document #83

Neck Owner's Manual: A Guide to the Care and Treatment of Common Neck Problems - Document #84

On Making It Through the Night - Document #86

Take the Time: A Guide to Fitness for the Working Woman - Document #110

The Time in Your Life - Document #113

The Utah Seniors' Physical Fitness Awards Programs - Document #115

Watch Your Blood Pressure! - Document #119

The Way to Fitness - Document #120

Parents/Adults

AAU/USA Junior Olympics Handbook: Guidelines for the Junior Olympic Program - Document #1

Aches and Pains of Running - Document #3

Add P.L.U.S. to Your Life - Document #4

All Men and Women - Document #6

Aqua Dynamics: Physical Conditioning Through Water Exercises - Document #7

The Asthmatic Athlete - Document #8

Building a Healthier Company - Document #18

Cardioenergetics - Document #19

Cellulite: Hard to Budge Pudge - Document #20

Children and Youth in Action: Physical Activities and Sports - Document #21

A Conversation with Helen C. Spear on Stress - Document #22

Diabetic Athlete - Document #25

"E" Is for Exercise - Document #29

Eating and Your Heart ... A Program for Change! - Document #30

Exercise and Weight Control - Document #32

Exercise and Your Heart - Document #33

Exercise for Office Workers - Document #36

Feel Better - Document #37

Fire Service Physical Fitness Programs - Document #38

Fit for Fun - Document #39

Fit for Life - Document #40

Fitness and Work Capacity - Document #41

The Fitness Connection - Document #43

Fitness Focus: A Nutrition and Physical Fitness Unit - Document #44

Fitness in the Workplace: A Handbook on Employee Programs - Document #45

Guidelines to Good Health - Document #55

H.E.L.P. - Document #56

Health Education Center - Document #57

Health Hazard Appraisal - Clues for a Healthier Lifestyle - Document #58

Health Style: A Self-Test - Document #59

Healthy Approach to Slimming - Document #61

The Heart and Lungs at Work: Primer of Exercise Physiology - Document #62

Help Yourself - Document #63

High Blood Pressure - Document #64

Hocus-Focus As Applied to Parents - Document #65

How to Stop Smoking - Document #69

Implications of Title IX for Postsecondary Physical Education and Athletic Personnel - Document #70

An Introduction to Physical Fitness - Document #71

Kansas Plus Program - Document #74

Knee Pain and the Runner - Document #76

Light on Your Feet - Document #78

Living Well: An Introduction to Health Promotion and Disease Prevention - Document #79

Living with a Heart Ailment - Document #80

Medical Evaluation of the Athlete-A Guide - Document #81

Neck Owner's Manual: A Guide to the Care and Treatment of Common Neck Problems - Document #84

Nutrition and Your Health: Dietary Guidelines for Americans - Document #85

On Making It Through the Night - Document #86

Physical Education: A Performance Checklist - Document #89

Physical Fitness and Your Heart - Document #91

Physical Fitness for Office Workers - Document #92

Physical Fitness Program - Document #93

The Physically Underdeveloped Child - Document #94

Run for Life - Document #98

School Physical Fitness Programs: What You Should Know ... Now You Can Help - Document #99

A Self Appraisal Checklist for School Health Programs - Document #100

Sports and Exercise for People with Diabetes: Selected Annotations - Document #104

Sports Injuries in Children - Document #105

Stay Well Series: Exercise - Document #106

Staying Well - Your Responsibility - Document #107

Stress - Document #108

Super Heart: A Heart Disease Intervention Program for Young Children - Document #109

Take the Time: A Guide to Fitness for the Working Woman - Document #110

Walk to Better Health - Document #116

The Way to Fitness - Document #120

The Way We Eat - Document #122

The Way We Live - Document #123

We're Glad You Asked About the Take Fitness to Heart Program - Document #124

**What Every Person Should Know About the New
Physical Fitness Education - Document #125**

**What Parents and Coaches Should Know About
Youth Sports - Document #126**

You and Your Headaches - Document #128

You and Your Health - Document #129

You and Your Heart - Document #130

Females

**Cellulite: Hard to Budge Pudge -
Document #20**

A Girl and Her Figure - Document #49

**Take the Time: A Guide to Fitness for the
Working Woman - Document #110**

Pregnant Females

**Living Well: An Introduction to Health
Promotion and Disease Prevention - Document
#79**

**Nutrition and Your Health: Dietary
Guidelines for Americans - Document #85**

Watch Your Blood Pressure! - Document #119

The Way to Fitness - Document #120

Males

A Boy and His Physique - Document #17

**Fire Service Physical Fitness Programs -
Document #38**

**How to Shape Up ... And Keep in
Shape ... - Document #68**

Physical Fitness Program - Document #93

**SECTION FIVE: Articles from Selected Periodicals
of General Interest**

MAGAZINES

Cardiovascular Health

"Avoid a heart attack": exercise program.

Owens, Jesse

Consumers Digest v17 p8(4) Jan-Feb 1978

The best medicine. (preventing coronary disease)

Time v117 p59(1) June 1 1981

Big news from the heart labs. (American Heart Association's eighth science writers' forum)

Lippert, Joan L.

Family Health v13 p12(2) June 1981

Cooper's cohorts run down heart disease. (through exercise)

Rosenfield, Paul

Saturday Evening Post v249 p18(3) Sept 1977

Dead heat.

Family Health v12 p25(1) July-Aug 1980

Do you have a minute to lower your blood pressure? (simple exercise)

Kiveloff, Broino; Huber, Olive; Friedman, Jerry

Prevention v30 p150(4) May 1978

Don't take it easy: you'll live longer. (cardiovascular fitness and longevity)

Jenkins, Thomas M.

Aging p11(1) July-Aug 1978

The electronic jock: a guide to the new exercise gadgets.

Horwich, Richard

Apartment Life v12 p12(4) March 1980

Exercise and your heart.

Consumer Reports v42 p254(5) May 1977

Exercise for a stronger heart: how it's done.

Sherman, Carl

Prevention v32 p69(8) Jan 1980

Heart disease prevention evidence is equivocal: what you conclude depends on your outlook.

Kolata, Gina Bari

Science Digest v85 p79(3) Feb 1979

Heartsounds. (cycling heartbeat monitor)

Kotoske, Karen

WomenSports v3 p41(1) Aug 1981

Heart exercise.

50 plus v21 p33(2) June 1981

How aerobics can help your heart—and the way you feel.

Cooper, Kenneth H.

Reader's Digest v112 p117(5) Jan 1978

How housework can help your heart.

Newman, Jill

Woman's Day p92(3) May 19 1978

Is vigorous exercise dangerous?

Health Letter v6 p6(1) Feb 1981

Lawsuit points up debate over exercise electrocardiograms.

Kolata, Gina Bari

Science v202 p1175(1) Dec 15 1978

Strengthening the heart

Shealy, C. Norman

New Realities v3 p62(1) Oct 1979

Total exercise: how it affects you ... a cardiologist's view.

Fraudmann, Lauren

Vogue v170 p163 May 1980

The warm-up and the cool down: exercises crucial to heart health.

Kuntzman, Charles

Vogue v170 p125(2) April 1980

Equipment

A full gym in your own home.

Penn, Jean Cox

Los Angeles v24 p164(2) Jan 1979

A great house for a keep-fit family. (includes construction plans for equipment)

Popular Mechanics v150 p62(8) Aug 1978

A portable gym. (child's equipment)

Boy's Life v67 p48(1) May 1977

Baker family in Berkley puts in a back-yard percourse. (jogging course with exercise stations)

Sunset v164 p106(2) April 1980

Bath exercises to wake up your body.

Weight Watchers v10 p22(2) Jan 1978

Bicycle reviews. (evaluation)

Consumer Guide v274 p80(15) June 1980

The big workout: a man's home is his gymnasium.

Barry, David

Oui v9 p51(3) July 1980

Bike your way to fitness - see the world, and have fun, too!

Seventeen v40 p120(4) June 1981

Bionic (beep beep) health.

Olmstead, Marty

New Realities v3 p16(5) Aug 1979

Bruce Jenner designs a home gym with FM.

McClintock, Mike

Popular Mechanics v147 p50(5) Jan 1977

Can machines exercise for you?

Bennett, William

Vogue v171 p221(1) July 1981

**Don't pay attention to any advice on physical fitness ... except this.
(equipment advice)**

Gross, Leonard

Playboy v24 p241(14) Dec 1977

Exercise devices. (evaluation)

Consumer Reports v42 p259(6) May 1977

Exercise machines. (six experts evaluate)

Sawyer, Susan G.

Family Health v11 p24(5) Nov-Dec 1979

Fitness by computer.

Mademoiselle v85 p28(1) Jan 1979

For a great new body, lift weights!

Glamour v78 p142(8) July 1980

Gym gems.

Bregman, Lillian

Philadelphia Magazine v68 p91(4) May 1977

Hang-swing-scrabble obstacle course built by parents. (school exercise and play apparatus)

Sunset v167 p86(1) Sept 1981

Have fun keeping fit on this homemade 'import.' (backyard parcours exerciser)

Maness, Bill

Popular Mechanics v152 p116(4) Sept 1979

Hot tubs and hot treats: how to stay in shape.

Pearce, Carol Ann

Harper's Bazaar p78(3) Jan 1980

How does a traveler keep in shape? Here is exercise gear that will fit in a suitcase.

Sunset 163 p66(2) Nov 1979

How to pick an exercycle that can really get you somewhere. (evaluation)

Moneyworth v8 p8(2) Feb 1978

Indoor exercise gear. (how to select)

Katch, Frank I.

Mademoiselle v84 p59(1) Dec 1978

Keeping fit: America tries to shape up. (increasing number of exercisers)

Newsweek v89 p78(6) May 23 1977

Lightening your bike - the cheap way. (cycling as exercise)

Smith, David L.

Bicycling v19 p72(2) June 1978

Make an inner tube gym.

Boy's Life v68 p52(2) May 1978

Nautilus: new machines that are muscling in on health.

Neubert, Robert

New Realities v1 p64(6) Feb 1978

New exercise and training machine: an accurate way to monitor cycling performance.

Jow, Richard

Bicycling v20 p20(2) May 1979

One bicycle on eye to go - hold the mayo. (good exercise)

Nass, Alice

Bicycling v20 p48(2) Feb 1979

Pedal your way to physical fitness.

Weber, Dennis O.

Dynamic Years v15 p43(4) Jan-Feb 1980

Pumping iron and dressing of '10.'

Sheppard, Mary

Macleans v93 p36(1) July 14 1980

The racing exercycle.

Smith, David L.

Bicycling v22 p31(1) Feb 1981

Riding rollers can be fun! (the indoor exercise)

Pixton, John

Bicycling v19 p44(3) Feb 1978

Secrets from a super spa.

Mademoiselle v85 p122(8) Dec 1979

Shape up!

Levy, Maury Z.

Philadelphia Magazine v70 p138(15) April 1979

Something from Sweden in their bathroom. It's a ribbstol.

Sunset v164 p166(1) April 1980

Stationary bikes: how to buy a good one.

Zehner, Harry

Apartment Life v10 p22(1) Dec 1978

Staying fit: doing it at home, a guide to equipment, what you don't need

Marscheck, Larry

Washingtonian v14 p132(6) Jan 1979

Take a closet, make a gym.

House & Garden v151 p104(4) July 1979

Tramp! (trampoline exercise)

Family Health v11 p9(1) March 1979

Weight lifting.

Current Health v7 p10(3) Jan 1981

Weight lifting for women. (slim down shape up)

Mademoiselle v84 p70(2) Sept 1978

What? Exercise and lift weights for cycling?

Weaver, Susan

Bicycling v21 p15(5) Jan-Feb 1980

Women and weights.

Vogue v171 p253(2) April 1981

Working out at home.

Harper's Bazaar p109(1) April 1979

Working out at home. (equipment and interior design)

Slesin, Suzanne

Esquire v89 p77(6) April 11 1978

Executive Fitness/Employee Fitness Program

Advertising exec Chuck Peabler's biggest account is his own physical fitness.

Dunnatt, William

Runner's World v16 p108(3) Aug 1981

All work and enough pay keep employees fit.

Tuthill, Mary L.

Nation's Business v67 p82(5) Nov 1979

As companies jump on fitness bandwagon.

US News and World Report v88 p36(4) Jan 28 1980

Board meeting breaks. (exercises you can do)
Consumer Guide v291 p77(6) Jan 1981

Corporate jog. (executives run for exercise)
Olmstead, Marty
San Francisco v19 p28(6) Aug 1977

The corporate shape up. (corporate physical fitness programs)
Hoffman, Greg
WomenSports v1 p24(6) April 1979

Exec-U-Stretch program.
Working Woman v6 p70(1) Jan 1981

Executive overhaul: a workout with coach Dick Weit.
Kolicman, Sandra
New Realities v3 p22(6) Oct 1979

Exercise - more important than ever. (people over 40)
Dynamic Years v15 p47(1) Sept-Oct 1980

Fitness fever: everybody into the company gym.
Levy, Robert
Dun's Review v116 p115(4) Nov 1980

For further reference: a selected bibliography. (special report: executive fitness.)
Sales and Marketing Management v126 p82(2) May 18 1981

From boardroom to locker room. (corporation fitness programs)
Time v113 p63(1) Jan 22 1979

How Exxon helps its people exercise.
US News and World Report v88 p39(1) Jan 28 1980

How to make it a habit. (special report: executive fitness)
Templeton, Jane
Sales and Marketing Management v126 p56(4) May 18 1981

Industry's new fringe benefit - help in shaping up
Goebel, Nancy
Dallas Magazine v58 p34(4) Dec 1979

J.C. Penney's exercise trail enjoys wide success.
Parks and Recreation v13 p12(1) Dec 1978

Jandiced eye: salesman yes but never a pedaller. (special report: executive fitness)
Narenson, Jim
Sales and Marketing Management v126 p63(1) May 18 1981

Just how fit are your employees?

Kraitner, Robert; Wood, Steven D.; Friedman, Glenn M.
Business Horizons v22 p39(7) Aug 1979

Leslie Buckand is up the wall. (special report: executive fitness)
Sales and Marketing Management v126 p82(1) May 18 1981

Looking good feeling good. (exercises for teachers)
Instructor v89 p116(9) Aug 1979

Making a splash
Costello, John
Nation's Business v69 p93(3) June 1981

National Cash Register Co.'s pioneer physical fitness program.
Dun's Review v116 p155(3) Nov 1980

Office exercises; work out with these on-the-job exercises.
Seventeen v37 p126(1) May 1978

Office-tension alert. (exercises at your desk)
Harper's Bazaar p28(1) Jan 1979

A quickie quiz. (on calories) (special report: executive fitness)
Sales and Marketing Management v126 p75(2) May 18 1981

Running is good for business. (exercise for industrial employees)
Gladis, Stephen
Runner's World v12 p54(3) Sept 1977

Shaping the in-house physical fitness program.
Modern Office Procedures v23 p116(3) Sept 1978

Shaping your in-house physical fitness program.
Zaleski, Helen K.
Industry Week v198 p121(3) Sept 18 1978

The swimming boom.
Hertzbach, Janet S.; Kaufman, Joanne; Wiener, Harvey S.; Levin, Douglas M.;
Goldman, Abe A.; Bartlett, Joan K.
New York Times Magazine v129 p47(1) July 6 1980

Teaching management ... and fitness. (special report: executive fitness)

Elson, Peter R.
Sales and Marketing Management v126 p77(2) May 18 1981

They 'stay well' at Control Data. (special report: executive fitness)

Naditch, Murray P.
Sales and Marketing Management v126 p60(3) May 18 1981

The thrill of victory, the agony the feat

Sieganer, Ray
Sales and Marketing Management v121 p42(2) Dec 1978

Time for exercising. (special report: executive fitness)

Meyer, Paul J.
Sales and Marketing Management v126 p67(3) May 18 1981

Top executives high on health and fitness.

Modern Office Procedures v25 p40(1) May 1980

Trimming the corporate waist with fitness programs.

Pyle, Richard L.
Business Horizons v23 p70(3) April 1980

Well, doc, ya ain't no Nadia Comaneci ... (gymnastics is the latest white-collar rage)

Kauffman, Helen; Smith, Matthew
Los Angeles v25 p115(7) May 1980

General Exercise

A.M. exercise: in bed!

Mademoiselle v85 p64(2) July 1979

Abdomen and waist exercises.

Consumer Guide v272 p41(13) July 1980

Abdomen and waist exercises

Kuntzleman, Charles T.
Consumer Guide v317 p41(14) Oct 1981

Academician Alexander Mikulin's health machine.

Kadzhaya, Valeri
Soviet Life p56(3) Sept 1979

Aerobics!: are the perfect exercises.

Essence v11 p84(2) June 1980

Aerobic dancing: a whole new fast & fun way to get in shape.

Mademoiselle v84 p230(2) Nov 1978

The aerobic hustle: simple, vigorous dancing that takes the place of jogging.

Kreiter, Ted
Saturday Evening Post v250 p22(2) Oct 1978

Aerodynamic drag quantifies physical exertion.

Hogan, Brian J.
Design News v35 p52(2) May 7 1979

The after-work exercise break - a thirteen-minute unwinder.

Vogue v169 p208(1) March 1979

The agnostic runner.

Gold, Vic

National Review v30 p1554(2) Dec 8 1981

Alexander sets new army physical training program.

Jet v59 p26(1) Jan 22 1981

Americans on health—good intentions. (health survey)

Science News v115 p293(1) May 5 1979

Appendix A: warm-up and cool-down exercises.

Kuntzleman, Charles T.

Consumer Guide v317 p86(7) Oct 1981

Appendix B: how to regain flexibility. (slimming your hips, thighs, & butt)

Consumer Guide v313 p85(1) Aug 1981

Are we failing fitness? (combat stress with mental and physical fitness)

Slater, Shirley

Forecast for Home Economics v26 p4(91) Feb 1981

Are you fit? It's key to energy, to life.

Vogue v171 p106(1) May 1981

Are you a health hazard? Take our quiz and find out.

Kintzing, Jennifer M.

Mademoiselle v85 p74(4) April 1979

Are you getting the right kind of exercise?

Changing Times v32 p33(4) Jan 1978

Are you in an exercise rut?

Sabol, Blair

Mademoiselle v86 p110(1) Sept 1980

Are you in shape for hunting season?

Netherby, Steve

Field and Stream v82 p148(4) Aug 1977

Are you over-exercising?

Eby, Sheila Mary

Vogue v170 p186(1) March 1980

Are you stretching a point? (bicycling exercises)

Anderson, Bob

Bicycling v22 p56(3) April 1981

Are exercises.

Consumer Guide v272 p28(7) July 1980

The art of roving. (combined running and walking)

Leonard, Jon N.; Hofer, J.L.; Pritikin, N.

Cosmopolitan v184 p98(8) Feb 1978

Audio Aerobics. (recorded exercise programs)

Hoover, Sue

WomenSports v2 p50(1) June 1980

Automated exercise & weight-loss gimmickry.

Consumer Guide v311 p95(2) July 1981

Avoid the weekend athlete syndrome.

Brennan, Carol; Brennan, Eamon

50 Plus v20 p65(1) Oct 1980

Avoiding the weekend athlete syndrome.

Bradford, Robert; Higdon, Hal

Chicago v27 p132(1) May 1978

Back talk. (exercises for your back)

Murphy, Suzanne

House & Garden v152 p92(2) Oct 1980

Back talk: how to make the other side of you strong and beautiful.

Mademoiselle v87 p167(3) Sept 1981

Balancing the mind and the body. (letter)

Mulvey, James E.; Dreyer, Leslie

New York Times Magazine v129 p135(1) Nov 4 1979

Bare is back ... so what are you doing for your arms & shoulders? (exercise)

De Santis, Mallen

Cosmopolitan v187 p263(3) Dec 1979

Be a fitness champ.

Pryce, Dick

Boy's Life v69 p52(2) May 1979

Be a fitness champ. (children's exercises)

Boy's Life v67 p44(2) May 1977

Be a good sport!

Co-Ed v25 p47(5) May 1980

Beating the boredom. (exercise can be dull)

Sabol, Blair

Viva v5 p29(1) Sept 1978

Beauty at home. (exercises from Slendercises)

Pearlman, Barbara

House Beautiful v123 p40(1) April 1981

Beauty Fling. (grooming lesson plan)

Forecast for Home Economics v26 p24(1) March 1981

Beauty in action. (physical fitness)

Lynch, Maureen

Ladies Home Journal v96 p100(6) June 1979

Beauty now - water: refreshing healthful, more important in summer.
Vogue v171 p86(1) July 1981

The beauty of fitness.

Mademoiselle v85 p218(8) Aug 1978

Beauty on the run.

Barron, Gayle

Family Health v12 p13(3) July-Aug 1980

Beauty shape-ups: now is the time to develop and stick to a healthy beauty routine.

Essence v9 p74(2) Aug 1978

The beginner's guide to exercise.

Raffel, Dawn

Weight Watchers v14 p59(4) March 1981

Belly dancing: good for the heart, improves sex life, helps lose weight.

Jet v56 p22(2) April 19 1979

The benefits of a balanced exercise plan.

Straley, Carol

Redbook v151 p86(1) July 1978

The best exercise is walking - or running - from your refrigerator.

Marshall, Myron H.; Cohn-Marshall, Barbara

San Francisco v20 p26(3) April 1978

Better muscles, better bones.

Ogle, Jane

New York Times Magazine v129 p110(1) May 18 1980

Better posture through exercise.

Castleton, Virginia

Prevention v30 p143(6) April 1978

Beware of dangerous exercises.

Consumer Guide v291 p93(2) Jan 1981

Body alive! Relax! (stretching exercise)

Essence v10 p64(1) Sept 1979

The body athletic; our national exercise binge has created a whole new discipline - sports physiology. (column)

Jerome, John

Esquire v93 p17(2) March 1980

The body audit.

MacLay, K.T.

Apartment Life v13 p20(4) Jan 1981

Body bazaar: how to get in great shape.
Harper's Bazaar p68(6) Jan 1979

Body beauty.
Teen v24 p72(2) Jan 1980

Body building through swimming.
Laborde, Errol
New Orleans v14 p65(1) June 1980

Body language. (exercise tips)
Chimsyer, Dana
American Girl v59 p24(2) May 1976

Body now. (jogging)
Vogue v168 p58(1) Jan 1978

The body set-up. (physical fitness for motorcycling)
Honchick, Mark
Cycle v32 p17(2) June 1981

Body '78: Ballet exercises, the perfect conditioner.
Glamour v76 p94(2) Jan 1978

The body shop: chins up!
Weight Watchers v13 p8(1) July 1980

The body shop: walking: a step in the right direction.
Weight Watchers v13 p12(1) Nov 1980

Body talk.
Sabol, Blair
Mademoiselle v86 p116(1) April 1980

Body talk. (co-ed gyms)
Sabol, Blair
Mademoiselle v85 p82(1) June 1979

Body talk: gadgets that promise to change my life (if not my shape).
Sabol, Blair
Mademoiselle v86 p104(1) May 1980

Body talk; what to do when your body gets in a rut.
Sabol, Blair
Mademoiselle v85 p68(1) July 1979

Body talk: who says you have to be perfect?
Sabol, Blair
Mademoiselle v85 p82(1) Sept 1979

Bodyology. (body awareness and physical fitness)
Horn, Jack C.
Psychology Today v14 p34(2) July 1980

The bodyshop: battling a midriff crisis: stomachs in!
Weight Watchers v13 p10(1) Oct 1980

The boom in health clubs.
Louie, Elaine
New York Times Magazine v129 p80(2) Oct 7 1979

The bottom line. (in-flight exercise)
Neumann, Karl
Travel-Holiday v153 p26(4) June 1980

Bottom shapers. (exercises)
Mademoiselle v85 p30(1) Dec 1979

Bring your exercise indoors for the winter.
Young, Nancy
Glamour v77 p188(2) Nov 1979

The boddy stretch system.
Couch, Jean
Runner's World v16 p48(4) May 1981

Buggy beauties. (exercising while pushing a baby carriage)
Consumer Guide v291 p90(3) Jan 1981

Building your body beautiful: women everywhere are learning to pull their own weight with style.
Laiken, Deidre S.
Viva v5 p74(4) March 1978

Builds strong (puff) bodies (groan) 12 ways.
Mazzei, George
Los Angeles v24 p94(8) May 1979

But will they still be running in 1989?
Herman, Hank
Family Health v11 p24(6) April 1979

Calf and ankle exercises.
Consumer Guide v272 p77(6) July 1980

Calf and ankle exercises.
Kuntzleman, Charles T.
Consumer Guide v317 p77(6) Oct 1981

The California workout. (Jane Fonda's exercise class)
Harper's Bazaar p82(4) Jan 1980

"Can I get rid of my potbelly?" Yes!
Smith, Ann
Family Health v12 p41(4) Jan 1980

Celebrity class: Gowski and friends start shaping up for spring.

Gowski, Peter
Canadian Magazine p8(2) Feb 24 1979

Chatelaine health guide fitness '79.

Dollery, Eveleen
Chatelaine v52 p50(6) Jan 1979

Check up on exercise.

Teen v23 p94(2) March 1979

Cheryl: a different kind of woman. (includes exercise instructions)

Ladies Home Journal v95 p108(6) Sept 1978

Chest and bustline exercises.

Consumer Guide v272 p34(7) July 1980

Chest and bustline exercises.

Kuntzleman, Charles T.
Consumer Guide v317 p34(7) Oct 1981

Childreap and sports.

Children Today v10 p28(1) March-April 1981

Children need exercise, too.

Berney, Joan; Riley, Harris D., Jr.
American Baby v39 p52(2) May 1977

Choose the sport that's right for you.

Kevles, Barbara
Harper's Bazaar p117(2) May 1980

Choosing the right exercise. (condensed)

Brody, Jane E.
Reader's Digest v112 p121(3) Jan 1978

Choosing your type of exercise.

Current Health v7 p16(2) April 1981

City fit: how New Rochelle keeps in shape.

Curtis, Joseph
Parks and Recreation v15 p28(8) Dec 1980

A city that's feeling good.

Kinderlehrer, Jane
Prevention v31 p104(5) March 1979

A coach to make you healthier.

Feltman, John
Prevention v30 106(8) Dec 1978

Cold power. (fitness aid)

Edmondson, Joles
Golf Magazine v20 p31(1) Oct 1978

Cold weather workouts.

Mademoiselle v86 p144(1) Oct 1980

Compatible sports. (complement cycling)

Smith, David L.

Bicycling v20 p39(2) Feb 1979

Conditioners. (ski exercises)

Seventeen v36 p148(2) Nov 1977

Conditioning for hiking out. (exercise for boating)

Van Collie, Shimon-Crain

Yachting v146 p36(2) Nov 1979

Conditioning: shape up to play your best this summer.

King, Billy Jean; Emerson, Roy

Tennis Magazine v17 p78(3) May 1981

Conditioning with aerobics. (training)

Sattel, James C.

Sail v11 p25(5) April 1980

Confessions of a klutz.

Sabol, Blair

Mademoiselle v87 p44(1) July 1981

The Consumer Guide aerobic dancing program.

Kuntzleman, Beth A.

Consumer Guide v253 p10(5) Winter 1979

Consumer Guide daily dozen exercise programs. (for home and work)

Consumer Guide v291 p16(24) Jan 1981

Consumer Guide figure shaping program.

Consumer Guide v272 p9(7) July 1980

Consumer guide figure shaping program.

Kuntzleman, Charles T.

Consumer Guide v317 p9(7) Oct 1981

Consumer Guide new improved flatten your stomach program.

Consumer Guide v311 p9(35) July 1981

Consumer Guide ten minute total shape-up program.

Consumer Guide v295 p3(49) Feb 1981

Controlling calories.

Consumer Guide v311 p93(2) July 1981

A conversation with Norma Leistikko. (teaching Feldenkrais' Awareness Through Movement')

Fletpont, Margaret

Dance Magazine v54 p138(1) May 1980

A convert to conditioning.

Grout, William

Skiing v31 p30(1) Nov 1978

Commandants increase exercise regime in new Salyut mission.

Aviation Week v110 p19(2) April 2 1979

Cosmo's 5-minute exercise routine. (for women who don't exercise)

Cosmopolitan v191 p220(2) Aug 1981

Cosmo's guide to exercise.

Frunkes, Lewis Burke

Cosmopolitan v186 p182(5) Feb 1979

Cross-country ski exercises.

Nicholas, Anna

Weight Watchers v12 p40(2) Dec 1979

Cross-country skiing: winter's wonderland for exercise.

Mosher, Cheryl

WomenSports v1 p36(4) Jan 1979

Cruising and conditioning: Bernadine South with ways to stay in shape out on the water.

South, Bernadine

Sail v9 p35(4) July 1978

Cycling and aging. (ideal lifetime exercise)

Gaston, Eugene A.; Smith, David L.

Bicycling v20 p16(2) Feb 1979

Cycling and cross-country skiing.

Cuyler, Lewis

Bicycling v20 p44(2) Feb 1979

Cycling: the fun way to fitness.

Bahr, Robert

Scouting v67 p24(4) May-June 1979

Dance connection. (women golfers take aerobic dancing for strength)

Ertel, Grace

Golf Magazine v22 p40(1) Dec 1980

Dance: the exercises you won't know you're doing.

Mademoiselle v83 p174(4) Nov 1977

Dance to your heart's content: aerobic dancing; more like play than exercise.

Newman, Julia

Apartment Life v12 p22(3) Feb 1980

Dance your way to a better figure.

Newman, Jill

Women's Day p4(3) May 19 1981

Dancing your way to fitness. (aerobic dancing)

Murphy, Suzanne

House & Garden v152 p36(3) Aug 1980

Deep breathing: more than a sigh of relief. (simple exercise to calm and relax)

Prevention v30 p58(5) June 1978

Desk jockeys: it's your job to stay in shape!

Connolly, Trudye

WomenSports v2 p46(2) June 1980

Determinants of health

Shealy, C., Norman

New Realities v2 p62(1) April 1979

Diagnostic tune-up for the human body.

Benyo, Richard

Runner's World v16 p66(8) Aug 1981

Diana Nyad's basic training program for women.

Nyad, Diana; Hogan, Candance Lyle

Redbook v157 p71(8) May 1981

Do you really want to be well? A "wellness report" finds us unfit.

Weld, Philip S., Jr.

Science Digest v84 p55c(4) Nov 1978

Dr. Astrand knows runners inside and out. (body's reaction to exercise)

Omholt-Jensen, Jarl

Runner's World v12 p38(2) Jan 1977

Dr. Sheehan on running. (running and aging)

Sheenan, George

Runner's World v14 p26(1) March 1979

The Drs. Frank talk about ... how to make exercising fun.

Frank, Arthur; Frank, Stuart

Mademoiselle v86 p102(1) May 1980

The doers: body works.

Singerman, Philip

Sport v69 p85(1) Dec 1979

Does exercise really prolong life?

Gilmore, C.P.

Reader's Digest v111 p140(4) July 1977

Does sex help you? (physical fitness & energy level)

Hammer, Signe

Mademoiselle v84 p214(3) Oct 1978

Doing your own thing. (aerobic dancing)
Kuntzman, Beth A.
Consumer Guide v253 p96(1) Winter 1979

Don't get sore, get ready!
Mademoiselle v84 p72(2) Nov 1978

Don't give yourself the chair. (too much sitting a death sentence)
Gottlieb, William
Prevention v32 p109(4) Nov 1980

Don't-just-sit-there exercises.
Miller, Mary Susan
Ladies Home Journal v95 pPS2(2) Oct 1978

Don't just sit there. (isometric exercises)
Mossfeldt, Folke; Miller, Mary Susan
Saturday Evening Post v252 p56(4) Jan-Feb 1980

The do's and don'ts of stretching.
Benjamin, Ben
Dance Magazine v54 p86(3) Dec 1980

Double-duty exercises.
Teen v23 p98(2) June 1979

Double-time exercise: you can do two things at once!
American Girl v60 p18(2) May 1977

Double up to shape up. (exercising)
Mademoiselle v87 p192(2) May 1981

Down the home stretch. (illustration)
Cosmopolitan v190 p292(2) April 1981

Early riser exercises.
Newman, Jill
Woman's Day p72(2) Oct 14, 1980

EASE back into shape.
Kuntzman, Charles T.
Prevention v33 p146(9) Feb 1981

Easy isometrics.
Spackman, Robert R. Jr.
Family Health v9 p48(4) May 1977

Easy, new stretches to limber up your shoulders and back.
Good Housekeeping v191 p68(1) July 1980

The eight beauty investments worth your money now.
Glamour v78 p214(7) Oct 1980

Eight reasons to get thin and fit.

Young, Nancy
Glamour v77 p164(1) Oct 1979

Eleven natural-action exercises.

Boutelle, Jane; Baker; Samm Sinclair
Good Housekeeping v186 p136(5) Feb 1978

Energy extras. (exercise)

Consumer Guide 291 p40(2) Jan 1981

Energy people.

Nevel, Jill
Mademoiselle v86 p120(2) April 1980

Especially for men. (exercises)

Consumer Guide v311 p75(6) July 1981

Especially for women. (exercises)

Consumer Guide v311 p69(6) July 1981

The essential exercise. (jumping rope)

Sims, Marion
Essence v8 p52(3) Dec 12 1977

Every body can be more beautiful.

Fletcher, Ron; Ebert, Alan
Good Housekeeping v188 p28(4) Feb 1979

Everything in moderation: a little sweat ... a little sun ...

Vogue v171 p259(1) April 1981

Examine tennis and your heart.

Levisohn, Steven R.; Simon, Harvey B.
Tennis Magazine v15 p20(1) Nov 1979

Exercise and fitness.

Current Health v7 p3(7) Sept 1980

Exercise and the pill.

Edelson, Edward
Woman's Day p32(1) Aug 11 1981

Exercise basics. (plan instructions)

Marshall, John L.
Vogue v169 p150(3) Jan 1979

Exercise burnout.

Sabol, Blair
Mademoiselle v87 p60(1) Jan 1981

Exercise could be hazardous to your health.

Changing Times v34 p26(4) April 1980

Exercise for bone strength.

Weber, Malva

Vogue v168 p384(2) Oct 1978

Exercise for family fitness.

Prudden, Suzy; Sussman, Jeffrey

Weight Watchers v11 p6(1) Dec 1978

Exercise for good health.

Spink, C.C. Johnson

Sporting News v187 p16(1) May 19 1979

Exercise for you, for him.

Mademoiselle v85 p122(2) Feb 1979

Exercise: good, better, best and how to get there. (questions to doctors on sports medicine)

Schoen, Claire

House & Garden v150 p26(3) Dec 1978

Exercise: how much do you need? (interview)

U.S. News and World Report v85 p58(3) Dec 4 1978

"Exercise is not enough". (how athletes fight weight)

Dickey, Glenn

Weight Watchers v12 p16(3) April 1979

Exercise: "It ain't watcha do, it's the way that ya do it."

Maness, Bill

Family Health v9 p34(2) April 1977

Exercise keeps them young. (exercise and menstruation)

Science News v116 p104(1) Aug 11 1979

Exercise keeps you young and quick.

Uhlener, Jonathan

Prevention v32 p70(7) April 1980

Exercise: key to motor neuron development.

Science News 116 p263(1) Oct 20 1979

The exercise mystique.

Frank, Arthur; Frank, Stuart

Mademoiselle v86 p100(1) April 1980

An exercise plan to help you lose weight. (includes questions and answers)

Weight Watchers v12 p14(3) May 1979

Exercise: pro way to stamina.

Vogue v169 p326(2) Oct 1979

Exercise, size may slow puberty in girls; study.

Jet v58 p22(1) July 24 1980

Exercise: the beauty of the buddy system.

Sabol, Blair
Mademoiselle v86 p78(1) March 1980

Exercise: the best bet for better health.

Brody, Jane
Redbook v156 p53(2) Jan 1981

Exercise: the fitness component not for weight-watchers only.

Weaver, Susan
Bicycling v22 p99(3) April 1981

Exercise-the new "high." (psychological and emotional benefits)

Kaplan, Janice
Glamour v76 p248(3) May 1978

Exercise: to be fit, get strong.

Kaplan, Janice
Vogue v170 p251(3) April 1980

Exercise: what's in it for you?

Bioni, Jenny
Teen v24 p38(3) Oct 1980

Exercise with an astronaut. (Anna Fisher demonstrates exercises)

Adams, Jean
Redbook v154 p88(4) Jan 1980

Exercise with your mind on the ball.

Jackson, Paula Rice
House & Garden v151 p34(2) Jan 1979

Exercise your best this summer.

Glamour v76 p130(4) July 1978

Exercise your way to happiness.

Fellman, Bruce
Prevention v33 p68(6) May 1981

Exercises as easy as ABC.

McCall's v105 p126(2) Aug 1978

Exercises for back pain.

Consumer Guide v311 p62(7) July 1981

Exercises for boot pain.

Kilham, Doug
Skiing v32 p64(2) Oct 1979

Exercises for lifelong health and well-being.

Dychtwald, Ken
Prevention v31 p79(10) Jan 1979

Exercises for relaxed travel.

Ranson, Sally
Cosmopolitan v188 p190(1) Feb 1980

Exercises that make you fit for fun.

Mademoiselle v86 p190(4) Nov 1980

Exercises that prevent injuries. (warm-ups for tennis)

King, Billie Jean; Hoffman, Greg
McCall's v105 p68(2) April 1978

Exercises to ease-into-disco

Weight Watchers v12 p48(1) Oct 1979

Exercises to fight middle-age flab.

Castleton, Virginia
Prevention v30 p110(7) Aug 1978

Exercises to help you feel thin.

Rehns, Marsha
Weight Watchers v12 p10(2) Jan 1980

Exercises to make a better sport of you.

Teen v23 p90(2) April 1979

Exercises to stay young-looking.

Prudden, Suzy
Woman's Day p70(3) May 19 1978

Exercises to tighten up the jigglies.

Glamour v77 p142(4) July 1979

Exercises to warm up, cool down.

Glamour v77 p116(2) Jan 1979

Exercises you can do in your car.

David, Jay
Good Housekeeping v188 p74(2) Jan 1979

Exercises your child can share.

McCall's v107 p87(1) Aug 1980

Exercising enters the computer age. (microprocessor plots training program)

Bak, David J.
Design News v36 p90(2) May 5 1980

Exercising: the right plan can prolong your life.

Consumers Digest v17 p32(2) May-June 1978

Exercising slouch away.

Ogle, Jane
New York Times Magazine v130 p52(1) July 26 1981

Exercising your inwards: not every good workout requires blood, sweat and tears.

Grossman, Richard
Family Health v12 p34(2) July-Aug 1980.

The exerciser. (Jack La Lanne)
Farr, Louise
New West v3 p26(3) Feb 27 1978

Exer-skating.
Teen v23 p76(2) Jan 1979

The experts who shape America.
Chesler, Vicki
Harper's Bazaar p130(4) May 1981

The fabulous human machines. (physical fitness)
Pryce, Dick
Boy's Life v71 p46(2) March 1981

Face exercises.
Consumer Guide v272 p16(3) July 1980

Face exercises.
Kuntzleman, Charles T.
Consumer Guide v317 p16(4) Oct 1981

Face and facts. (physical fitness)
Benzais, Diana
Harper's Bazaar p100(3) May 1979

Fat burning activity.
Consumer Guide v272 p83(3) July 1980

Fatigue fighters. (exercises)
Consumer Guide v291 p57(5) Jan 1981

Feel better, look better with exercise.
Caufield, Dianna
Parents' Magazine v55 p84(4) Sept 1980

Feeling fit.
Working Woman v4 p39(8) June 1979

Feet: the root of all exercise.
Glamour v77 p115(1) Jan 1979

Female cycling performance. (good exercise)
Smith, David L.
Bicycling v19 p48(1) Nov 1978

Feminine fitness: shaping up after thirty.
Davenport, Diana
Town and Country v131 p88(1) May 1977

Fencing for fitness, for flexibility, for fun.

Mademoiselle v84 p78(1) Nov 1978

Fifty fresh starts for the new year. (tips to improve life)

Woman's Day p45(2) Jan 23 1979

Figures don't lie. (good exercise)

Thomas, Sandy

Bicycling v19 p61(1) April 1978

Finally found: fun city exercise: the pros of aerobic dancing.

Hail, Jane

Vogue v170 p218(1) Sept 1980

Find your best self by using more sense. (secrets from a famous health spa)

Mazzanti, Deborah S.

Family Health v9 p36(4) Dec 1977

The finished look takes shape. (fitness and fashion)

Vogue v169 p266(6) Feb 1979

Firming your face.

McCall's v108 p14(1) Nov 1980

Firming your figure. (7 day plan)

Consumer Guide v307 p1(95) June 1981

Fiscal fitness. (Jim Everroad)

Glick, Jean Flora

Writer's Digest v60 p18(2) Dec 1980

Fit at any age.

Marshall, John L.

Vogue v171 p251(3) April 1981

Fit, firm & terrific! 5 Texas beauties reveal their easy shape-up secrets.

Harper's Bazaar p100(2) July 1981

Fit by five. (preschool recreation)

Wells, Maureen

Instructor v S. p127(4) Sept 1978

Fit for a Pope (cont'd). (John Paul II's physical exercise activities)

Gelband, Myra

Sports Illustrated v50 p11(1) June 18 1979

Fitness. (dancing)

Mademoiselle, v85 p42(1) Nov 1979

Fitness begins at home. (design)

Bethany, Marilyn

New York Times Magazine v129 p122(3) May 4 1980

Fitness, caution and feet.

Consumer News v8 p3(1) May 15 1978

Fitness: the facts and the foolishness.

McCall's v56 p49(5) July 1979

Fitness findings. (survey of American exercise habits)

Sports Illustrated v50 p5(1) Feb 12 1979

Fitness - Fonda-style.

Vogue v169 p280(2) Dec 1979

Fitness in flight. (exercise in flight)

Time v110 p53(1) Aug 1 1977

Fitness hazards for sedentary women?

50 Plus v19 p48(1) Sept 1979

The fitness mania. (quest to become physically fit)

U.S. News and World Report v84 p37(4) Feb 27 1978

Fitness for the not so fit - two new trail-courses in San Francisco.

Sunset v166 p6(1) May 1981

Fitness now! (a fashion must)

Vogue v168 p114(10) July 1978

Fitness now: disco shape-up. (exercise)

Nagler, Willibald

Vogue v168 p132(1) Nov 1978

Fitness: the 6 moves to make.

Vogue v169 p232(8) April 1979

Fitness trails: facinating rhythms.

Carter, Malcolm N.

Apartment Life v10 p32(2) June 1978

Fitness! What's in it for you.

Mademoiselle v85 p163(1) April 1979

Fitness without jogging. (interviews)

Pollock, Ellen Joan

Ms v8 p43(4) Aug 1979

Fitness your way for cheap. (sports, yoga, dance)

Mademoiselle v86 p225(4) Aug 1980

Five best lifestyle exercises for skiers.

Mademoiselle v85 p150(3) Nov 1979

Five exercises to strengthen legs.

Boatwright, P.J., III

Golf Magazine v21 p78(1) Nov 1979

Five facts to get you exercising before another day goes by.
Glamour v79 p84(1) March 1981

The five-minute cure: Marya Mannes' personal prescription for keeping in shape.

Mannes, Marya
American Home v80 p26(2) May 1977

Flexibility exercises. (slimming your hips, thighs, & butt)
Consumer Guide v313 p86(6) Aug 1981

For arms that flatter summer fashions.

Good Housekeeping v192 p102(1) June 1981

For a beautiful neck.

Gragor, Carol
Good Housekeeping v191 p114(1) Sept 1980

For exercise dropouts: 5 reasons you quit and 5 reasons to get started again.

Kaplan, Janice
Glamour v78 p88(3) July 1980

For health, fitness and fun ... swim!

Whitten, Phillip
Family Health v11 p34(5) Feb 1979

Four steps to fitness.

Boatwright, P.J., III
Golf Magazine v22 p208(1) March 1980

Four-way guide to fitness.

Co-Ed v26 p60(2) March 1981

Frankly for fathers. (getting in shape)

Spangler, Doug
American Baby v39 p30p(2) July 1977

From the experts: more energy, vitality and good health!

Jamsil, Deborah
Harper's Bazaar p148(2) April 1981

From Sheehan. (exercise)

Sheehan, George
Runner's World v16 p22(1) Feb 1981

From Sheehan. (oxygen uptake measurement)

Sheehan, George
Runner's World v16 p20(1) May 1981

Game plan: the complete exercise-beauty program for shaping up your legs.

Duff, Susan
Viva v5 p62(5) Aug 1978

Gardening without pain.

Jackson, Paula Rice
House & Garden v153 p54(1) April 1981

Get in condition.

Nirschel, Robert
World Tennis v27 p58(2) March 1980

Get fit, trim, slim - and grin

Alexander, John
Saturday Evening Post v249 p70(4) Oct 1977

Get in step for fitness. (walk)

Better Homes and Gardens v59 p87(1) Feb 1981

Get ready to go straight. (posture exercises)

Teen v21 p84(2) Oct 1977

Get set for summer. (tips on tanning, exercise and beauty)

Seventeen v37 p168(4) May 1978

Get wet! The beauty power of water.

Gates, Anita
Mademoiselle v87 p152(7) June 1981

Get your legs in shape for the sunshine season.

Seventeen v40 p124(2) June 1981

Getting fit with gymnastics.

Mademoiselle v85 p62(2) Feb 1979

Getting fit: staying in shape.

Consumer Guide v191 p6(89) Summer 1978

Getting no kick out of life? Jacki Sorensen urges women to try her aerobic dancing.

Kalter, Suzy
People v12 p80(2) July 2 1979

Getting organized for good health. (planning exercise and recreation)

Keough, Carol
Organic Gardening and Farming v27 p109(3) July 1980

Getting in shape: some pointers to help put you in fighting trim for competitive sailing.

Surtees, Dennis
Yachting v144 p52(5) July 1978

Getting in shape. (total fitness in just minutes a day, two days a week.)

Morehouse, Laurence E.
Consumers Digest v19 p30(6) Jan-Feb 1980

Getting in shape without getting ridiculous. (too much and too little exercise)

Higdon, Hal

Chicago v27 p125(6) May 1978

Getting started. (aerobic dancing)

Kuntzman, Beth A.

Consumer Guide v253 p8(2) Winter 1979

Getting in the swim.

Sussman, Jeffrey; Prudden, Suzy

Weight Watchers v12 p28(2) June 1979

Getting your energy level up. (exercises)

Consumer Guide v291 p11(5) Jan 1981

Golfing forever. (interview with Harvey Penick)

Hicks, Betty

Modern Maturity v24 p36(3) April-May 1981

"Good-bye," backache! exercises.

Good Housekeeping v189 p162(1) Oct 1979

The good-health battle plan. (establishing habits of health)

Norfolk, Donald

Cosmopolitan v184 p158(4) Feb 1978

Good healthy feet: what you need to know and do. (shoes, care, and exercise)

Kahn, Carol

Weight Watchers v11 p42(1) Oct 1978

Good sport. (column)

Hogan, Randolph

New York Times Book Review v85 p47(1) June 1 1980

Grab a chair: these exercises are aimed at your seat.

Consumer Guide p70(6) Sept 1980

The great Canadian shape-up.

Steward, Hartley

Macleans v90 p41(4) Jan 24 1977

The great joy of physical fitness.

Morsehouse, Laurence E.; Gross, Leonard

Woman's Day p5(97) April 5 1977

Grown-up jump rope.

Redbook v153 p152(1) June 1979

A guide for the athletic woman.

Newton, Michael

Family Health v12 p28(2) July-Aug 1980

Guidelines: Jan interview with Julius B. Richmond. (women's health)
Ogle, Jane
Vogue v170 p174(2) Jan 1980

Gym dance. (exercises)
Young, Nancy
Glamour v76 p196(3) Dec 1978

Gymnastics - fitness that's fun for everyone.
Murphy, Suzanne
House & Garden v153 p26(3) July 1981

Gymnastics get your body together.
Mademoiselle v87 p221(3) Aug 1981

Hair-raising exercises.
Teen v22 p72(1) April 1978

Hang loose! (exercise)
Bahr, Robert
Scouting v66 p10(3) Oct 1978

The happy addict. (dependent on exercise)
Harris, Dorothy V.
WomenSports v5 p53(1) Jan 1978

Have fun, get exercise and "Shuffle Off to Buffalo."
Glamour v79 p54(1) May 1981

Head-to-toe: shape-up at home.
Glamour v75 p192(4) Nov 1977

Health advantages of physical fitness.
Science News v116 p214(1) Sept 29 1979

Health: the exercise dropout test.
Asher, Linda
Psychology Today v13 p25(2) Aug 1979

Health and fitness guide.
Marks, Judi
Teen v24 p17(9) June 1980

The health hoops.
Sabol, Blair
Mademoiselle v85 p57(1) April 1979

Health risks & fitness: dispelling the myths.
Roman, Candace Botha
Forecast for Home Economics v26 p71(5) May-June 1981

Health; the weekend athlete.
Merritt, Susan Q.
Working Woman p82(2) July 1981

The healthy life. (Billie and David Mahoney)

Lord, Shirley

Vogue v171 p292(6) May 1981

A healthy way to be sick. (benefits of exercise)

Sheshan, George

Runner's World v14 p2(91) July 1979

Here's to your health: a family plan for getting the most out of life.

Allen, Robert F.; Kraft, Charlotte

Parents' Magazine v55 p61(5) July 1980

The high of exercise.

Hamill, Dorothy

Harper's Bazaar p97(1) May 1979

Hiking for health and fun.

Scalzo, Joe

Dynamic Years v14 p27(3) Sept 1979

Hip and derriere exercises.

Consumer Guide v272 p62(7) July 1980

Hip and derriere exercises.

Kuntzleman, Charles T.

Consumer Guide v317 p62(7) Oct 1981

The home stretch.

Groller, Ingrid

Parents' Magazine v54 p89(4) May 1979

Home, sweat home. (working out indoors)

Hoover, Sue

WomenSports v1 p66(2) March 1979

A hop, kick and a jump! (exercises)

Kusche, Larry; Porr, Dennis

Family Health v11 p32(2) Oct 1979

How fit are you?

Hartman, Curtis

Boston Magazine v71 p84(5) June 1979

How fit are you?

Sloan, Bill

Boy's Life v70 p70(3) Sept 1980

How fit are you? Rate yourself and discover which sports can put you in top condition.

Young, Nancy

Glamour v75 p121(4) May 1977

How I learned to live with being less than perfect.

Hammer, Signe
Mademoiselle v85 p164(3) Oct 1979

How I learned to walk. (as exercise)

Sabol, Blair
Mademoiselle v86 p70(1) June 1980

How the stars slim down and firm up-fast.

Glamour v79 p175(1) May 1981

How to avoid back problems on court. (column)

Levisohn, Steven R.; Simon, Harvey B.
Tennis Magazine v15 p26(2) March 1980

How to be the athlete you always wanted to be. (advice from experts)

King, Billie Jean; Blalock, Jane
Redbook v151 p45(8) June 1978

How to be good to your body - and your spirits too!

Straley, Carol
Redbook v156 p66(2) March 1981

How to be a winner. (exercise, diet, sports, and beauty tips)

Harper's Bazaar p96(15) May 1978

How to customize workouts. (running)

Londeree, Ben
Runner's World v13 p172(3) Oct 1978

How to exercise for stamina and strength.

Bennett, William
Vogue v171 p253(3) April 1981

How to exercise without really trying.

Good Housekeeping v188 p182(2) March 1979

How to exercise your way out of a depression

Smith, David
Mademoiselle v85 p194(3) April 1979

How to find the right sport for your body.

Kevles, Barbara
Mademoiselle v85 p195(4) April 1979

How to flatten your stomach. (ten exercises)

Everroad, Jim
Reader's Digest (Canada) v114 p89(4) June 1979

How to get rid of pain in the neck.

Winter, Arthur; Winter, Ruth
Glamour v79 p250(2) Feb 1981

How to get yourself in shape for bow hunting: and (miracle of miracles) actually enjoy it.

Helgeland, Glenn

Archery World v28 p30(5) July 1979

How to have exercise class.

Sabol, Blair

Mademoiselle v87 p94(1) Sept 1981

How to have more get-up-and-go. (physical fatigue)

Pomeroy, Ruth Fairchild

Redbook v154 p33(4) Jan 1980

How to keep fit - while you sit.

Mossfeldt, Folke; Miller, Mary Susan

Reader's Digest v115 p201(3) Sept 1979

How to look as good as you feel after a workout.

Mademoiselle v87 p120(1) April 1981

How to move with t'ai ch'i.

House & Garden v151 p40(1) April 1979

How to program your very own exercise routine.

Mademoiselle v85 p240(6) Aug 1979

How to rate an exercise class - before you sign up.

Lustgarten, Karen

Mademoiselle v86 p138(3) Oct 1980

How to rate your doctor for exercise advice.

Kuntzleman, Charles T.

Vogue v168 p172(1) Oct 1978

How to regain flexibility. (exercises for stiff joints)

Consumer Guide p85(7) Sept 1980

How to relax. (exercises while laying down)

Consumer Guide v291 p42(4) Jan 1981

How to relax on frantic days: make exercises work for you.

Pearlman, Barbara

Woman's Day p16(3) Dec 13 1977

How to shape up and stay fit.

Sokolowski, Walter

Water Skier v28 p49(6) June-July 1978

How to shape up to play your best tennis.

Tennis Magazine v13 p33(5) Jan 1978

How to start your personal exercise plan. (fitness program)

Better Homes and Gardens v55 p46(3) April 1977

How to stay fit this winter.
Glamour v78 p95(6) Oct 1980

How to stay home and stay in shape. (exercises)
Robarge, Maurita
Mademoiselle v84 p72(5) Oct 1978

How to stay in condition.
Jackson, Paula Rice
House & Garden v153 p38(2) Jan 1981

How to stay in shape.
Consumer Guide v291 p6(5) Jan 1981

How to stay in shape in winter
Business Week p108(3) Jan 22 1979

How to stay in shape, naturally. (exercise by doing everyday activities)
Jackson, Paula Rice
House & Garden v152 p30(2) June 1980

How to take years off your face.
Jody, Ruth; Lindner, Vicki
McCall's v106 p101(3) Mar 1979

How to use your ski muscles. (exercises)
Pedersen, Tage
Skiing v31 p173(3) Oct 1978

Huffless-puffless exercises.
Osgood, Judy
Dynamic Years v13 p45(1) May-June 1978

"I found it in running."
Sheehan, George
New Times. v10 p22(6) April 3 1978

I-hate-to-exercise exercises.
Woman's Day p132(1) June 16 1981

I know it's good for my body, but will it help me? (excerpt from The Aerobics Way)
Cooper, Ken
Mother Earth News p116(1) Sept-Oct 1978

In Florida: jumping with the 82nd. (Airborne units' exercise)
Sider, Don
Time v116 p8(1) July 28 1980

In the swim. (exercise)
Mademoiselle v86 p70(2) June 1980

In the swim. (swimming, best & safest exercise)

Neumann, Karl

Travel-Holiday v154 p26(3) Aug 1980

In the slick world of superclubs, A; B equals sport, fitness, glee.

Telander, Rick

Sports Illustrated v53 p18(1) 17 1980

In search of health. (responsibility for own health status)

Walters, LeRoy

Christian Century v95 p1014(2) Oct 25 1978

In search of the ultimate system. (Nautilus system of strength training)

Philadelphia Magazine v70 p153(2) April 1979

Inhale!...Exhale!...Inhale!...Exhale!... (popularity of exercise)

Lancaster, Paul

American Heritage v29 p4(10) Oct-Nov 1978

Instant fitness in two minutes a day.

Mademoiselle v85 p78(1) Sept 1979

Interval aerobics may be just the new exercise you need!

Ogle, Jane

Vogue v169 p88(1) June 1979

An intimidating new class: the physical elite. (body-perfect movement)

Van Doorn, John

New York v11 p36(8) May 29 1981

Introduction to stretching.

Glamour v78 p100(1) May 1980

Investing in a behavior for life. (advantages of cycling)

McCullagh, James C.

Bicycling v20 p14(2) Feb 1979

Invisible exercise.

Ogle, Jane

New York Times Magazine v130 p118(2) Sept 28 1980

Is a health club right for you?

Bariley, Janet

Redbook v157 pG3(2) Aug 1981

Is jogging really good for you? (pro and con)

Brody, David; Friedman, Meyer

US News and World Report v86 p55(2) March 19 1979

Is walking good enough?

Health Letter v5 p6(1) Sept 1980

Is your desk job killing your back?

Sweney, Karen Andes
Mademoiselle v86 p76(1) March 1980

Jane Fonda talks about energy, exercise, herself.

Sabol, Blair
Mademoiselle v86 p38(2) March 1980

Journey to health: trade yourself in for a new model.

Bricklin, Mark
Prevention v29 p32(6) Feb 1977

The joy of running in regular cycles.

Science News v118 p6(1) July 5 1980

Jump your way to health. (rope skipping)

Burg, Dale
American Home v80 p24(3) Aug 1977

Jumping for joy.

Shimer, Porter
Prevention v33 p87(2) March 1981

Just-for-teens: exercise plans.

Teen v22 p81(2) Oct 1978

Just-for-two exercises.

Prudden, Suzy; Sussman, Jeffrey
Weight Watchers v11 p40(2) July 1978

Justifying inactivity.

Buckley, William F., Jr.
National Review v31 p763(1) June 8 1979

Kangaroo! an Aussie fitness builder.

Stolle, Fred
World Tennis v29 p69(1) June 1981

Keep fit for bicycling. (exercises)

Shierman, Gail
Bicycling v19 p66(2) Feb 1978

Keep fit in fashion.

Good Housekeeping v187 p110(1) Oct 1978

Keeping fit. (tennis player's back problems)

Nirschl, Robert
World Tennis v26 p14(1) Jan 1979

Keeping fit, Carter style. (diverse exercise program)

US News and World Report v82 p28(1) April 25 1977

Keeping fit: - a top ten list to avoid.

Nirschl, Robert

World Tennis v27 p42(3) Jan 1980

Keeping fit in Hollywood.

Krantz, Judith

Cosmopolitan v185 p258(6) Oct 1978

Keeping fit indoors. (spas, gymnasiums and health centers)

Zohman, Lenore R.; Kattus, Albert; Softness, Donald G.

Weight Watchers v13 p52(3) April 1980

Keeping fit without getting trimmed. (health spas and exercise clubs)

Main, Jeremy

Money v7 p60(4) Sept 1978

Keeping kids fit: What parents and schools can do.

Kaercher, Dan; Cole, William

Better Homes and Gardens v59 p20(5) May 1981

Keeping them in shape, from head to toe.

Los Angeles v23 p280(4) Dec 1978

Keeping your body forever fit.

Glick, Ruth

Essence v8 p50(5) Dec 12 1977

The key to fitness: aerobics!

Mademoiselle v85 p138(1) April 1979

Key to fruitful leisure: "a change of pace." (interview with Tony A. Mobley)

US News and World Report v91 p67(1) Aug 10 1981

Ladies...run for your life!

Lance, Kathryn

Town and Country v132 p823(2) May 1978

Lazy people: experts reveal the lazy way to lose weight and get fit.

Family Health v10 p31(2) Aug 1978

The lazy way to exercise.

Jackson, Paula Rice

House & Garden v150 p22(1) Aug 1978

The lazy woman's exercise plan.

Kounovsky, Nicholas

McCall's v105 p116(7) March 1978

The lazy woman's guide to exercise.

Newman, Jill

Woman's Day p14(1) Feb 20 1979

The lean look. (study of body building and mortality)

SciQuest v53 p4(1) Dec 1980

Leg to toe shape-up.

Mademoiselle v87 p204(2) March 1981

Leg work. (effect of running on legs) (column)

Sheehan, George

Runner's World v16 p97(1) April 1981

Leggy! (grooming and exercise)

Mademoiselle v87 p95(5) July 1981

Leisure escape or survival?

Price, Margaret

Industry Week v201 p47(3) June 25 1979

Letter perfect beauty.

Teen v23 p58(8) Feb 1979

Let's go! Shape up in just 12 minutes a day.

Ladies Home Journal v98 p76(4) June 1981

Lifetime exercise plan.

Mademoiselle v85 p56(2) Jan 1979

A lifetime of fitness.

Gottlieb, William

Prevention v32 p53(7) Dec 1980

Limbering up for a youthful body.

Castelton, Virginia

Prevention v31 p129(5) July 1979

Little aches & pains? Try these.

Woman's Day p92(2) Oct 23 1978

Loosen up your tight, aching shoulders.

Kirk, Chester E.

Prevention v29 p70(7) April 1977

Lose lbs. without dieting. (physical fitness and our life's habits).

Consumer Guide v287 p3(4) Sept 1980

Lower back exercises.

Consumer Guide v272 p54(8) July 1980

Lower back exercises.

Kuntzleman, Charles T.

Consumer Guide v317 p54(8) Oct 1981

Lunch-time fitness on the job.

Pattner, Emily

Working Woman v6 p68(1) Jan 1981

Lupus' guide to health and beauty.
Lupus, Peter; Homola, Samuel
Consumers Digest v17 p31(3) Nov-Dec 1978

Mademoiselle's 5-month shape-up plan part 3.
Mademoiselle v85 p131(4) March 1979

The magic six. (exercises for tennis)
Sheehan, George
World Tennis v24 p18(2) April 1977

"Make 'em strong!" (exercises)
Boy's Life v67 p52(2) May 1977

Make your body dancer-beautiful.
Mademoiselle v86 p108(3) Sept 1980

Marathon training. (running)
Bowerman, Bill
Runner's World v13 p130(3) Oct 1978

Marjorie Hemingway: fitness as a way of life.
Vogue v170 p244(6) April 1980

A market with its chin up. (physical fitness)
Sales and Marketing Management v125 p23(1) Oct 6 1980

The martial arts: quick way to a better body.
Benzaisa, Diana
Harper's Bazaar p127(2) June 1981

Measure your own "physical quotient."
Gooding, Judson
Reader's Digest v109 p178(5) Oct 1976

Medical self-sufficiency.
Gable, Mona
San Francisco v22 p42(2) Jan 1980

Mental tools to improve your ride.
Bennett, Hal Z.
Bicycling v18 p54(4) Sept 1977

Might makes right: developing non-running muscles.
Tuinsing, Kees
Runner's World v13 p58(2) March 1978

Minding your body: you don't have to be no.1 for sports to be fun - just be
aware of how good you feel.
Kaplan, Janice
Seventeen v37 p178(2) Aug 1978

Mirror, mirror, on the wall. (health spa memberships)
Forbes v122 p96(4) Oct 2 1978

A mood of vitality.

House & Garden v151 p166(2) April 1979

More ways to flatten your stomach (and shape your hips, thighs and legs).

Everroad, Jim

Reader's Digest v119 p138(3) July 1981

Moshe Feldenkrais's awareness through movement.

Myers, Martha

Dance Magazine v54 p136(5) May 1980

Mother and daughter tone up and trim down. (simple exercises)

Prudden, Suzy; Sussman, Jeffrey

Weight Watchers v11 p34(2) Sept 1978

Move a pretty muscle.

Teen v25 p78(2) March 1981

Nature's energizers.

Bilgore, Ellen; Jackson, Paula Rice

House & Garden v152 p32(3) July 1980

Nautilus's madcap muscle magnate. (Arthur Jones)

Bilgore, Ellen

Town and Country v134 p22(6) Oct 1980

Neck exercises.

Consumer Guide v272 p18(3) July 1980

Neck exercises.

Kuntzleman, Charles T.

Consumer Guide v317 p18(2) Oct 1981

The net result - of tennis? Exercise and fun!

Ford, Wally

Essence v9 p110(3) Aug 1978

The new American body.

Anderegg, Karen

Vogue v171 p251(2) April 1981

The new appeal of strength! Upper-body builders.

Glamour v79 p252(2) Aug 1981

The new discipline.

Boston Magazine v71 p83(2) June 1979

The new exercise splash. (bathtub exercises)

Markham, Pamela

House & Garden v149 p28(3) July 1977

The new fitness.. (physical fitness)

Beach, Nancy

New York Times Magazine v129 p78(2) Oct 7 1979

New for jogging...or avoiding it!

Popular Mechanics v152 p70(2) July 1979

New health plus: self care.

Vogue v170 p176(13) June 1980

The new ideal female body: standards of feminine appeal are definitely changing.

Kaplan, Janice

Glamour v79 p58(3) July 1981

New parcours in San Francisco. (fitness course for joggers)

Sunset v164 p6(1) June 1980

New treatment for back pain.

Murphy, Suzanne

Modern Maturity v24 p66(2) April-May 1981

The new wave in swimming.

Stern, Sol

New York Times Magazine v129 p84(5) June 1 1980

New way to keep fit.

Simowitz, Carol

Modern Maturity v23 p23(1) Dec-Jan 1980

The next move is up to you. (physical fitness)

Beech, Linda

Senior Scholastic v113 p1(1) March 20 1981

No cost physical fitness at home.

Consumer Digest v16 p32(4) Sept-Oct 1977

No-hassle exercise to pep up, shape up, relax.

O'Brian, Bridget

Working Woman v3 p66(2) May 1978

The nonathletic woman's guide to jogging.

Kamien, Marcia

Woman's Day p66(5) Sept 27 1978

Now is the time for all good women to come to the aid of their body.

Glamour v76 p207(7) May 1978

Oh! My aching back: most back trouble can be helped with regular exercise.

Kuntzleman, Charles T.

Vogue v171 p184(2) March 1981

On-the-go exercises - the shortest route to a beautiful figure.

Smith, R. Phillip
Woman's Day p58(3) Nov 15 1977

The one way to lose weight without dieting. (regular exercise)

Gilmore, C.P.
Reader's Digest v115 p67(4) July 1979

Outward bound: can you learn survival?

Porter, Bruce
Ms v8 p92(6) Oct 1979

Oxygen curve.

SciQuest v52 p26(1) Dec 1979

The Paris way of beauty.

Dannenberg, Linda
Cosmopolitan v187 p216(10) Sept 1979

A passion for a hard workout.

Casson, Lionel
Horizon v18 p12(4) Spring 1976

The perfect exercise. (walking)

Stutman, Fred A.; Africano, Lillian
Reader's Digest v117 p103(4) July 1980

The perfect post-run stretching routine.

Couch, Jean
Runner's World v14 p84(6) April 1979

The perfect pre-run stretching routine. (training exercise)

Anderson, Robert
Runner's World v13 p56(6) May 1978

Perfecting your posture.

Wilson, Allison
Seventeen v39 p50(1) March 1980

Pick your personal exercise plan.

Lynch, Maureen
Ladies Home Journal v97 p112(4) April 1980

Physical exercise: limbering.

Shealy, C. Norman
New Realities v3 p62(1) Oct 1979

Physical fitness.

Brown, Charles V.
Skin Diver v26 p22(3) Dec 1977

Physical fitness: a patrol effort.

Daniels, Gene
Boy's Life v67 p46(2) Dec 1977

Physical self-confidence: can you improve your agility?

Eby, Sheila Mary
Vogue v170 p210(2) Oct 1980

Physical therapy can do miracles.

Kline, Richard
Prevention v32 p69(8) March 1980

Planning your personal program.

Consumer Guide v287 p20(10) Sept 1980

Play a rumping game. (fitness)

Bartlett, Mike
Golf Magazine v20 p68(1) April 1978

"Play has no purpose but it gives meaning to life."

(conversation with George Sheehan)
US News and World Report v90 p47(1) Jan 12 1981

Posture: how to be in good standing.

Consumer Guide v291 p83(7) Jan 1981

Prevention and treatment of injuries. (when beginning exercise program)

Consumer Guide v311 p44(2) July 1981

Preventive medicine: good for what ages you. (answers to some myths and misconceptions about aging process)

Stallings, James O.
WomenSports v2 p48(2) June 1980

Private exercises for public places.

Pearlman, Barbara
Woman's Day p90(2) Jan 1977

Pros & cons of jogging.

Consumers Digest v17 p19(3) July-Aug 1978

Put spring in your muscles - now. (exercises for golfers)

Bertholy, Paul
Golf Magazine v21 p64(2) Jan 1979

Putting your best face forward. (facial exercises)

De Vries, Romana
Woman's Day v42 p14(1) Aug 7 1979

Putting yourself on the spot: exercises that target your troubles.

Teen v24 p82(2) Sept 1980

Questions I'm asked about body shaping.

Fletcher, Ron
Cosmopolitan v189 p78(3) Nov 1980

Racewalking!

Dembner, Stephen A.
Family Health v13 p22(3) June 1981

Ready, set...sweat!

Reader's Digest v111 p51(6) Oct 1977

Ready, set...sweat. (increasing interest in physical fitness)

Time v109 p82(5) June 6 1977

Really putting your heart in your dancing. (aerobic dancing)

Beirn, Jane
Los Angeles v24 p157(1) Jan 1979

Reasons for running.

Current Health v7 p24(2) May 1981

The red beret fitness strategy.

Bar-Khama, Amos; Shoenfeld, Yehuda; Shuman, Eric
Family Health v12 p32(4) Oct 1980

Return to running. (physical demands of running)

Benyo, Richard
Runner's World v13 p188(4) Oct 1978

Rewinding your body clock.

Kinderlehrer, Jane
Prevention v30 p58(6) March 1978

Rhythmic roads to fitness.

Current Health v7 p14(2) March 1981

The right approach to weekend athletics.

Kaplan, Janice
Vogue v171 p163(2) June 1981

Right on target. (fitness and exercise)

Current Health v7 p17(3) Nov 1980

The right sport for your body.

Eby, Sheila Mary
Vogue v171 p162(3) June 1981

The right sport for your mind.

Holbrooke, Blythe
Vogue v171 p163(2) June 1981

Roller skating.

Current Health v7 p22(2) Sept 1980

Rolling along. (roller skating for fun and exercise)

Lawlor, Laurie
Consumers Digest v18 p46(5) Sept-Oct 1979

Ron Fletcher's body beautiful exercises: Ali MacGraw, Susan Blakely, Candice Bergen and Kathrine Ross do them.
Good Housekeeping v187 p42(4) Oct 1978

The routines. (aerobic dancing)
Kuntzleman, Bath A.
Consumer Guide v253 p18(79) Winter 1979

Run, don't walk. (conditioning for hunting)
Jamison, Rick
Field and Stream v83 p136(4) Oct 1978

Run for your life. (jogging)
Current Health v6 p12(3) Nov 1979

The runner's almanac. (includes training program, nutrition tips)
Consumer Guide v232 p1(191) June 1979

Running and being, the total experience. (excerpt from book)
Sheehan, George
Mother Earth News p84(1) Sept-Oct 1978

Running battle. (jogging poll)
Time v113 p140(1) Feb 5 1979

Running can improve your cycling.
Slivka, Ronald T.
Bicycling v20 p41(2) Feb 1979

Running for my life.
Hood, Robert E.
Scouting v68 p14(5) Oct 1980

Running for your life. (benefits of vigorous exercise)
Leonard, George
Reader's Digest v110 p43(4) Feb 1977

Running - the new high. (exercise)
Seebohm, Caroline
House & Garden v149 p89(3) July 1977

Salute to the sun. (yoga exercise)
Woman's Day p102(2) May 31, 1977

Secrets of the superstars. (physical fitness)
Dodge, Marylou Bonden
Harper's Bazaar p96(2) May 1979

Set your own pace. (personal fitness for Scouts)
Pryce, Dick
Boy's Life v69 p62(2) June 1979

The seven-day slimming your hips, thighs, and butt program
Consumer Guide p6(64) Sept 1980

Sexy body-zones: breasts, legs - the best you can have.
Glamour v78 p168(6) Feb 1980

Shaking a leg for fitness: storefront dance studios are hoofing their way to the bank.

Faustmann, John
Macleans v94 p42(1) Mar 23 1981

Shape and sanity with yoga.
Smith, Dorothy
New Orleans v14 p60(4) Mar. 1980

The shape you're in.
Consumer Guide v311 p4(5) July 1981

The shape you're in. (individuality of fitness)
Sheehan, George
Runner's World v12 p19(2) July 1977

Shape up!
Co-Ed v25 p42(4) Feb 1980

Shape-up: experts who come to you.
Vogue v169 p110(1) Mar 1979

Shape-up for exercise dropouts.
Glamour v77 p246(4) Nov 1979

Shape up for spring. (easy exercises)
Stambaugh, Kim
Good Housekeeping v190 p100(1) Apr 1980

Shape-up for summer!
Essence v10 p80(2) Apr 1980

Shape up for summer.
Forecasts for Home Economics v24 p39(1) May-June 1979

Shape up! For a summer of RVing.
Longsdorf, Bob
Trailer Life v39 p136(3) Apr 1979

Shape up for super sex. (from book of same title)
Crenshaw, Mary Ann
Cosmopolitan v183 p146(1) Nov 1977

Shape up in 30 days.
Filson, Sidney
Woman's Day p98(5) Apr 22 1980

Shape-up now.

Vogue v169 p83(1) July 1979

Shape-up now.

Vogue v171 p61(1) July 1981

Shape-up now. (includes diagrams)

Kuntzleman, Charles T.

Vogue v171 p132(2) Aug 1981

Shape-up now: arms.

Vogue v170 p168(1) Nov 1980

Shape up now: legs.

Vogue v170 p206(1) Oct 1980

Shape-up now: you can really go far on a stationary bike! (comparison)

Vogue v169 p112(1) Apr 1979

Shape up! a plan for the new year.

Flynn, Suzanne Kennedy

House Beautiful v121 p65(1) Jan 1979

A shape-up plan for two.

McCall's v107 p85(2) Aug 1980

The shape-up revolution.

Barbash, Heather

Parent's Magazine v56 p70(66) Aug 1981

Shape up! Sane slimming.

Hill, Lawrence T.

Essence v11 p62(2) Feb 1981

Shape-up together. (fitness)

Vogue v169 p152(1) Feb 1979

Shape up the way the stars do: a Redbook guide to feeling good, looking great.

Redbook v150 p61(8) Jan 1978

Shape-up while cooking. (kitchen exercises)

Weight Watchers v10 p24(2) Nov 1977

Shape up while you splash down.

Yates, John

Prevention v31 p82(3) July 1979

Shape up with Dara Sedaka. (exercise program)

American Girl v61 p24(2) Sept 1978

Shape up with a splash.

Teen v25 p33(3) May 1981

Shape-up: the works. (personal beauty)
Essence v10 p56(1) Aug 1979

Shape-ups for fun and fitness. (exercise program)
Seventeen v38 p130(4) June 1979

Shaping up.
Filson, Sidney
Cosmopolitan v190 p130(4) Apr 1981

Shaping up.
Gittelsohn, Natalie
McCall's v105 p63(8) Oct 1977

Shaping up in the shower.
Fleder, Helen
McCall's v105 p124(7) Sept 1978

Shaping up sensibly.
Pearlman, Aimee M.
Forecast for Home Economics v26 p34(2) Mar 1981

Shaplier legs for the new fall fashions. (exercise)
Good Housekeeping v191 p126(1) Oct 1980

Shooting for the hips. (exercise)
Weight Watchers v13 p9(1) Sept 1980

Should a player be fit as a fiddle - and how fit is a fiddle, anyway?
Sanderson, J.D.
Tennis Magazine v14 p56(4) Nov 1978

Shoulder and upper back exercises.
Kuntzleman, Charles T.
Consumer Guide v317 p21(7) Oct 1981

Shoulder and upper back exercises.
Consumer Guide v272 p21(7) July 1980

The shower: your private beauty and health spa.
Glamour v77 p168(4) Feb 1979

Simon says do this. (8 exercises for golf)
Simons, Jim
Golf Magazine v22 p74(4) Feb 1980

Simple, painless exercises to help you play better: (tennis)
Harman, Bob
Tennis Magazine v14 p48(2) Oct 1978

A simple test of strength and flexibility. (Kraus-Weber Test)
Prevention v31 p89(1) Oct 1979

The simple truth about fitness.

Katch, Frank I.; McArdle, William D.; Boylan, Brian Richard
Reader's Digest v816 p57(4) Feb 1980

Sit up and take notice. (fitness for working women)

Brown, Charity
Boston Magazine v70 p94(8) Apr 1978

Six myths about sports: are they keeping you from starting.

Short, Amy
Glamour v76 p128(3) June 1978

Six-second workout.

Pryce, Dick
Boy's Life v70 p46(2) Mar 1980

Six ways to slim your hips, thighs, stomach.

Mademoiselle v86 p216(3) Oct 1980

Six weeks in the life of a nautilus trainee. (weight-training program)

Bilgore, Ellen
Glamour v78 p218(4) Sept 1980

Sizing up exercise: the health-fitness connection.

Hickman, Jim
New Realities v3 p46(6) Oct 1979

Ski exercises.

Traub, Nancy
WomenSports v2 p38(2) Nov 1980

Skill award: physical fitness.

Boy's Life v67 p50(1) Dec 1977

Slantboard exercising!

De Santis, Mallen
Cosmopolitan v188 p250(4) June 1980

Slimming side by side. (exercises)

Pine, David; Pine, Dale; Siegener, Ray
Family Health v13 p16(3) May 1981

Slow down! to set the pace for fitness & health. (walking)

Glamour v78 p242(4) Nov 1980

Smart solutions for skiers. (exercises)

Glamour v77 p215(1) Nov 1979

Smoothing things over. (removing face wrinkles)

Castleton, Virginia
Prevention v31 p157(5) Jan 1979

Softball for fun and exercise.

Nuwer, Hank

Dynamic Years v14 p32(3) July-August 1979

Soviet doctors credit exercise for cosmonauts' good health.

Aviation Week v111 p21(2) Aug 27 1978

Spa week: what works for you, works for him.

Vogue v169 p56(1) Mar 1979

Special for nonjocks: how to survive the fitness fad.

Teen v25 p42(4) May 1981

Special summer health & beauty bulletin.

Glamour v79 p140(6) July 1981

Specimens from the fitness laboratory.

Bradford, Robert H.

Chicago v27 p127(3) May 1978

Sport a better figure.

Teen v22 p40(1) Apr 1978

Sports action is more fun when you stay hurt-free: here, exercises to help ...

Donahue, Sandra.

Vogue v168 p72(3) Mar 1978

Sports & menstruation: does exercise affect your periods?

Glamour v76 p168(2) Oct 1978

Sports and menstruation myths - stop worrying about them!

Kaplan, Janice

Vogue v168 p130(2) May 1979

Sports and specificity: practice makes perfect - if it's the right kind of practice.

Mademoiselle v84 p64(1) June 1978

Sports extra: how to be good to your body.

Redback, v156 p54(1) Jan 1981

Sports that last a lifetime. (Part 1)

Peterson, Robert

Scouting v68 p26(4) May-June 1980

Sports that last a lifetime. (Part 2)

Peterson, Bob

Scouting v68 p50(3) Sept 1980

Spot reducing: old myths die hard.

Current Health v7 p16(3) Dec 1980

Spot toners.

Vogue v171 p170(1) Apr 1981

Sprains, strains, twitches, and stitches. (in aerobic dancing)

Kuntzleman, Beth A.

Consumer Guide v253 p15(3) Winter 1979

Spring shape-up guide.

Kaye, Dena

New York Times Magazine p44(6) Mar 27 1977

Squash and racquetball: energizing sports that'll get you hooked.

Mademoiselle v84 p66(1) Dec 1978

Stairway to fitness. (running up and down stairs for exercise)

Benzaquin, Paul

Runner's World v16 p66(2) Mar 1981

Stamina and strength.

Madden, Kathleen

Vogue v171 p257(2) Apr 1981

Stand-up exercises you can do anywhere.

Castleton, Virginia

Prevention v32 p132(4) Sept 1980

Stand up straight - change your shape.

Mademoiselle v87 p44(1) May 1981

Stars in action. (their exercise techniques)

Teen v24 p38(2) Apr 1980

Start getting in shape. (train for sailboat racing)

Hagerman, Topper

Sail v12 p49(4) Apr 1981

Staying hard.

Gates, Anita

Mademoiselle v87 p199(3) Mar 1981

Still the champ. (YMCA & YWCA popular).

Forbes v122 p98(1) Oct 2 1978

Stop killing yourself. (you can make yourself healthy)

Seliger, Susan

Washingtonian v13 p124(11) Sept 1978

Straight talk about exercise, posture and your back.

Glamour v75 p244(2) Sept 1977

Straighten up & slim down: special posture exercises that streamline your look.

Belson, Abby Avin

Weight Watchers v13 p20(3) Oct 1980

Strength building programs.

Health Letter v3 p6(1) Apr 1978

Strengthen your bones with exercise.

Danielson, Donna L.

Prevention v33 p108(5) July 1981

Stretch! No-huff no-puff exercises.

Woman's Day p122(2) June 14 1978

Stretch: stress-proof your muscles.

Kaplan, Janice

Vogue v170 p252(2) Apr 1980

Stretch those muscles.

Tym, Alice

World Tennis v27 p48(2) July 1979

Stretch your way to gardening fitness.

Anderson, Bob

Organic Gardening and Farming v28 p96(5) Apr 1981

Stretching facts on the back. (part 3)

Couch, Jean

Runner's World v15 p49(3) July 1980

Stretching facts on the feet. (exercise)

Couch, Jean

Runner's World v15 p55(3) Nov 1980

Stretching facts on the stomach.

Couch, Jean

Runner's World v15 p79(3) Sept 1980

Stretching for health.

Luna, David

Nuestro v4 p53(4) Dec 1980

Studios ... salons ... (around the U.S.)

Vogue v171 p82(2) Mar 1981

Summer fitness with tennis.

Glamour v78 p106(1) May 1980

Summer handbook.

Caulfield, Dianna

Parents' Magazine v56 p89(4) June 1981

Summer shape-up. (physical fitness)
Harper's Bazaar p156(3) Apr 1979

A sun-lover's guide.
Glamour v77 p208(10) June 1979

Sun salutation warm-up. (yoga exercises)
Hesselgave, C.
Skateboarder's Action Now v7 p70(1) Dec 1980

Super fitness. (year-round plan)
Schefer, Dorothy
Vogue v168 p332(3) Nov 1978

The super-fitness trip: seven ways to go.
DiPerna, Paula
Apartment Life v11 p34(3) Mar 1979

Super shapeup exercise plan.
Mademoiselle v84 p65(3) Mar 1978

Suppressing a roller rider's boredom. (indoor exercise)
Larson, Robert
Bike World v6 p22(2) Dec 1977

Suzy Chaffee's pre-season ski warm-ups
Mademoiselle v85 p80(2) Nov 1979

Sweat: can't live without it.
Kaplan, Janice
Vogue v170 p252(2) Apr 1980

Swimming. (workout schedule)
Glamour v78 p104(1) May 1980

Sweating it out. (women's physical training)
Sabol, Blair
Viva v6 p20(3) Jan 1979

Tai Chi: no-stress fitness for the low on gung ho.
Laiken, Deidre S.
Apartment Life v10 p36(2) Aug 1978

Take shape.
Teen v22 p68(6) Oct 1978

Take ten ... and feel like a million. (stretching exercises)
Yates, John
Prevention v32 p53(7) Sept 1980

Take ten years off your figure.
Gollay, Jean
Good Housekeeping v189 p164(4) Nov 1979

Take two inches off your waist—instantly. (be trim without diet or exercise)

Boutelle, Jane; Baker, Samm Sinclair
Good Housekeeping v188 p80(3) Mar 1979

Taking the bore out of chores: exercising around the house.

Markham, Pamela
House & Garden v149 p51(2) Nov 1977

Taking exercise to heart.

Gilmore, C.P.
New York Times Magazine p38(8) March 27 1977

Taming the lines. (facial exercises)

Castleton, Virginia
Prevention v33 p120(4) May 1981

Ten-second workout. (isometrics)

Norman, Sherry
WomenSports v3 p47(2) May 1981

Ten ways to release tension.

Carr, Rachael
Saturday Evening Post v251 p42(6) Nov 1979

Test your progress. (slimming your hips, thighs & butt)

Consumer Guide v313 p64(2) Aug 1981

Testing your mettle.

Kerlan, Robert K.
Sport v68 p49(1) May 1979

Thank heaven for little league.

Martens, Rainer
Family Health v12 p21(4) July-Aug 1980

That we should have life.

Christopher, Gail C.
Essence v11 p108(4) May 1980

Thigh exercises.

Kuntzleman, Charles T.
Consumer Guide v317 p69(8) Oct 1981

Thigh exercises.

Consumer Guide v272 p69(8) July 1980

The thinking person's calisthenics: get results without heavy breathing.

Martinez, Alicia
Apartment Life v11 p40(1) Feb 1979

Thirteen exercises to put you in peak condition.
Redbook v152 p89(5) Feb 1979

Thirty-four million Americans can't be wrong: walking!
Lippert, Joan L.
Family Health v13 p19(8) June 1981

The thirty-minute morning makeover. (make-up and exercise tips)
Harper's Bazaar p98(5) Aug 1978

This should be your year for sports.
Glamour v77 p112(3) Jan 1979

Those who exercise regularly are found to age at half average
rate.
Moneysworth v9 p30(1) Oct 1979

Three busy stars exercise, eat for stamina, strength.
Vogue v171 p186(1) April 1981

Three months to walk your way to fitness.
Glamour v78 p102(1) May 1980

Three super spas with American vitality reveal their beauty
secrets.
Mademoiselle v87 p200(7) April 1981

The three R's of exercise - roller skating...racquetball...and
rope skipping.
Gray, Gillian
Woman's Day p13(3) Nov 1 1979

Three ways to look better, firmer, trimmer.
Glamour v79 p254(2) Aug 1981

Time-savers for total beauty. (five-minute exercises)
Seventeen v38 p148(2) Sept 1979

Tips for sticking with it.
Essence v10 p56(2) May 1979

Toddler gymnastics.
Poe, Pati
American Baby v42 p66(4) Feb 1980

Tone & trim exercises.
Weight Watchers v13 p20(2) March 1980

Tone and trim: hips and thighs. (exercises)
Prudden, Suzy; Sussman, Jeffrey
Weight Watchers v12 p24(2) Feb 1979

Too tired? 10 causes 10 cures.

Marks, Judi

Teen v25 p10(5) May 1981

Top model Christina Ferrare's slimming secrets. (visit to The Golden Door health spa)

Sabol, Blair

Harper's Bazaar p182(7) April 1980

Top to toe health guide.

Mademoiselle v84 p41(3) Jan 1978

Total fitness: what it can do for your body and mind.

Galub, Jack

Glamour v76 p198(3) March 1978

Tough is good for you. (physical fitness centers)

Penney, Alexandra

New York Times Magazine p50(3) Aug 14 1977

Toughen up for this year's gardening.

Shimer, Porter

Organic Gardening and Farming v26 p106(4) March 1979

TR curricula studied. (therapeutic recreation)

Mobley, Tony A.; Hawkins, Barbara

Parks and Recreation v14 p120(1) Jan 1979

The training effect: work the body hard, and it responds in a thousand subtle and miraculous ways.

Jerome, John

Esquire v93 p14(2) June 1980

Training with weights.

Consumer Guide v311 p55(7) July 1981

The trauma of turning forty. (staying physically fit)

Tymn, Mike

Runner's World v12 p36(4) Sept 1977

Traveling in the air. (exercise)

Consumer Guide v291 p72(5) Jan 1981

Traveling on the highway. (exercises)

Consumer Guide v291 p67(5) Jan 1981

A treat for your feet. (exercises)

McCall's 108 p36(1) March 1981

Trim your hips, shape your thighs.

Everroad, Jim; Moscow, Lonna

Reader's Digest v116 p123(4) Jan 1980

Trim your second half slim.
Teen v25 p85(1) March 1981

The truth about exercising. (should continue with age)
Bianco, Frank
Dynamic Years v14 p18(3) Jan-Feb 1979

Try a figure lift.
Castleton, Virginia
Prevention v33 p147(4) March 1981

Turning kids loose to learn.
Kinderlehrer, Jane
Prevention v31 p86(5) Oct 1979

Turning point to beauty and health.
Modern Bride v30 p282(2) Aug-Sept 1978

Two can live as healthily as one.
Macleans v90 p42(1) Jan 24 1977

Two for the road.
Seventeen v38 p116(6) Feb 1979

Unboring sports.
Benzaia, Diana
Harper's Bazaar p112(4) May 1980

Unexpected "spots": it's a good idea to exercise for improved
overall posture.
Vogue v171 p77(1) Jan 1981

Uncle Sam believes. (Surgeon General's Report on Health
Promotion and Disease Prevention, 1979) (transcript)
Prevention v32 p122(7) June 1980

Update: women's sports medicine.
Harris, Dorothy
WomenSports v1 p42(5) Feb 1979

Using a slant board. (to exercise on an angle)
Consumer Guide v311 p81(7) July 1981

Vacation workout with Mr. Wonderful. (exercises for the beach)
Cosmopolitan v183 p42(2) Aug 1977

Vitality: healthy god looks at any age.
Harper's Bazaar p140(10) Oct 1978

Wake up your winter. (speed skating)
Weaver, Susan; Nass, Alice
Bicycling v20 p43(2) Feb 1979

Walk away from illness.

Bricklin, Mark

Prevention v32 p28(5) March 1980

Walk don't run. (walking as exercise)

Philadelphia Magazine v71 p140(3) May 1980

Walk for the fun of it.

Hanff, Helene

Weight Watchers v12 p54(4) June 1979

Walk! It's one exercise you can do anywhere, anytime.

Kahn, Carol

Vogue v169 p185(1) Feb 1979

**Walk! - whenever ... wherever you can: it benefits legs, hips,
heart - your whole body.**

Kuntzleman, Charles T.

Vogue v170 p172(3) Nov 1980

Walk your way to physical fitness.

Murphy, Suzanne

House & Garden 152 p28(4) March 1980

Walking, a good exercise.

Changing Times v34 p50(1) Oct 1980

Walking: making a good thing even better.

Young, Stephannie

Mademoiselle v87 p152(1) May 1981

**Walking: the most obvious & natural sport: what's in it for
you?**

Galub, Jack

Glamour v76 p121(2) June 1978

Walking: the spirit-lifting exercise.

Glamour v77 p298(1) April 1979

Walking your way to fitness.

Essence v11 p63(1) Feb 1981

Warm-up exercises for your sport.

Mademoiselle v84 p84(1) April 1978

Warm-up exercises. (to skateboard)

Hesselgrave, Curtis

Skate Boarder v4, p44(2) June 1978

Warm-up exercises for your favorite sport.

Woman's Day p40(1) July 10 1978

The warm-up: first you stretch. (warming-up before exercising)

Current Health v7 p13(3) Oct 1980

A warm-up - who needs it? (warming-up before exercise)
Current Health v6 - p24(3) April 1980

Watching your step on court. (foot and ankle exercises)
Nirschl, Robert
World Tennis v27 p50(2) Nov 1979

Water wonders. (exercises)
Consumer Guide v291 p62(5) Jan 1981

Weak spots. (causes of ailments)
Partie, Dianne
Mademoiselle v84 p74(3) Oct 1978

Weight training: you bet your biceps! (exercise for women)
Slobogin, Kathy
WomenSports. v1 p16(7) Feb 1979

Wellness: whole body maintenance.
Current Health v7 p3(7) May 1981

What exercise do you need?
Kuntzleman, Charles T.
Vogue v168 p234(3) Sept 1978

What is the best way that you can shape up for active sports?
Kuntzleman, Charles T.
Vogue v169 p82(2) Aug 1979

What is good health, anyway?
Bray, Rosemary L.
Essence v11 p64(1) May 1980

What readers want to know about fitness, figure and physique.
(present consensus detailed)
Bricklin, Mark
Prevention v30 p32(5) June 1978

What sport affects what part of your body?
Glamour v79 p103(1) May 1981

What to do for a groin muscle pull.
Levisohn, Steven R.; Simon, Harvey B.
Tennis Magazine v16 p23(1) Jan 1981

What you don't know about exercise: a quiz to help you shape up.
Maness, Bill
Reader's Digest v108 p129(3) April 1976

What's the right sport for you?
Krone, Chester
Woman's Day p44(5) March 13 1979

What's wrong with this child? (American physical fitness continues to decline)

Kelley, Gail
Boston Magazine v69 p84(12) Oct 1977

What's next? (maintenance level of flatten your stomach exercise program)

Consumer Guide v311 p46(9) July 1981

What's your f.i.t. factor?

Mademoiselle v84 p106(1) Aug 1978

What's keeping you from exercising?

Hosansky, Anne
Weight Watchers v12 p46(3) April 1979

When exercise can hurt you.

Nolen, William a.
McCall's v107 p82(2) July 1980

When the going gets tough: can women take it?

Drexler, Rosalyn
Working Woman v5 p48(4) Dec 1980

When time is tight. (exercises)

Consumer Guide v311 p88(5) July 1981

When you're feeling uptight - get moving.

John, Mike
Apartment Life v11 p16(1) April 1979

Which sport will whip your body into shape fastest? Squash!

Kelly, Caitlin
Glamour v76 p112(3) Nov 1978

Which sports for you?

Weight Watchers v12 p48(1) Jan 1980

White-collar boxers.

Anderson, Duncan M.
Esquire v95 p64(5) June 1981

Who's winning - your sport, or you?

Ross, John P., Jr.
Family Health v12 p17(5) July-Aug 1980

Whose satisfaction counts? (jogging and sex)

McCoy, Bob
Sporting News v191 p6(1) May 9 1981

Why are all these people dancing? (aerobic dance for health)

Kuntzleman, Beth A.
Consumer Guide v253 p4(4) Wint 1979

Why black athletes run faster.

Clegg, Legrand H., III
Sepia v29 p18(6) July 1980

Why you should stand on your head once a day.

Mademoiselle v86 p38(1) Dec 1980

Winning the weekend game: conditioning for sports.

Consumer Guide v295 p52(45) Feb 1981

Winning without being first.

Harper's Bazaar p116(2) May 1980

Winter workouts for golf.

Bartlett, Mike
Golf Magazine v20 p34(1) Dec 1978

Winter workouts turn fat to muscle.

Boy's Life v69 p42(2) Jan 1979

Winter's a beautiful time for outdoor exercise.

Gottlieb, Bill
Prevention v29 p63(5) Nov 1977

The word is body.

Mademoiselle v85 p67(1) Jan 1979

Working it off while you work. (exercise program)

Kaufman, Joanne
Working Woman v4 p80(2) March 1979

Working out the kinks. (exercise)

Stanfill, Francesca
New York Times Magazine v129 p88(1) Oct 7 1979

Working out when you're out of town.

Sobol, Blair.
Mademoiselle v86 p90(1) Dec 1980

Working out with the one you love.

De Santis, Mallen
Cosmopolitan v190 p184(4) Jan 1981

Workouts for a well-tuned body. (weight training)

Laiken, Deidre S.
Apartment Life v10 p36(2) July 1978

The Ys have it! (YMCA and YWCA)

Murphy, Suzanne
House & Garden v152 p91(2) May 1980

Yoga and running make a very good partnership.
Couch, Jean
Runner's World v13 p112(6) Oct 1978

Yoga: stretching for the truth.
Brennan, Carol; Brennan, Eamon
50 Plus v20 p48(1) Dec 1980

You-expert: new health team.
Bennett, William
Vogue v170 p251(2) April' 1980

You should be dancin'! (good exercise and fun)
Brinley, Maryann Mucknum
Family Health v10 p42(3) Nov 1978.

The young contenders. (children and sports)
Beach, Nancy
New York Times Magazine v129 p78(1) March 9 1980

Your beauty notebook. (new beauty aids, summer hairdo, warm
weather exercises)
Good Housekeeping v193 p100(2) Aug 1981

Your body assessment.
Kuntzleman, Charles T.
Consumer Guide v317 p495) Oct 1981

Your body: use it or lose it. (editorial)
Kemsley, William
Backpacker v8 p5(1) Jan 1981

Your health on the road
Longsdorf, Bob
Trailer Life v41 p52(1) Jan 1981

Your peak performance hours. (body talk)
Sabol, Blair
Mademoiselle v85 p82(2) Nov 1979

Your winning guide to a terrific body.
Pearce, Carol A.
Harper's Bazaar p95(5)

You're never too old to grow young.
Prevention v30 p141(5) Jan 1978

Nutrition/Diet

Adrenaline: the power that can overpower you. (vitamin C &
exercise benefit stress)
Gottlieb, William
Prevention v32 p92(4) Oct 1980

Appendix B: counting calories.

Kuntzleman, Charles T.

Consumer Guide v317 p93(4) Oct 1981

Avoid running on empty: without carbohydrates, you can't perform.

DeCrosta, Tracy

Bicycling v21 p42(4) June 1980

Bazaar's carefree summer: the new natural beauty. (exercise, diet and beauty plans.

Harper's Bazaar p76(11) June 1978

Beauty that's good for you. (diet, posture and facial structure)

Cohen, Martin

Vogue v168 p220(8) Feb 1978

Binge control. (exercise equivalents of food)

Konishi, Frank; Kesselman, Judi; Peterson, Franklynn

Woman's Day v42 p60(3) Aug 7 1979

Charting the nutrients: put them all together, they spell fitness.

Simon, Nissa

Working Woman v4 p67(2) June 1979

Control your weight two ways. (through exercise and watching your calories.

Consumer Guide p76(6) Sept 1980

The diet for after you diet - how to keep it off.

Young, Nancy

Glamour v77 p254(2) April 1979

The diet that's not really a diet. (includes menus)

Wayler, Thelma

Family Health v12 p28(3) May 1980

Dieting.

Modern Bride v33 p34(2) April-May 1981

Dieting for life: a wise and delicious way to eat.

Prince, Francine

Essence v12 p36(2) July 1981

Dispelling the protein myth.

Hoyt, Craig

Bike World v6 p14(2) July 1977

Eat light.

Vogue v171 p276(2) Aug 1981

Right famous diets: how they rate.

Goldbeck, Nikki

Harper's Bazaar p165(4) Dec 1979

Exercise, not diet, elevates HDL's. (high-density lipoproteins)

Science News v117 p136(1) March 1 1980

The exercise-weight loss connection.

Mirkin, Gabe

Family Health v12 p38(3) May 1981

Exercising pounds off.

Consumer Guide v304 p46(15) May 1981

Fat burning activity.

Kuntzleman, Charles T.

Consumer Guide v317 p83(3) Oct 1981

Fifty ways to boost your energy.

Davis, Flora

Woman's Day p73(3) Aug 5 1980

Fitness: how important is it, really?

Jackson, Paula Rice

House & Garden v151 p26(3) June 1979

Five month shape-up plan part two

Mademoiselle v85 p89(4) Feb 1979

Food for fitness.

Lord, Shirley

Vogue v171 p255(1) April 1981

Food for fitness.

Sabol, Blair

Viva v6 p24(1) Dec 1978

The gift of life. (changing bad habits)

Pekkanen, John

Town and Country v133 p33(12) Jan 1979

The great carbohydrate comeback: a report on Nathan Pritikin's
much-talked-about diet and exercise program. (recipes)

House & Garden 152 p157(11) March 1980

Heavier workouts put a heavier lid on appetite.

Prevention v31 p143(1) Dec 1979

High on mountains. (adventures in natural healing)

Zundel, Stan L.

Prevention v32 p91(4) Aug 1980

Is the Pritikin plan worth the price? (Nathan Pritikin)
Tarrant, Marguerite
Money v10 p66(5) April 1981

Keep cool. (fashion, diet, exercise, and beauty tips)
Woman's Day p63(9) Aug 7 1978

Learning to eat right. (dieting)
Roddick, Ellen
Cosmopolitan v185 p52(2) Oct 1978

A little budgeting for a better figure.
Consumer Guide v287 p7(8) Sept 1980

Low Intensity Activities Chart. (gives number of calories burned
in each activity)
Consumer Guide v287 p34(20) Sept 1980

Luciana Avedon's body plan. (exercise and diet regimens)
Avedon, Luciana
Cosmopolitan v182 p192(6) Juen 1977

The master diet plan: based on recommendations from the famous
Mayo Clinic.
Bayrd, Edwin
Cosmopolitan v184 p206(6) June 1978

The "most perfectly developed man" always ate all of bread
crusts. (Charles Atlas)
Cowie, Jerry
Sports Illustrated v50 pW5(2) June 11 1979

The multiple choice diet. (food & exercise)
Mademoiselle v84 p182(3) Oct 1978

The new aerobic diet.
Roth, June
Harper's Bazaar p74(3) Aug 1981

New way to eat: meals to up health.
Ogle, Jane
Vogue v170 p253(2) April 1980

Nobody trusts a fat diet doc: how they stay thin & credible.
Breecher, Maury M.
Moneysworth v10 p8(2) Oct 1980

North Country - the kind of school you've dreamed about.
(organic food and exercise)
Gulotta, Laura
Prevention v29 p57(8) April 1977

Off to a good start. (limber up for running)

Antos, Chris

American Girl v61 p27(3) June 1978

Play! It's good for you.

Schoen, Claire

House & Garden v151 p36(3) June 1979

Preventing energy disease. (exercise and diet conserve energy)

Rodale, Robert

Prevention v31 p21(6) April 1979

Pritikin's found, um, longevity. (Nathan Pritikin's Santa Monica Longevity Center)

Davis, Sally Ogle

Los Angeles v24 p161(1) Jan 1979

Rave reviews for nutrition.

SciQuest v52 p4(1) Dec 1979

Shape up! Look alive! Feel great! (diet, exercise and lifestyle hints for healthy living)

Redbook v148 p55(8) Jan 1977

Shape-up; what's easy and what's not about summer dieting.

Glamour v79 p213(2) Aug 1981

Sit down and exercise.

Weight Watchers v12 p10(2) Sept 1979

Solve your own personal energy crisis: how exercise and diet can boost your energy level.

Glamour v78 p200(1) Nov 1980

Spend a health-weekend with your mate. (recipes included)

Cosmopolitan v185 p186(4) July 1978

Sports food: a guide to nutrition and exercise.

Cobe, Patricia

Forecast for Home Economics v25 p136(2) Sept 1979

The statistics of life. (diet, smoking, exercise)

Family Health v10 p43(2) Oct 1978

Staying slim: diets that work, good & bad habits, staying healthy.

Zimmerman, Ann

Washingtonian v14 p128(4) Jan 1979

Sweating it off.

Consumer Guide v266 p17(15) May 1980

Ten busy women's best exercise & diet regimens.

Cosmopolitan v184 p226(2) May 1978

Ten nutritional myths.

Mayer, Jean

Family Health v36(2) May 1979

The total family fitness weekend. (includes recipes)

House & Garden v152 p118(6) July 1980

Three steps to a naturally healthier heart.

Whitaker, Julian M.

Prevention v32 p122(7) March 1980

Tips on keeping trim. (includes recipes)

Hogan, Carol

Boating v41 p25(2) June 1977

Total fitness & proper nutrition.

Consumer's Digest v17 p41(3) July-Aug 1978

Twenty best diets to lose weight.

Consumer Guide v218 p4(92) July 1980

Twenty-four easy energizers.

Jarper's Bazaar p165(2) Oct 1979

Twenty-four page guide to the fitness game. (exercise, sports, nutrition, etc.)

Mademoiselle v84 p177(25) April 1978

Water and salt: yes and no

Stern, Judith S.

Vogue v171 p257(2) April 1981

Weight-loss activity calorie counter.

Consumer Guide v287 p30(4) Sept 1980

Weight watcher's summer shape-up plan. (includes recipes)

McCall's v106 p116(4) May 1979

The whole girth catalogue. (includes recipes)

McCall's v107 p113(8) Jan 1980

A whole town goes Pritikin. (includes recipes)

Kreiter, Ted

Saturday Evening Post v252 p102(4) July-Aug 1980

You bet your life ... the high stakes of health risks

Koral, April; Glassman, Carl

Weight Watchers v13 p7(1) Dec 1980

Your child's good looks & good health. (tips from experts on diet & physical fitness)

Harper's Bazaar p116(3) Aug 1980

Your 10-day midwinter shape-up plan. (includes recipes)
McCall's v108 p88(6) Feb 1981

Pregnancy

Aerobic mothering.
Satkowski, Virginia
American Baby v43 p24(3) July 1981

The exercise advantage: a big plus for postpartum recovery.
Cedeno, Lazar; Cedeno, Olinda; Monroe, Carole
American Baby v42 p58(2) April 1981

**Exercise! Special classes for special cases. (pregnant,
asthmatic, etc.)**
New York v10 Oct 17'77 p59(8) Oct 17 1977

Exercise plus: a ballerina's aids for healthy pregnancy.
Fitzgerald, Sharon
Essence v11 p54(2) April 1981

Exercises that meet your body's changing needs.
Glamour v79 p227(1) Feb 1981

Exercises that meet your body's changing needs. (pregnancy)
Glamour v77 op296(2) Oct 1979

Exercising for two. (mothers-to-be)
Katch, Frank I.
Mademoiselle v84 p80(1) Oct 1978

Fifteen minute prenatal exercise plan.
American Baby v42 p68(2) July 1980

**A model pregnancy: model Peggy Palmer offers tips on how to look
and feel terrific during pregnancy.**
American Baby v40 p49(3) July 1978

Physical fitness plan for the mother-to-be.
American Baby v39 p58(2) Feb 1977

A postpartum exercise plan.
Caulfield, Dianna
Parents' Magazine v55 p109(5) Feb 1980

Pregnancy pointers. (continue to exercise while pregnant)
Consumer Guide p83(2) Sept 1980

Pregnant - and exercising.
Weight Watchers v12 p49(1) Jan 1980

Pregnant pause? (exercise during pregnancy)

Schneider, Ingun

WomenSports v2 p16(5) July 1980

Ready, set, exercise! (exercise during pregnancy)

Nolte, Judith

American Baby v40 p62(3) Sept 1978

Shape up! Praise yourself a good strong body.

Condon, Jane

Redbook v156 p46(3) April 1981

Staying in shape while eating for two: a guide to weight control
and exercise during pregnancy.

Gates, Anita

Weight Watchers v14 p16(5) June 1981

Yoga exercises for mothers-to-be.

Woman's Day p20(2) May 13 1980

Your pregnancy.

Clemens, Dawn

Glamour v79 p76(1) June 1981

Senior Citizens

Fighting off old age. (exercise & positive thinking work)

Leo, John

Time v117 p54(1) Feb 16 1981

Getting into shape after 55.

Welch, Farley

Modern Maturity v21 p12(4) Aug-Sept 1978

How athletic can you be after 50?

Galton, Lawrence

50 Plus v20 p54(2) July 1980

No guarantee against sudden death.

USA Today v108 p9(1) Feb 1980

Older persons reach for physical fitness.

Aging v81 p52(1) Nov-Dec 1979

Over 60? Exercise!

Science Digest v81 p87(2) Feb 1977

Physical fitness for seniors.

Aging p31(2) July-Aug 1979

Program puts PKP in seniors' lives. (Travelers Insurance
Companies and President's Council on Physical Fitness and
Sports start program.)
Aging p40(1) July-Aug 1978

Use it or lose it! (exercise and aging)
Geyer, Jasmine Hope
Prevention v29 p115(5) April 1977

Stress

Allergic to exercise. (allergic reactions)
Clark, Matt
Newsweek v96 p73(1) Aug 25 1980

The angry elbow. (part two)
Nirschl, Robert P.
World Tennis v29 p56(2) Aug 1981

The arthritis exercise book. (book reviews)
Rask, Mary
Library Journal v106 p672(1) March 15 1981

The arthritis exercise book. (book reviews)
Lodge, Sally A.
Publishers Weekly v219 p122(1) Jan 23 1981

Body English: pain is your muscles' cry for relief.
Martinez, Alicia
Apartment Life v11 p36(2) March 1979

Diet, exercise may help in cystic fibrosis.
Prevention v30 p164(8) Oct 1978

Don't let injuries spoil your fun.
Zimmerman, David R.
Woman's Day p32(5) Aug 23 1977

The eleven minute cure for back-aches.
Newman, Jill
Woman's Day p98(3) April 24 1978

Exercise: a way to fight clots.
Newsweek v95 p97(1) May 19 1980

Exercise and blood clots.
Glamour v79 p76(1) May 1981

Exercise and insulin. (insulin absorption)
Time v111 p57(1) Feb 27 1978

Exercise and sudden death.
Current Health v7 p20(2) Feb 1981

Exercise, blood clots and the pill.

Kolata, Gina Bari

Science v211 p913(1) Feb 27 1981

Exercise for night leg cramps.

Better Homes and Gardens v58 p112(2) May 1980

Exercise helps dissolve clots.

Prevention v32 p124(1) Aug 1980

Exercise hyperpnea and locomotion: parallel activation from hypothalamus.

Eldridge, Frederick L.; Milhorn, David E.; Waldrop, Tony G.

Science v211 p844(3) Feb 20 1981

Exercise reduced pill's clotting risk: researcher.

Jet v59 p23(1) March 5 1981

Exercise works against diabetes.

Science News v116 p407(1) Dec 15 1979

Pace mask for asthmatics.

US News and World Report v89 p87(1) Dec 29 1980

How exercise saved my back from surgery.

Conti, Thomas L.

Prevention v32 p101(5) Feb 1980

Getting through the holidays without a nervous collapse.

(relaxation methods)

Cosmopolitan v185 p92(2) Dec 1978

How nutrition and exercise helped my respiratory problems.

Baxt, Richard

Prevention v32 p116(3) Dec 1980

How to kick the stress habit. (exercises)

Mademoiselle v86 p65(2) June 1980

How to use your body to relieve tension. (relaxers)

Prudden, Suzy; Sussman, Jeffrey

Weight Watchers v10 p18(1) Oct 1977

Jog those blood clots away.

Science News v117 p294(1) May 10 1980

A leisurely look at stress.

Health Letter v4 p1(3) Oct 1979

Now down hay fever with nutrition and exercise: vitamins are nothing to sneeze at, doctors tell us. And would you believe that a little sweat can dry your eyes?

Gottlieb, Bill
Prevention v30 p57(6) Aug 1978

The natural way to control high blood pressure.

Dension, Gene
Prevention v33 p79(4) March 1981

Nightly leg cramps.

Galton, Lawrence
50 Plus v19 p22(1) Dec 1979

Relief from tension - just a stretch away.

Murphy, Suzanne
House & Garden v153 p48(2) Aug 1981

Run away from headaches. (exercise & cluster headaches)

Feltman, John
Prevention v30 p102(4) April 1978

Run-in with cancer.

Howe, Herbert M.
Saturday Evening Post v253 p46(2) July-Aug 1981

A simple look at major running overuse injuries.

Scranton, Pierce E.; Stanitski, Carl L.
Runner's World v13 p108(4) Oct 1978

Staying warm - naturally.

Voss, Tom
Prevention v32 p125(4) Dec 1980

Stress strikers. (exercises)

Consumer Guide v291 p46(5) Jan 1981

Taking the aches and pains out of retirement. (light exercise for oldsters)

Ognibene, Peter J.
50 Plus v13 p56(2) Nov 1978

Tennis and diabetes.

Levisohn, Steven R.; Simon, Harvey B.
Tennis Magazine v16 p23(1) Jan 1981

Tension without tears. (exercises)

Consumer Guide v291 p51(6) Jan 1981

Varicose veins. (exercises to prevent them)

Consumer Guide p92(5) Sept 1980

Woes of the weekend jock. (aches and pains)

Reader's Digest (Canada) v114 p159(3) June 1979

You and feelings: you can use a workout to turn off anxiety and stress.

Kaplan, Janice

Vogue v170 p255(3) Aug 1980

NEWSPAPERS

Cardiovascular

Controlling Blood Pressure

New York Times vl29 Section C pC3 May 13, 1980

Exercise Seen Minor Cardiac Health Factor

Susan Okie

The Washington Post August 31, 1979, Friday, Final Edition, Section: A2

Snow-shoveling can be heartbreaking

Albert B. Crenshaw

The Washington Post December 21, 1980, Sunday, Final Edition. Section: C8

Studies Find Vigorous Exercise Helps Body Dissolve Blood Clots

Brody, Jane

New York Times vl29 Section A pA24 May 1, 1980

Study Finds Risk of Heart Attack is Developing in School Children

New York Times vl28 Section A pA12 May 16, 1979

Elderly

Article - No Title

Stoll, Jeffrey E.

New York Times, (NYT), February 20, 1977, Section 11, Page 34, Col. 3

Fitness Programs Tailored to Meet Elderly's Needs

John J. Kurtz, Special to the Washington Post

The Washington Post January 12, 1978, Thursday, Final Edition. Section:
Maryland Weekly, Md 6

Gray Power: An 'Intergenerational Love-In' for Senior Fitness

Carol Krucoff

The Washington Post December 4, 1979, Tuesday, Final Edition, Section: B5

Physical Fitness Seen as Vital for Older Citizens

John Kurtz, Special to the Washington Post

The Washington Post December 29, 1977, Thursday, Final Edition, Section:
Maryland Weekly, Md 6

Employee/Executive

Article - No Title or Author

Wall Street Journal (WSJ), December 9, 1976 Page 1, Col. 4

Article - No Title or Author

New York Times (NYT), June 1, 1975 Page 35, Col. 4

Article - No Title

Cavanaugh, John

New York Times (NYT), March 11, 1979 Section 23, Page 1, Col. 1

Bureaucrats Given the Run-Around; The Civil Servant Circuit

Hank Burchard

The Washington Post July 28, 1977, Thursday, Final Edition, Section D9

Employers Urged to Field Health-Cost Clout

Alice Bonner

The Washington Post November 1, 1978, Wednesday, Final Edition, Section A12

Firemen Begin Physical Tests, Jogging; Trucks, Firemen to Get Checkups

Patricia Camp

The Washington Post April 26, 1977, Tuesday, Final Edition, Section C1

Fire Chief Keeping His Men on the Run

Vecsey, George

New York Times v130 p17(n) p22(LC) December 13, 1980

FITNESS: Keys to the Company Locker Room

Carol Krucoff

The Washington Post August 1, 1979, Wednesday, Final Edition, Section B5

FITNESS: Memo to the Boss - Maybe It's Running and Recess Those Workers Need to Get Going

Carol Krucoff

The Washington Post October 29, 1979, Monday, Final Edition, Section B5

FITNESS: Runners and Insurance

James T. Yenckel

The Washington Post August 16, 1979, Thursday, Final Edition, Section D5

HEALTH TALK: Corporate Fitness

Sandy Rovner

The Washington Post August 31, 1979, Friday, Final Edition, Section C5

MONEY: Families, Inflation, and the '80s

Carol Krucoff

The Washington Post May 30, 1980, Friday, Final Edition, Section C5

More Corporations See Fit to Keep Employees Fit; Justice Pioneers Fitness for U.S.; Government Slow on the Uptake

Jeanne Schinto

The Washington Post March 31, 1977, Thursday, Final Edition, Section F9

More Corporations See Fit to Keep Employees Fit; Executives Take Orders from Physical Education Experts; In-Plant Gyms Add Longevity

Jeanne Schinto

The Washington Post March 31, 1977, Thursday, Final Edition, Section F9

Physical Tests Gain Favor As a Fairer Way to Screen Manual-Labor Applicants

Wall Street Journal v103 p1(W) p1(E) August 5, 1980

Shaping Up the Corporate Image

Penney, Alexandra

New York Times v129 Section 6 p84 October 7, 1979

U.S. Industries Sells Fitness Center Unit to New Holding Firm

Joseph, Raymond A.

Wall Street Journal v105 Section 2 p41(W) July 1, 1981

Why Don't You?: Keep Fit on the Job

Stephen D. Gladis

The Washington Post July 18, 1979, Wednesday, Final Edition, Section E5

Equipment

Being a Gym-Dandy

Penney, Alexandra

New York Times v128 Section 6 P102 May 6, 1979

First Nautilus Fitness Center to Open Soon

Chapin Wright

The Washington Post February 23, 1981, Monday, Final Edition, Washington Business, p28

Fitness Begins at Home

Bethany, Marilyn

New York Times v129 Section p122 May 4, 1980

Fitness Report

Montgomery, Paul Macrae

Wall Street Journal v104 p27 April 1, 1981

It's All A Matter of Viewpoint

Bill Gold

The Washington Post July 12, 1979, Thursday, Final Edition, Section DC10

Muscle Builder: Exercise Machines Are Big-Money Machines for Cocky

Promoter: Nautilus Chief Arthur Jones Claims \$400 Million Sales; Regimen's

Value Debated: A Pistol Under Car Seat

Klein, Frederick C.

Wall Street Journal v104 p1 March 18, 1981

Swivel Device that Helps Develop a Skier's Muscles

Jones; Stacy V.

New York Times v128 Section A pA28 Jan 6, 1979

Vegetable Power: Tecate Tone-Up; Vegetable Power: Doing the Tecate Tone-Up

Marian Burros

The Washington Post June 23, 1977, Thursday, Final Edition, Section E1

The War of the Gym Machines: Muscles Caught in the Middle; Even Doctors Disagree on Muscle Machines

Timothy Moore
The Washington Post, March 24, 1977

Weightlifting for Women: Why Not?

Carol Conn
The Washington Post September 8, 1978, Friday, Final Edition

General

Article - No Title

Margo Kline
The Washington Post June 12, 1980, Thursday, Final Edition, Section Va-2

The Age of Reason: There's a Prejudice Against Age on Campus; The Old Are Flocking Back to College, but There's a prejudice Against Them

Wolf Von Eckardt
The Washington Post March 24, 1979, Saturday, Final Edition, Section B1

Athletes by Millions; In China, No Fans, All Players; Sports Is Serious Business in China, Where Policy Involves Everybody, Ed McGonagle

The Washington Post September 22, 1977, Thursday, Final Edition, Section D9

Balancing the Mind and the Body

Mulvey, James E.; Dreyer, Leslie
New York Times v129 Section 6 p135 November 4, 1979

Better Muscles, Better Bones

Ogle, Jane
New York Times v129 Section 6 p110 May 18, 1980

The Boom in Health Clubs

Louie, Elaine
New York Times v129 Section 6 p80 October 7, 1979

A Doctor Examines the Myths and Facts of Fitness

Brody, Jane E.
New York Times v128 Section C pC12 January 8, 1979

Early Warning Systems

New York Times v128 Section 4 pE9 May 20, 1979

Exercise Dangers

Wall Street Journal v193 p1 March 8, 1979

Exercising to Turn Back the Years

Brody, Jane E.
New York Times v128 Section D pC18 June 6, 1979

FITNESS: And All That Jazz

Carol Krucoff
The Washington Post September 11, 1979, Tuesday, Final Edition, Section E5

FITNESS; Body Building on the Road

James T. Yenckel

The Washington Post June 8, 1981, Monday, Final Edition, Section C5

Fitness Clinic (Vacation Plus Health)

Albright, John Bannon

New York Times v130 Section 10 pXX3 May 10, 1981

Fitness Poll Yields Some Surprises

Brody, Jane E.

New York Times v128 Section C pC9 January 29, 1979

FITNESS: STRETCHING

Carol Krucoff

The Washington Post June 16, 1980, Monday, Final Edition

A Harris Poll on Fitness Yields Misleading Statistics

Jerison, David

New York Times v128 Section 5 pS2 March 11, 1979

Has Tennis Met Its Match?

H. Bradford Fish

The Washington Post September 19, 1980, Friday, Final Edition, Weekend
Section, p48

The Health Benefits of Exercise Confirmed by Fresh Evidence

Brody, Jane E.

New York Times v129 Section C pC12 May 7, 1980

Health Spa Regulation Endorsed; Regulation of Health Spas Endorsed

Larry Kramer

The Washington Post May 2, 1979, Wednesday, Final Edition, Section D6

HEALTH TALK: Mixed Bag

Sandy Rovner

The Washington Post March 27, 1981, Friday, Final Edition, Section C5

HEALTH TALK: Prevention

Sandy Rovner

The Washington Post November 14, 1980, Friday, Final Edition, Section C5

How to Identify Species of Marathoners; Our Five Species of Marathoners

Colman McCarthy

The Washington Post November 2, 1980, Sunday, Final Edition, Section C1

Japan Physical Fitness Study Finds Some Flaws

Trumbull, Robert

New York Times v129 Section 1 p6 October 14, 1979

Jogger Passes Buses on Daily Run to Work

Gary Davidson, Special to The Washington Post

The Washington Post July 14, 1977, Thursday, Final Edition, Section DC 2

Just for Fun, Just Walk, Don't Run

Pamela Kessler

The Washington Post December 12, 1980, Friday, Final Edition, Weekend Section,
p55

Let Your Feet Do the Walking

Mike Causey

The Washington Post April 7, 1977, Thursday, Final Edition, Section B2

Loudoun Elementary School Rated State Physical Fitness Champion

The Washington Post September 2, 1979, Sunday, Final Edition, Section B6

Mineral Water Market Loses Some Fizz

Lee Lescaze

The Washington Post June 24, 1980, Tuesday, Final Edition, Section A3

A Modern Curse is Growing Worse; The 'Miracle' of the Spine is Often Neglected, Abused

Victor Cohn

The Washington Post November 27, 1978, Monday, Friday Edition, Section D1

The New Fitness

Beach, Nancy

New York Times v129 Section 6 p78 October 7, 1979

The New Wave in Swimming

Stern, Sol

New York Times v129 Section 6 p 84 June 1, 1980

One-Third of Firemen Held Unfit; Study Finds Half Who Died on Duty Had Heart Attacks

LaBarbara Bowman

The Washington Post April 19, 1977, Tuesday, Final Edition, Section C1

Personal Health: Walking Can Promote Physical Fitness Without the Risks and Bother of Jogging

Brody, Jan eE.

New York Times v129 Section C pC10 May 28, 1980

Racquetball Hits the Washington Area With a Bang

Mark Asher

The Washington Post June 4, 1978, Sunday, Final Edition, Section D4

Realtors Jog, Diet, Dance to Success; It's Happening

John B. Willmann

The Washington Post January 22, 1977, Saturday, Final Edition, Section D1

Royals Expect Abuse of Fans

Byron Rosen

The Washington Post April 29, 1980, Tuesday, Final Edition, Section D6

The Runner: Phenomenon of the '70s; Millions of Americans Stride Streets, Sidewalks

Jane Leavy and Susan Okie

The Washington Post September 30, 1979, Sunday, Final Edition, Section D1

Running Out of Answers

Wall Street Journal v101 p19(W) p20(3) September 19, 1979

Senior Citizens Are Swimming Their Way to Better Health

Nancy Berliner

The Washington Post July 2, 1981, Thursday, Final Edition, Section Md10

Seven Deadly Sins: An Updated List

Brody, Jane E.

New York Times v130 p17(N) pC14(LC) December 10, 1980

Skating Proves Fun as Therapy

Peter Mikelbank

The Washington Post, March 24, 1977, Thursday, Final Edition, Section B10

Sports Latest Style in Transportation; Sports as Transportation: Organize our Own Canoe Pool

Angus Phillips

The Washington Post July 17, 1980, Thursday, Final Edition, F1

Spring Sweeps Them Onto Their Feet

Robin Soslow

The Washington Post April 27, 1979, Friday, Final Edition, Weekend Section p39

Squash is Booming Across U.S., Quietly

Mitchell Henkin

The Washington Post February 11, 1979, Sunday, Final Edition, Section N14

Study Finds Fitness Doesn't Insure Health

Altman, Lawrence K.

New York Times v128 Section 1 p40 September 16, 1979

Swimming As Exercise: The Better Alternative

Macey, Joan Mary

New York Times v129 Section 5 pS2 July 14, 1980

Teaching Kids the Good Fight; The Good, Clean Fighting

Peter Mikelbank

The Washington Post March 3, 1977, Thursday, Final Edition, Section D9

There's Room for Fitness Indoors

Nancy Scannell

The Washington Post January 29, 1978, Sunday, Final Edition, Section D12

Track & Field: Life Can Begin at 40

Rick Schwartz

The Washington Post June 5, 1981, Friday, Final Edition, Weekend Section P48

Two Cheers for the Unfit

Meg Greenfield, Copyright 1977 Newsweek, Inc, reprint
The Washington Post December 28, 1977, Wednesday, Final Edition, Section A19

Washington's Cyclists Break for Finish Line

Patti Reilly
The Washington Post September 4, 1980, Thursday, Final Edition, Section F14

**What We're Doing; Survey Shows an Area Sports Boom; Running, Swimming,
Bicycling Top a Long List**

Angus Phillips
The Washington Post July 15, 1980, Tuesday, Final Edition, Section D1

Women's Capacity to Exercise Declines Much Slower with Age Than Men's

Wall Street Journal v193 p1(W) p1(E) March 8, 1979

Women's Fitness

Donner, Suzanne
New York Times v130 Section 10 pXX3 May 24, 1981

The Young Contenders

Beach, Nancy
New York Times v129 Section 6 p78

Nutrition

Consumer Trade-Offs

Marian Burros
The Washington Post May 3, 1978, Wednesday, Final Edition, Section D5

DIET: Kids Are What They Eat — In Any Language

Carol Krucoff
The Washington Post October 2, 1979, Tuesday, Final Edition, Section C5

Experts Find the U.S. Diet Rich in Fat, Sugars and Salt

Serrin, William
New York Times v129 Section A pA1 June 13, 1980

**Keeping Pace with Changing Diets; A Step Ahead; Concern Over Eating Habits is
Mounting, But Runners Are One Step Ahead of the Crowd**

Marian Burros
The Washington Post April 19, 1979, Thursday, Final Edition, Section E1

Obstacle Course for Athletes; Marathon Menu: Eating for the Run

Marian Burros
The Washington Post February 22, 1979, Thursday, final Edition, Section E

Presidents Council on Physical Fitness and Sports

Article -- No Title

Frances Sauve

The Washington Post October 17, 1980, Friday, Final Edition, Section C5

Diving in to Save a Program

Harry Jaffe

The Washington Post April 2, 1981, Thursday, Final Edition, Section DC3

FITNESS: Obsessed!

Carol Krucoff

The Washington Post October 17, 1980, Friday, Final Edition, Section C5

Indifference to Fitness Major Factor in U.S. Sports Flight; Sports Panel:

Indifference to a Villain

Kenneth Delinger

The Washington Post January 19, 1977, Wednesday, Final Edition, Section D1

'Life Sports': Volunteers to Forefront

Angus Phillips

The Washington Post July 12, 1981, Sunday, Final Edition, Section F3

'Put on Your Running Shoes and Let's Run'

Gary Davidson, Special to The Washington Post

The Washington Post April 7, 1977, Thursday, Final Edition, Section Md7

Stress/Trauma

Fitness: Hanging It All

Carol Krucoff

The Washington Post April 20, 1981, Monday, Final Edition, Section C5

Pressure, Pressure, Pressure ...; Newcomers to Potomac Power Game Face
Pitfalls

Kathy Sawyer

The Washington Post January 27, 1977, Thursday, Final Edition, Section A1

JOURNALS

Cardiovascular Health

Assessment of Physical Fitness of Sedentary and Physically Active Male College Students by a Modified Harvard Step Test

Bandyopadhyay, B., Chattopadhyay, H.
Ergonomics. 24. 1. P15-20. 1981 Jan.

Cardiac Frequency During Stepping Exercise and During Treadmill Walking as Guides to the Harvard Pack Index of Physical Fitness

Donaldson, S.M., Johnson, G.R., Campbell, M.J., Evans, D.L., Saunders, M.J., Cotes, J.E.
Ergonomics. 23. 5. P469-73. 1980 May.

Cardiac Rehabilitation: Evaluation and Intervention Less than 6 Weeks after Myocardial Infarction

Harrington, K.A., Smith K.H., Schumacher, M., Lunsford, B.R., Watson, K.L., Selvester, R.H.
Arch Phys Med Rehabil. 62. 4. P151-5. 1981 Apr.

Coronary Risk Factors and Physical Fitness in Healthy Middle-Aged Men

Erikssen, Jr., Forfang, K., Jervell, J.
Acta Med Scand Suppl. 645. P57-64. 1981.

Electromyographic Validation of Exercise for Physical Conditioning

Godin, G., Lagasse, P., Boucher, J., Brunelle, J.
Can Journal Appl Sport Sci. 6. 1. P45-51. 1981 Mar.

Marathon Run: Effects on Blood Cortisol—Aeth, Iodothyronines—TSH and Vasopressin.

Dessypris, A., Wagar, G., Fyhrquist, F., Mäkinen, T., Welin, M.G., Lamberg, B.A.
Acta Endocrinol (COPENH). 95. 2. P151-7. 1980 Oct.

Maximal Oxygen Uptake: Its Measurement, Application, and Limitations

Harrison, M.N., Brown, G.A., Cochrane, L.A.
Aviat Space Environ Med. 51. 10. P1123-7. 1980 Oct.

Physical Activity, Physical Fitness and Cardiovascular Diseases: Design of a Prospective Epidemiologic Study

Sobolski, J., DeBacker, G., Degre, S., Kornitzer, M., Denolin, H.
Cardiology. 67. 1. P38-51. 1981.

Physical Fitness and Exercise Among 40—50-Year Old Men in Two Finnish Industrial Enterprises

Forsberg, S., Heikkinen, E., Aunola, S., Parkatti, T., Rähkila, P., Saraste, M., Vuori, L.
Scand Journal Soc Med Suppl. Suppl 14. P24-32. 1977.

Physical Fitness and Mental Performance During and After Work
Sjoberg, H.
Ergonomics. 23. 10. P977-85. 1980 Oct.

Physical Fitness and Risk of Myocardial Infarction in Copenhagen Males Aged 40-59: A Five- and Seven-Year Follow-Up Study.
Gyntelberg, F. Lauridsen, L., Schubell, K.
Odontol Conserv. 6. 3. P170-8. 1980 Sep.

Elderly

Physical Fitness, Aging, and Psychomotor Speed: A Review.
Spirduo, W.W.
Journal Gerontol. 35. 6. P850-65. 1980 Nov.

Employee/Executive Fitness

Combating Fraud and Abuse - To Your Body.
Keefer, R.D.
Government Accountants Journal, Vol. 28, No. 4, Winter 1979-80, p. 14-18.

Company Physical Fitness Programs: Salvation or Fad?
Kondrasuk, J.
Personnel Administrator, Vol. 25, No. 11, Nov. 1980, p. 47-50, 60, Bibliog. 8

The Effect of Employee Physical Fitness on Job Performance.
Edwards, S.E., Gettman, L.R.
Personnel Administrator, Vol. 25, No. 11, Nov. 1980, p. 41-44, 61, Bibliog. 17

Employee Fitness Shapes Up as a Business.
Anonymous.
Business Week. Vol: N2695 (Industrial Edition). p: 34B, D, 2 Pages. Jul 6, 1981.

Employee Physical Fitness: Protecting an Investment in Human Resources.
Kreitner, R.
Personnel Journal, Vol. 55, No. 7, July 1976, p. 340-344, 348.

Executive Fitness: Teaching Management and Fitness.
Elson, Peter R.
Sales & Marketing Mgmt. Vol: V126N7. p: 77-78, 2 Pages. May 18, NO DATE

Executive Fitness: Time for Exercising.
Mayer, Paul J.
Sales & Marketing Mgmt. Vol: V126N7. p: 67-69, 3 Pages. May 18, NO DATE

Executive Health: Fitness Counselling at Work Keeps Executives Trim.
Melhuish, Andrew.
International Mgmt (UK). Vol: V36N5. p: 47, 1 Page. May 1981.

Executive Prerequisites.

Dadakis, C.S.
Conference Board Record, Vol. 13, No. 7, July 1976, p. 50-56.

Fitness Counseling At Work Keeps Executives Trim.

Anonymous.
International Management, Vol. 36, No. 5, May 1981, p. 47.

Industrial Recreation Programs: A New Look at an Old Benefit.

Debats, Karen.
Personnel Jnl. Vol: V60N8. p: 620-627, 7 Pages. Aug 1981.

Keeping Fit.

Carlson, Barbara.
New England Business. Vol: V3N13. p: 43-44, 2 Pages. Aug 3, 1981.

Managing Employee Health at Kimberly Clark.

Anonymous.
Management Review, Vol. 68, No. 8, Aug. 1979, p. 42.

The New Business Boom - Employee Fitness.

Martin, J.
Nation's Business, Vol. 66, No. 2, Feb. 1978, p. 68-73.

Now, Out of Your Swivel Chairs and Into the Pool.

Anonymous.
Employee Benefit Plan Review, Vol. 3, No. 4, Oct. 1980, p. 34, 36.

Physical Fitness in Canadian Business and Industry.

Yuhasz, M.
Business Quarterly, Vol. 44, No. 1, Spring 1979, p. 72-75.

Physical Fitness or Corporate Fitness?

Clemons, N.
Journal of Applied Management, Vol. 5, No. 5, Sept.-Oct. 1980, p. 11-15.

Physical Fitness Pays Off in Productivity.

Nehrbass, R.G.
Personnel Journal, Vol. 55, No. 12, Dec. 1976, p. 600.

The Physical Fitness Status of Police Officers.

Klinzing, J.E.
Journal Sports Med. Phys. Fitness. 20. 3. p. 291-6. Sep. 1980.

Staying Trim, Productive and Alive.

Anonymous.
Nation's Business, Vol. 62, No. 12, Dec 1974, p. 26-28.

Teaching Employees to be Physically Fit.

Anonymous.

Training, Vol. 16, No. 2, Feb. 1979, p. 30-31.

Time for Exercising.

Meyer, P.J.

Sales & Marketing Management, Vol. 126, No. 7, May 18, 1981, p. 66-68.

Trimming the Corporate Waist with Fitness Programs.

Pyle, R.L.

Business Horizons, Vol. 23, No. 2, April 1980, p. 70-72.

Western's Business School a Pioneer in Fitness Program for Managers Attending Management Courses.

Yuhasz, M.

Business Quarterly, Vol. 43, No. 2, Summer 1978, p. 82-85.

Why Your Organization Should Consider Starting a Physical Fitness Program.

Conrad, C.C.

Training, Vol. 16, No. 2, Feb. 1979, p. 28-31.

Working Out At Work.

Riggs, C.R.

D&B Reports, Vol. 28, No. 3, May/June 1980, p. 17-23.

Equipment

Observations on the Physical Condition of People from Quebec. I. Nature and Characteristics of the Study, Complete Results Concerning the Principal Determinants of Physical Fitness.

Landry, F., Carriere, S., Poirier, L., Lablanc, C., Gaudreau, J., Moisan, A., Carrier, R., Potvin, R.

Union Med Can. 109. 5. p721-32. 1980 May.

General

Analysis of the Content of Information Transmitted by Television on Physical Conditioning.

Brunella, J., Godin, G., Rissmann, C.H.

Can Journal Appl Sport Sci. 6. 1. p40-4. 1981 Mar.

Ascertainment of Physical Fitness for Work in Persons Applying for Annuities in the Federal Republic of Germany.

Gramse, M., Wille, G.

Leber Magen Darm. 10. 3. p144-7. 1980 Jun.

Exercise Program for Wheelchair Activity.

Glaser, R.M., Savka, M.N., Durbin, R.J., Foley, D.M., Suryaprasad, A.G.

Am Journal Phys Med. 60. 2. p67-75. 1981 Apr.

How Long Does It Take to Become Fit.

Pearn, J.

Br Med Journal. 281. 6254. p1522-4. 1980 Dec 6.

Improving Physical Fitness by Exercise Training Programs.

Blair, S.N., Chandler, J.V., Ellisor, D.B., Langley, T.

South Med Journal 73. 12. p1594-6. 1980 Dec.

The Influence of Physical Fitness Training as a Rehabilitation Tool.

Cross, D.L.

Int Journal Rehabil Res. 3. 2. p163-75. 1980.

Physical Fitness Training in Patients.

Newell, J.P., Kappagoda, C.T., Linden, R.J.

Q J Exp Physiol. 65. 4. p293-307. 1980 Oct.

Pre-Participation Sports Assessment—An Objective Evaluation.

Goldberg, B., Sarniti, A., Witman, P., Gavin, M., Nicholas, J.A.

Pediatrics. 66. 5. p736-45. 1980 Nov.

Nutrition/Diet

Nutrition in Childhood and Its Relationships to Early Somatic Growth, Body Fat, Blood Pressure, and Physical Fitness.

Boulton, J.

Acta Paediatr Scand Suppl. 284. p1-85. 1981.

A Sensible Way to Lose Weight/Thinner May Not Mean Healthier.

Anonymous

Business Week. Vol: N2967. p194-195, 198, 3 Pages. Jul 20, 1981.

Stress/Trauma

Exercise Testing with Special Reference to Children with Diabetes Mellitus.

Thoren, C.

Acta Paediatr Scand Suppl. Suppl 283. p29-32. 1980.

Stress, Work and Management's Role.

Carlin, Lindsay.

Work & People (Australia). Vol: V6N3. p24-27, 4 Pages. 1980.

What You Should Know About Stress.

Womack, William M., Mundt, James W., Reinking, Richard.

Management World. Vol: V10N7. p8-11, 44, 5 Pages. Jul 1981.

SECTION SIX: PSAs/FILM

PUBLIC SERVICE ANNOUNCEMENTS (PSAs)

Hoffman-LaRoche, Inc.

Hoffman-LaRoche, Inc.
340 Kingsland Street
Nutley, NJ 07110

"Good Health"

"Regular Check Ups"

"Relaxation for Energy"

National Association of Broadcasters (Radio)

National Association of Broadcasters (Radio)
1771 N Street, NW
Washington, DC 20036

President's Council on Physical Fitness and Sports
V.L. Nicholson, Director of Information
400 Sixth Street, NW, Suite 303Q
Washington, DC 20201

"Exercise as a Preventive Health Care Measure"
- 60- and 30-second versions of three PSAs

National Association of Broadcasters (Television)

National Association of Broadcasters
1771 N Street, NW
Washington, DC 20036

American Heart Association
(Your local Heart Association Office)

"Cuts" (16-314 A/B)
- 30- and 20-second versions of a color film PSA
- fee charged

"Games" (16-319 A/B)
- 60- and 30-second versions of a color film PSA
- fee charged

"Guia Completa Del Andar, Una" (16-306M)
- 30- and 60-second versions of a Spanish language color
film PSA
- fee charged

National Association of Broadcasters (Television) (continued)

"Numbers" (16-318 A/B)

- 30- and 60-second versions of a color film PSA
- fee charged

"Study" (16-309 A/B)

- 30- and 60-second versions of a color film PSA
- fee charged

"Tin Woodman" (16-311 A/B)

- 20- and 10-second versions of a color film PSA
- fee charged

"Wheelchair" (16-316 A/B)

- 30- and 60-second versions of a color film PSA
- fee charged

Young Men's Christian Association

Office of Communications

Joe A. Pissaro, Executive Director

291 Broadway

New York, NY 10007 (or local YMCAs)

"PSA"

RECORDS

National Association of Broadcasters (Radio)

National Association of Broadcasters (Radio)

1771 N Street, NW

Washington, DC 20036

American Heart Association

Distribution Department

National Center

7320 Greenville Avenue

Dallas, TX 75231

"Give Your Heart A Break"

- a 33-1/3 rpm record
- purchase or rental information provided by agency

FILMS AND VIDEOTAPES

Abbott Motion Picture Library

Abbott Laboratories
Audio Visual Services
565 Fifth Avenue
New York, NY 10017

- "Coping with Stress" (ABT 678)
- videotape
- rental fee: \$15 for 5 days; purchase price: \$40-\$45

National Association of Broadcasters (Television)

National Association of Broadcasters (Television)
1771 N Street, NW
Washington, DC 20036

American Heart Association
Your local Heart Association Office

- "Better Odds for a Longer Life" (24-402)
- 18-minute color film
- fee charged
- "Better Odds for a Longer Life (Spanish)" (24-4025)
- 18-minute color film
- fee charged
- "Candidate for Stroke" (24-0393)
- 18-minute film
- fee charged
- "Gotta Lot of Living To Do" (24-0564)
- 14-minute color film
- fee charged
- "It's Your Heart" (24-0603)
- 27-minute film
- fee charged
- "Our Way of Life" (24-0640)
- 27-minute color film
- fee charged

National Audio Visual Center

National Archives and Records Service
General Services Administration
Information Services JV
Washington, DC 20409

"Heart Attacks"

- A National Institute of Health 60 minute, color videotape
- fee charged

"Medicine for the Layman - A Series"

- A National Institute of Health color videotape, 13 cassettes
- fee charged

"Obesity and Energy Metabolism"

- A National Institute of Health 60 minute, color videotape
- fee charged

West Glen Films

West Glen Films
565 Fifth Avenue
New York, NY 10164

"Take the Time"

- A 17-minute, 16 mm, color, sound film, produced by the President's Council on Physical Fitness and Sports and California Raisin Advisory Board

SECTION SEVEN: Federally Funded Research Projects

DEPARTMENT OF AGRICULTURE

Physical Activity, Carbohydrate Metabolism and Obesity (RAT)
(FY 80 NR) Stern; Univ. of California
SPONSOR: Cooperative Research Office, CA
GY-68979-4 (1975-1980)

Influence of Exercise on the Metabolism of Amino Acids and Protein by
Muscle Tissue (RAT)
(FY 79 NR) Dohm; Univ. of North Carolina
SPONSOR: Beltsville Agricultural Research Center, MD
GY-41727-4 (1974-1979)

Receptor Site Location in the Control of Respiration During Exercise
(ANIMAL)
(FY 80 NR) Fedde; Kansas State Univ.
SPONSOR: Dept. of Agriculture, DC
GY-75376-2 (1977-1983)

Regulation of Energy Balance by Adaptive Changes in Thermogenesis (RAT)
(FY 80 NR) Tagliaferro; Univ. of New Hampshire
SPONSOR: Cooperative Research Office, NH
GY-80096 (1979-1982)

Correlation of Atherosclerosis with Fat Intake and Exercise (DOG)
(FY 80 NR) Manspeker; Univ. of Maryland
SPONSOR: Dept. of Agriculture, DC
GY-80278 (1977-1980)

DEPARTMENT OF DEFENSE

Cardiac Changes During Exercise Conditioning and Acceleration (PIG)
(FY 81 \$93,271) Stone; Univ. of Oklahoma
SPONSOR: Office of Scientific Research, DC
GQF-50410-3 (1977-1980)

Studies in Combat Fracture Healing (DOG)
FY 81 NR) Bellamy; Army Dept. of Surgery, Presidio of San Francisco
SPONSOR: Letterman Army Inst. of Research, Presidio of San Francisco, CA
ZQA-56309-2 (1977-)

Biochemical Adaptations and Dietary Interactions of Exercise
Training (RAT)
(FY 81 NR) Askew; Army Dept. of Nutrition, Presidio of San Francisco
SPONSOR: Letterman Army Inst. of Research, Presidio of San Francisco, CA
ZQA-56310-2 (1977-)

DEPARTMENT OF DEFENSE (Con't)

Metabolic Support Following Combat Injury (ANIMAL)

(FY 81 NR) Scott; Army; Dept. of Surgery, Presidio of San Francisco
SPONSOR: Letterman Army Inst. of Research, Presidio of San Francisco, CA
ZQA-72387-1 (1979-)

Effects of Infection on Muscle Enzymes in Relation to Physical Training
(RAT)

(FY 81 NR) Neufeld; Army; Medical Research Inst. of Infectious
Diseases, Fort Detrick
SPONSOR: Medical Research Inst. of Infectious Diseases, Fort Detrick, MD
ZQA-106419-2 (1977-NA)

Regulation of Body Weight (HUMAN)

(FY 81 NR) Goldman; Army; Research Inst. of Environmental Medicine
SPONSOR: Army; Research Inst. of Environmental Medicine, Natick, MA
ZQA-36125-3 (1977-)

Structural and Functional Alterations in Cells, Tissues and Organs
Induced by Exposure to Environmental Extremes (RAT)

(FY 81 NR) Bowers; Army; Research Inst. of Environmental Medicine
SPONSOR: Army; Research Inst. of Environmental Medicine, Natick, MA
ZQA-36133-2

Relationships Between Physical Training Acclimatization and Heat
Tolerance (RAT)

(FY 81 \$22,000) Gisolfi; University of Iowa
SPONSOR: Office of Naval Research, VA
GQN-223417-8 (1972-)

Personnel Technology: Neuroendocrine Correlates of Stress in Specialized
Populations (HUMAN)

(FY 81 \$40,673) Rubin; LA County Harbor General Hospital
SPONSOR: Office of Naval Research, VA
GQN-775371-3 (1977-)

Adrenal Function and Physiological Cross-Adaptation as Factors Affecting
Susceptibility to Decompression Sickness (MICE, RAT)

(FY 79 NR) Rattner; Naval Medical Research Inst.
SPONSOR: Naval Medical Research Inst., MD
ZQN-877527 (1977-)

Equine Endurance Racing - Its Effect on 2, 3, Diphosphoglycerate &
Oxyhemoglobin Affinity (HORSE)

(FY 79 NR) Boucher; Armed Forces Inst. of Pathology, Walter Reed
SPONSOR: Armed Forces Inst. of Pathology, Walter Reed, DC
ZTI-466 (1979-NA)

Cardiovascular Response to Radiation (ANIMAL)

(FY 80 NR) Hawkins; Armed Forces Radiobiology Research Inst.
SPONSOR: Armed Forces Radiobiology Research Inst., MD
ZQP-90255-2 (1977-1980)

DEPARTMENT OF DEFENSE (con't)

Homeostatic and Hematologic Alterations with Exercise (HUMAN)
(FY 81 NR) Ferguson; Uniformed Services Univ. of the Health Sciences
SPONSOR: Defense Advanced Research Projects Agency, VA
ZQ-700026-1 (1979-)

Performance and Pyruvate Metabolism of the Heart (GUINEA PIG)
(FY 81 NR) Rolf; Uniformed Services Univ. of the Health Sciences
SPONSOR: Defense Advanced Research Projects Agency, VA
ZQ-700030-1 (1979-)

Fibrinogen α Chain Degradation by Exercise (HUMAN)
(FY 80 NR) Ferguson; Uniformed Services Univ. of the Health Sciences
SPONSOR: Uniformed Services Univ. of the Health Sciences, MD
ZQ-700002-2 (1976-)

DEPARTMENT OF HEALTH AND HUMAN SERVICES

Quadriceps Facing, Phase III - Relative Effects of Dynamic & Static
Exercise Programs on Maximal Isometric Strength & Motor Unit Synchrony
(HUMAN) (FY 79 \$23,575) deLateur; Univ. of Washington
SPONSOR: National Inst. of Handicapped Research
GWB-1947-1 (1977-1980)

Exercise, General Activity Level and Aging (RAT, MICE)
(FY 79 NR) Goodrick; National Inst. on Aging
SPONSOR: National Inst. on Aging, MD
ZXL-312-5 (1976-1979)

Effect of Age on Beta Cell Structure and Function (RAT)
(FY 81 \$43,752) Reaven; Veterans Administration
SPONSOR: National Inst. on Aging, MD
LAG-1237-3 (1978-1981)

Aging on the Cellular and Tissue Level (ANIMAL)
(FY 80 \$106,099) Harrison; Jackson Laboratory, ME
SPONSOR: National Inst. on Aging, MD
LAG-1755-1 (1980-1981)

Longitudinal Effects of Exercise on Reactive Capacity (RAT)
(FY 80 \$52,992) Spirduso; Univ. of Texas
SPONSOR: National Inst. on Aging, MD
LAG-2071-1 (1980-1981)

Undernutrition and Aging - Biobehavioral Effects (RAT)
(FY 80 \$95,885) Campbell; Princeton Univ.
SPONSOR: National Inst. on Aging, MD
LAG-2447-1 (1980-1981)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Exercise-Induced Biochemical and Anatomic Adaptions (RAT)
(FY 80 \$118,967) Holloszy; Washington Univ. School of Medicine
SPONSOR: National Inst. on Aging, MD
1HD-1613-16 (1977-1981)

Disuse and Exercise in Conditions of Muscular Atrophy (RAT)
(FY 80 \$80,638) Booth; Univ. of Texas
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-19393-5 (1977-1981)

Exercise, Meals and Protein Synthesis (HUMAN)
(FY 80 NR) Cahill; Joslin Diabetes Foundation Inc.
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
BW-83-5 (1977-1981)

Effect of Insulin and Exercise on Muscle Protein in Fasting (HUMAN)
(FY 80 NR) Finley; Joslin Diabetes Foundation Inc.
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
DF-1441-3 (1977-1981)

Effect of Ingested Protein and Exercise on Muscle Protein Conservation
(HUMAN) (FY 80 NR) Finley; Joslin Diabetes Foundation Inc.
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
DF-1442-3 (1977-1981)

Effects of Exercise on Lipid and Carbohydrate Metabolism (HUMAN)
(FY 79 \$12,406) Goldberg; Washington Univ School of Medicine
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
DD-607-1 (1979)

Effects of Weight-Reduction on Glucose Tolerance and Gluco-Regulatory
Hormones (HUMAN)
(FY 80 NR) Reitman; National Inst. of Arthritis, Metabolism and
Digestive Diseases
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
ZXA-664-3 (1976-1980)

Effects of Environmental Stress (Hypoxia, Exercise, Smoke) (ANIMAL)
(FY 80 NR) Altland; National Inst. of Arthritis, Metabolism and
Digestive Diseases
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
ZXA-680030-12 (1976-1980)

Free Radical Lipid Peroxidation Damage (RAT)
(FY 80 \$60,198) Tappel; Univ. of California
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-9933-24 (1977-1980)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Metabolic Interrelationships of Obesity and Diabetes (HUMAN)
(FY 80 \$188,242) Sims; Univ. of Vermont & State Agric. College
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-10254-16 (1977-1981)

Physical Exercise and Lipoprotein Lipase Activity (RAT)
(FY 79 \$72,934) Borensztajn; Northwestern Univ.
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-16831-6 (1976-1980)

Lipid Metabolism and Exercise (ANIMAL)
(FY 80 \$18,722) Oscai; Univ. of Illinois
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-17357-7 (1978-1980)

Adaption of Muscle to High-Intensity Exercise (CAT)
(FY 80 \$79,286) Gonyea; Univ. of Texas
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-17615-6 (1977-1981)

Physical Activity, Pancreatic Function and Obesity (MICE, RAT)
(FY 80 \$97,399) Stern; Univ. of California
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-18899-6 (1978-1981)

Carbohydrate and Fat Metabolism During Exercise (RAT, FROG)
(FY 80 \$73,019) Holloszy; Washington Univ. School of Medicine
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-18986-5 (1978-1981)

Control of Muscle Protein Metabolism During Exercise (RAT)
(FY 79 \$4,372) Dohm; Univ. of North Carolina
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-19116-4 (1977-1979)

Glucose and Amino Acid Metabolism in Skeletal Muscle (ANIMAL)
(FY 80 118,183) Ruderman; Univ. Hospital Inc., Boston
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-19514-5 (1977-1981)

Tracer Studies on Lactate Metabolism During Exercise (RAT)
(FY 80 \$53,062) Brooks; Univ. of California
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-19577-4 (1978-1981)

Force-EMG Signal Relation for Isometric Contractions (HUMAN)
(FY 79 \$69,222) DeLuca; Childrens Hospital Medical Center, Boston
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-19665-3 (1978-1980)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Control of Liver Glycogenolysis During Exercise (RAT)
(FY 79 \$6,666) Winder; Washington Univ. School of Medicine
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-20384-2 (1978-1980)

Glucagon and Insulin Receptors in Glucose Metabolism (RAT)
(FY \$53,607) Soman; Yale Univ.
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-21158-3 (1977-1980)

Skeletal Muscle Adaptations Induced by Training (ANIMAL)
(FY 80 \$78,333) Terjung; State Univ. of New York
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-21617-4 (1977-1981)

Exercise, Training and Regulation of Lipid Metabolism (RAT)
(FY 79 \$52,792) Shepherd; Univ. of Toledo
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-21912-1 (1979-1980)

Locomotion - Idling Metabolism and Gait Dynamics (ANIMAL)
(FY 80 \$66,150) Armstrong; Oral Roberts Univ.
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-25472-3 (1978-1981)

Coupling of Food Intake to Energy Expenditure (HAMSTER, RAT)
(FY 81 \$21,024) Rowland; Univ. of Pittsburgh
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-26231-2 (1979-1981)

Effects of Exercise on Insulin Resistance in Muscle (RAT)
(FY 80 \$122,194) Horton; Univ. of Vermont & State Agric. College
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-26317-1 (1980-1981)

Determination of Optimal Hypocaloric Diet (ANIMAL)
(FY 81 \$69,410) Bistrian; Massachusetts Inst. of Technology
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-26349-2 (1979-1981)

Effects of Exercise and Weight Loss on Blood Lipids (HUMAN)
(FY 81 \$6,715) Leon; Univ. of Minnesota
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-26879-2 (1980-1982)

Control of Liver Glycogenolysis During Exercise (ANIMAL)
(FY 80 \$30,965) Winder; Univ. of South Dakota
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
IAM-27107-2 (1979-1981)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Exercise, Training and Regulation of Lipid Metabolism (RAT)
(FY 80 \$55,233) Shepherd; Louisiana State Univ.
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-28521-1 (1980-1981)

GH and Prolactin in Growth and Tumorigenesis (HUMAN)
(FY 79 \$137,574) VanderLaan; Scripps Clinic & Research Foundation
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1CA-14025-7 (1978-1979)

Dietary Modifications, Exercise and Tumor Growth (ANIMAL)
(FY 80 \$82,842) de Rosa; Univ. of Louisville
SPONSOR: National Cancer Inst., MD
1CA-25602-2 (1979-1981)

Exercise Hemodynamics and Respiration in Pregnancy (HUMAN, PYGMY GOATS)
(FY 80 NR) Matcalfe; Univ. of Oregon Health Sciences Center
SPONSOR: National Inst. of Child Health & Human Development, MD
CK-1315-5 (1977-1981)

Fetal Oxygenation and Placental Gas Exchange (HUMAN)
(FY 80 \$154,909) Longo; Loma Linda Univ.
SPONSOR: National Inst. of Child Health & Human Development, MD
1HD-3807-12 (1978-1981)

Physical Training and Human Ovarian Function (HUMAN)
(FY 80 \$27,085) Robertshaw; Colorado State University
SPONSOR: National Inst. of Child Health & Human Development, MD
1HD-13778-1 (1980-1981)

Dynamics and Control of Fetal Oxygenation (HUMAN)
(FY 80 \$426,514) Longo; Loma Linda Univ.
SPONSOR: National Inst. of Child Health & Human Development, MD
1HD-13949-1 (1980-1981)

Effects of Exercise on Respiratory Control (DOG)
(FY 79 NR) Bainton; Univ. of California
SPONSOR: National Inst. of General Medical Sciences, MD
DP-653 (1977-1979)

Exercise on Respiratory Control (DOG)
(FY 80 NR) Bainton; Univ. of California
SPONSOR: National Inst. of General Medical Sciences, MD
CK-1117-4 (1976-1980)

Dynamics and Interaction of Chemical Control at Rest and Exercise (HUMAN,
(DOGS) (FY 80 NR) Grodins; Univ. of Southern California
SPONSOR: National Inst. of General Medical Sciences, MD
CX-268-3 (1977-1981)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Cardiopulmonary Control Coupling in Exercise (DOG)
(FY 80 NR) Grodins; Univ. of Southern California
SPONSOR: National Inst. of General Medical Sciences, MD
CS-269-3 (1977-1981)

Human Exercise Studies (HUMAN, DOG)
(FY 80 NR) Blomqvist; Univ. of Texas
SPONSOR: National Heart Lung & Blood Inst., MD
BD-2997-7 (1977-1981)

Cardiovascular Control During Isometric Exercise (CAT)
(FY 80 NR) Mitchell; Univ. of Texas
SPONSOR: National Heart Lung & Blood Inst., MD
DE-1940-3 (1977-1981)

Exercise and Echocardiographic Examining Techniques (HUMAN)
(FY 80 NR) Dillon; Indiana Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
ED-1606-2 (1978-1981)

Comparative Physiology of Exercise in Hypobaric (BIRDS)
(FY 80 NR) Schmidt-Nielsen; Duke Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
DE-1978-3 (1977-1980)

Studies in Exercise (HUMAN, DOG)
(FY 80 NR) Gelfand; Univ. of Pennsylvania
SPONSOR: National Heart Lung & Blood Inst., MD
BQ-1485-5 (1976-1980)

Simulation of the Increased Metabolism of Exercise (DOG)
(FY 80 NR) Clark; Univ. of Pennsylvania
SPONSOR: National Heart Lung & Blood Inst., MD
BQ-1489-5 (1976-1980)

Chemical and Neurogenic Components of Respiratory Simulation in Exercise
(HUMAN) (FY 80 NR) Clark; Univ. of Pennsylvania
SPONSOR: National Heart Lung & Blood Inst., MD
BQ-1490-5 (1976-1980)

Exercise Electrophysiology (HUMAN)
(FY 79 NR) Sheffield; Univ. of Alabama at Birmingham
SPONSOR: National Heart Lung & Blood Inst., MD
DE-2044-2 (1977-1980)

Control of Breathing in Exercise (HUMAN, DOG)
(FY 80 NR) Weil; Univ. of Colorado
SPONSOR: National Heart Lung & Blood Inst., MD
DE-2172-3 (1977-1981)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Exercise, Increased Ventilation Effect on Airway Exposure (HAMSTER, DOG)
(FY 80 NR) Brain; Harvard Univ.

SPONSOR: National Heart Lung & Blood Inst., MD
CK-1593-3 (1976-1980)

Ventricular Function During Exercise Before and After Aortic Valve
Replacement (HUMAN)

(FY 79 NR) Borer; National Heart Lung & Blood Inst.

SPONSOR: National Heart Lung & Blood Inst., MD
ZXH-1845-2 (1976-1979)

Effect of Exercise on Atherogenesis in Minature Swine Fed a High-
Cholesterol Diet (PIG)

(FY 79 NR) Reitman; National Heart Lung & Blood Inst.

SPONSOR: National Heart Lung & Blood Inst., MD
ZXH-1944-1 (1977-1979)

Left Ventricular Function in Aortic Stenosis - Effects of Operation
(HUMAN) (FY 79 NR) Borer; National Heart Lung & Blood, Inst.

SPONSOR: National Heart Lung & Blood Inst., MD
ZXH-1985-1 (1977-1979)

Effects of Exercise Conditioning on Plasma High Density Lypoproteins
(HUMAN) (FY 79 NR) Lipson; National Heart Lung & Blood, Inst.

SPONSOR: National Heart Lung & Blood Inst., MD
ZXH-2121 (1978-1979)

Abnormal Hemoglobin Syndromes (HUMAN)

(FY 79 \$32,662) McCurdy; Georgetown Univ. School of Medicine

SPONSOR: National Heart Lung & Blood Inst., MD
1AM-2823-19 (1976-1980)

Respiration, Circulation, & Heat Regulation in Exercise (MAMMAL, BIRD)

(FY 79 \$174,514) Schmidt-Nielsen; Duke Univ.

SPONSOR: National Heart Lung & Blood Inst., MD
1HE-2228-25 (1977-1980)

Response of the Totally Denervated Heart to Exercise (DOG)

(FY 80 \$117,545) Donald; Mayo Foundation

SPONSOR: National Heart Lung & Blood Inst., MD
1HE-6143-20 (1978-1981)

Cardiovascular and Pulmonary Adaptation to Stress (HUMAN, ANIMAL)

(FY 80 \$415,498) Mitchell; Univ. of Texas

SPONSOR: National Heart Lung & Blood Inst., MD
1HE-6296-20 (1977-1981)

Lipemia - Carboydrate and Glyceride Metabolism (RAT)

(FY 81 \$93,697) Reaven; Stanford Univ. School of Medicine

SPONSOR: National Heart Lung & Blood Inst., MD
1HE-8506-18 (1978-1981)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Regulation of Ventilation and Pulmonary Circulation (HUMAN)
(FY 80 \$1,134,845) Fishman; Univ. of Pennsylvania
SPONSOR: National Heart Lung & Blood Inst., MD
1HE-8805-17 (1977-1981)

The Myocardium in Diabetes Mellitus (DOG)
(FY 81 \$153,374) Ragan; New Jersey Medical School
SPONSOR: National Heart Lung & Blood Inst., MD
1HE-9914-16 (1978-1981)

Mechanisms of Physiological Responses to Exercise (DOG)
(FY 80 \$121,990) Wasserman; Univ. of California
SPONSOR: National Heart Lung & Blood Inst., MD
1HE-11907-10 (1977-1981)

Role of Chemicals in Local Blood Flow Regulation (GUINEA PIG)
(FY 79 \$55,463) Scott; Michigan State Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-10879-11 (1979-1980)

Environmental Influences on Cardiopulmonary and Cellular (HUMAN)
(FY 80 \$474,230) Rennie; State Univ. of New York
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-14414-9 (1977-1981)

Adaptation to Hypoxia (HUMAN)
(FY 80 \$48,437) Grover; Univ. of Colorado
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-14985-10 (1978-1981)

Effects of Physical Training on the Heart (RAT)
(FY 81 \$122,238) Scheuer; Montefiore Hospital & Medical Center, NY
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-15498-9 (1978-1981)

Dynamic Isolation Studies of Control of Respiration
(FY 78 \$49,354) Bellville; Univ. of California
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-15659-6 (1977-1979)

Cardiopulmonary Control Coupling in Exercise (DOG)
(FY 81 \$56,163) Grodins; Univ. of Southern California
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-16390-8 (1978-1981)

Effect of Training-Detraining on the Rat Heart
(FY 79 \$66,893) Fuller; Emory Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-16420-4 (1977-1981)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Left Ventricular Function in Exercise (DOG)
(FY 80 \$107,180) Horwitz; Univ. of Colorado
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-16656-8 (1977-1981)

Metabolic Control of Cardiac Output
(FY 79 \$0) Liang; Boston Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-17403-4 (1977-1980)

Myocardial Ischemia (DOG)
(FY 80 \$159,802) Vatner; Harvard Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-17459-5 (1977-1980)

SCOR on Ischemic Heart Disease (ANIMAL)
(FY 80 \$1701,313) Sobel; Washington Univ. School of Medicine.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-17646-6 (1978-1980)

Specialized Center of Research in Ischemic Heart Disease (ANIMAL)
(FY 81 \$803,993) Ross; Univ. of California
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-17682-7 (1978-1981)

Peripheral Venomotor Control in Thermal Stress (HUMAN)
(FY 80 \$78,112) Wenger; John B. Pierce Foundation of Connecticut
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-17732-5 (1978-1981)

Effects of Exercise on the Coronary Vasculature (DOG)
(FY 80 \$95,903) Cohen; Montefiore Hospital & Medical Center, NY
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-17809-6 (1977-1981)

Exercise and Reversal of Cardiovascular Atherosclerosis (MONKEY)
(FY 79 \$94,575) Kramschi; Univ. Hospital Inc., Boston
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-18060-6 (1977-1981)

Hypertension Center - SCOR (ANIMAL)
(FY 81 \$1470,913) Laragh; Cornell Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-18323-7 (1977-1981)

Subcellular Response of Heart to Functional Overload (HAMSTER)
(FY 79 \$98,938) Gollnick; Washington State Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-18527-4 (1978-1980)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Functional Characteristics of the Left Heart (HUMAN)

(FY 80 \$170,349) Dodge; Univ. of Washington School of Medicine

SPONSOR: National Heart Lung & Blood Inst., MD

1HL-19451-5 (1977-1981)

Effects of Exercise on the Heart and its Blood Supply (DOG)

(FY 80 \$3,734) Barnard; Univ. of California

SPONSOR: National Heart Lung & Blood Inst., MD

1HL-20253-4 (1977-1979)

Pathogenesis of Peripheral Arterial Disease

(FY 80 \$104,123) Fronck; Univ. of California

SPONSOR: National Heart Lung & Blood Inst., MD

1HL-20564-5 (1978-1981)

The Coronary Vascular Response to Ischemia (DOG)

(FY 79 \$61,085) Bache; Univ. of Minnesota

SPONSOR: National Heart Lung & Blood Inst., MD

1HL-20598-4 (1977-1980)

Blood Volume and Venous Return in Thermal Strain (HUMAN)

(FY 81 \$83,768) Nadal; John B. Pierce Foundation of Connecticut

SPONSOR: National Heart Lung & Blood Inst., MD

1HL-20634-4 (1977-1981)

Regulation of Skin Blood Flow in Man

(FY 80 \$37,257) Johnson; Univ. of Texas

SPONSOR: National Heart Lung & Blood Inst., MD

1HL-20663-4 (1977-1981)

Compensatory Responses to Arterial Occlusion (HUMAN)

(FY 80 \$47,837) Conrad; Eastern Virginia Medical School

SPONSOR: National Heart Lung & Blood Inst., MD

1HL-21034-3 (1978-1981)

Influence of Chronic Exercise on Hypertensives (RAT)

(FY 80 \$79,008) Tipton; Univ. of Iowa

SPONSOR: National Heart Lung & Blood Inst., MD

1HL-21245-4 (1977-1981)

Dynamics of Interstitial Space in Whole Animals (RAT)

(FY 79 \$53,207) Sensy; St. Louis Univ.

SPONSOR: National Heart Lung & Blood Inst., MD

1HL-21282-2 (1978-1980)

Hypertension, Microvascular Control and Exercise (RAT)

(FY 80 \$41,079) Wiegman; Univ. of Missouri

SPONSOR: National Heart Lung & Blood Inst., MD

1HL-21901-3 (1978-1980)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Cardiac Adaptation to Physical Training (DOG)
(FY 80 \$52,742) Stone; Univ. of Oklahoma
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-22154-3 (1978-1981)

Regulation of Cardiac Adaptation to Exercise (RAT)
(FY 80 \$63,771) Baldwin; Univ. of California
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-22361-3 (1978-1981)

Stress and Myocardial Injury - A Systematic Study (ANIMAL)
(FY 80 \$93,544) Miller; State Univ. of New York
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-22810-2 (1978-1980)

Repetitive Exercise and Cardiac Enlargement (DOG)
(FY 80 \$4,978) Stone; Univ. of Oklahoma
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-23206-3 (1978-1981)

Myocardial Hypertrophy & Failure in Conscious Animals (DOG)
(FY 80 \$109,949) Vatner; Peter Bent Brigham Hospital, Boston
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-23724-2 (1979-1981)

Cardiac Function During Exercise (BIRD)
(FY 80 \$40,464) Grubb; Duke Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-24269-2 (1979-1981)

Exercise Training and Plasma Lipoproteins in Man
(FY 80 \$98,224) Wood; Stanford Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-24462-2 (1979-1981)

Myocardial Response to Infarction (RAT)
(FY 81 \$96,495) Anversa; New York Medical College
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-24479-1 (1981-1982)

Membrane Receptors and Physical Conditioning
(FY 81 \$45,000) Williams; Duke University
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-25148-2 (1979-1981)

Comparison of Heart Function in Male and Female Rats
(FY 81 \$29,529) Schaible; Montefiore Hospital & Medical Center, NY
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-25372-2 (1980-1981)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Quantitative Evaluation of Exercise Hyperpnea (HUMAN)
(FY \$46,255) Graco; Univ. of Miami
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-25413-1 (1980-1981)

Cardiovascular Regulation During Isometric Exercise (HUMAN)
(FY 80 \$44,217) Gaffney; Univ. of Texas
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-25710-1 (1980-1981)

Mechanism of Exercise Hyperemia (DOG)
(FY 80 \$67,071) Sparks; Michigan State Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-25779-1 (1980-1981)

Cardio-Respiratory Responses to Isometrics (CAT)
(FY 80 \$87,303) Petrofsky; Wright State Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-25977-1 (1980-1981)

Ventilation and Voluntary Control of Breathing Pattern (HUMAN)
(FY 80 \$78,100) Folinsbee; Univ. of California
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-26034-1 (1980-1981)

Lipoproteins in Active Men - Role of Exercise and Diet
(FY 81 \$105,993) Thompson; Brown Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-26697-1 (1981)

Role of Neural Pathways in Exercise Hyperpnea
(FY \$49,036) Bennett; Univ. of Southern California
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-26796-1 (1980-1981)

Heat, Exercise, Body Fluids and ADH (RAT)
(FY 81 \$98,660) Senay; St. Louis Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-26859-1 (1980-1981)

- Effect of Diet on High Density and Other Lipoproteins (HUMAN)
(FY 80 \$89,373) Oh; Oregon State Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-26934-1 (1980-1981)

Hypothalamic Function in Exercise Thermoregulation (MONKEY)
(FY 81 \$70,603) Gisolfi; Univ. of Iowa
SPONSOR: National Inst. of Neurological & Communicative Dis. & Stroke, MD
1NS-14745-4 (1978-1981)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Neuromuscular Plasticity - Recovery after Spinalization (CAT)
(FY 80 \$752,033) Edgerton; Univ. of California
SPONSOR: National Inst. of Neurological & Communicative Dis. & Stroke, MD
INS-16333-1 (1980-1981)

Biophysics of Muscular Exercise (HUMAN)
(FY 80 \$90,989) Ritchie; John. B. Pierce Foundation of Connecticut
SPONSOR: National Inst. of Neurological & Communicative Dis. Stroke, MD
INS-16338-1 (1980-1981)

Effect of Exercise on Lipid and CHO Metabolism in Hemodialysis (HUMAN)
(FY 80 NR) Goldberg; Washington Univ. School of Medicine
SPONSOR: Division of Research Resources, MD
ED-120-2 (1977-1980)

Cardiac Output and Metabolic Changes During Exercise (HUMAN)
(FY 80 NR) Rowell; Univ. of Washington School of Medicine
SPONSOR: Division of Research Resources, MD
BC-446-6 (1976-1980)

Effect of Physical Training on Lipoprotein Metabolism (HUMAN)
(FY 80 NR) Bierman; Univ. of Washington School of Medicine
SPONSOR: Division of Research Resources, MD
FG-92 (1979-1980)

Exercise and Pacing Ventriculography - Coronary Artery Disease (HUMAN)
(FY 80 NR) Lo; Univ. of Michigan
SPONSOR: Division of Research Resources, MD
EN-81-1 (1978-1980)

Exercise and Pacing Ventriculography (HUMAN)
(FY 80 NR) Lo; Univ. of Michigan
SPONSOR: Division of Research Resources, MD
EN-96-1 (1978-1980)

Effect of Exercise on Insulin Absorption in Diabetes (HUMAN)
(FY 80 NR) Felig; Yale Univ.
SPONSOR: Division of Research Resources, MD
DE-808-3 (1976-1980)

Effect of Exercise on Insulin Mobilization (HUMAN)
(FY 80 NR) DeFronzo; Yale Univ.
SPONSOR: Division of Research Resources, MD
EV-234-1 (1978-1980)

Exercise on Aldosterone, Blood Pressure and Renin in Angiotensin Blockade
(HUMAN) (FY 80 NR) Anderson; State Univ. of New York
SPONSOR: Division of Research Resources, MD
FG-583 (1979-1980)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Effect of Exercise on Plasma Renin and Arteriosclerosis (HUMAN)
(FY 80 NR) Anderson; State Univ. of New York
SPONSOR: Division of Research Resources, MD
FG-587 (1979-1980)

Exercise Induced Proteinuria in Diabetes (HUMAN)
(FY 79 NR) Barbosa; Univ. of Minnesota
SPONSOR: Division of Research Resources, MD
ED-732-1 (1977-1979)

Exercise and Growth Hormone (HUMAN)
(FY 80 NR) Vanderlaan; Scripps Clinic & Research Foundation
SPONSOR: Division of Research Resources, MD
FG-750 (1979-1980)

Effect of Insulin and Exercise on Forearm Metabolism in Fasting (HUMAN)
(FY 79 NR) Cahill; Peter Bent Brigham Hospital, Boston
SPONSOR: Division of Research Resources, MD
EV-364 (1978-1979)

Prostaglandin, Catecholamine, Kallikrein and Exercise in Hypertension
(HUMAN) (FY 80 NR) Halushka; Medical Univ. of South Carolina
SPONSOR: Division of Research Resources, MD
CX-394-3 (1977-1980)

Effects of Antihypertensive Drugs and Exercise on Spontaneous
Hypertensive Rats
(FY 79 NR) Burgess; Meharry Medical College
SPONSOR: Division of Research Resources, MD
DF-1737-2 (1977-1980)

Psychosocial and Biomedical Interactions in Juvenile Diabetes (HUMAN)
(FY 80 NR) Hamburg; National Inst. of Mental Health
SPONSOR: National Inst. of Mental Health, MD
ZXM-837-1 (1978-1980)

NATIONAL AERONAUTICS AND SPACE ADMINISTRATION

Insulin Resistance in Animals Exposed to Weightlessness in Spaceflight
(Effect of Exercise Training)
(FY 80 \$7,946) Reaven; Stanford Univ. School of Medicine
SPONSOR: Ames Research Center, CA
FD-221-1 (1980-1981)

NATIONAL SCIENCE FOUNDATION

Oxygen Transport in High Altitude Andean Natives
(FY 80 \$0) Winslow; National Inst. of Health
SPONSOR: Div. of International Programs, DC
GSN-3257-2 (1978-1980)

Acceleration of Growth by Exercise (HAMSTERS)
(FY 80 \$34,799) Borer; Univ. of Michigan
SPONSOR: Div. of Physiology Cellular and Molecular Biology, DC
DI-506-2 (1978-1981)

VETERANS ADMINISTRATION

Spinal Cord Reconstruction for Correction of Traumatic Paraplegia
(ANIMAL) (FY 79 NR) Kao; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-33052-7 (1977-NA)

Left Ventricular Function in Man.
(FY 80 NR) Kennedy; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-36435 (1979-NA)

Mediating Physiological Process of the Activity-Stress Ulcer (RAT)
(FY 79 NR) Pare; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-37302-4 (1977-NA)

Isolation, Characterization and Measurement of Platelet Factor 4 (HUMAN)
(FY 80 NR) Levine; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-37585-5 (1977-NA)

Biological Variations in Whole Blood Constituents (HUMAN)
(FY 79 NR) Harris; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-38678-3 (1977-NA)

Canine Skeletal Responses to Exercise Stress
(FY 80 NR) Albright; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-39496-4 (1977-NA)

Influence of Muscular Exercise and Serum Renin Levels on the Hemodynamic
Features of Systemic Arterial Hypertension (HUMAN)
(FY 80 NR) Hamilton; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-40280-3 (1977-NA)

VETERANS ADMINISTRATION (con't)

Ventricular Segment Function During Exercise Induced Ischemia (HUMAN)
(FY 80 NR) Lipscomb; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-42222-2 (1978-NA)

Clinical Pharmacology of Cardiovascular Drugs - Biological Effects in Relation to Plasma Concentration (HUMAN)
(FY 79 NR) McAllister; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-42248-1 (1978-NA)

Blood Lipoprotein Levels Between Male Athletics and Non-Athletes in the 18 through 21 Year Old Age Group (HUMAN)
(FY 79 NR) Porter; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-42257-1 (1978-NA)

Spontaneous Exercise and Tissue Insulin Sensitivity (RAT)
(FY 80 NR) Reaven; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-42466-2 (1978-NA)

Relationship of Left Ventricular Performance to Myocardial Ischemia (HUMAN) (FY 79 NR) Jensen; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-42757-1 (1978-NA)

The Effect of Exercise on Arterial Wall Permeability (BIRD)
(FY 80 NR) Ezekowitz; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-42893-2 (1978-NA)

Mapping of Body Surface Isopotentials During Exercise (HUMAN)
(FY 79 NR) Mirvis; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-43252-1 (1979-NA)

Structural and Functional Properties of Normal and Repaired Ligaments (DOG) (FY 81 NR) Woo; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-44338-2 (1979-NA)

The Effect of Daily and Simulated Exercise in Canine Ischemic Heart Model (FY 79 NR) Hwang; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-44440 (1979-NA)

Changes in Serum Prolactin Levels Induced by Exercise (HUMAN)
(FY 80 NR) Cohen; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-44617-1 (1979-NA)

VETERANS ADMINISTRATION (con't)

Endocrine Response to Exercise in Amenorrheic Athletes
(FY 80 NR) Cohen; U.S. Veterans Admin
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-44618-1 (1979-NA)

Carbon Dioxide Responsiveness in Runners after Retraining
(FY 79 NR) Rotkis; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-44729 (1979-NA)

The Effect of Stress on Human Blood Platelets
(FY 81 NR) George; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-44936-1 (1980-NA)

Comparative Left Ventricular Function in Well-Trained Subjects - An
Echocardiographic Study (HUMAN)
(FY 80 NR) Cohen; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-45079-1 (1979-NA)

Assessment of Ventricular Function, Graft Patency and Exercise
Performance Five or More Years After Saphenous Vein By-Pass Grafting
(HUMAN) (FY 80 NR) Hammermeister; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-45154-1 (1979-NA)

The Effect of Endurance Training in the Resting Electrical Potential
Difference of Skeletal Muscle Cells in Man (HUMAN)
(FY 80 NR) Knochel; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-45195 (1980-NA)

The Effect of Supplemental Intravenous Protein on Muscle Strength and
Stamina (HUMAN)
(FY 80 NR) Soroff; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-45851 (1980-NA)

Carbon Dioxide Responsiveness in Women Undergoing a Running Training
Program (FY 80 NR) Cobb; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-46167 (1980-NA)

Comparison of Left Ventricular Function at Rest and During Exercise in
Athletes and Normal Controls
(FY 80 NR) Ahmad; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-46210 (1980-NA)

VETERANS ADMINISTRATION (con't)

Coronary Collateral Development in Awake Pigs and Dogs - The Effects of
Ventricular Hypertrophy, Exercise and Drugs
(FY 80 NR) Fedor; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-46255 (1980-NA)

Ventricular Hypertrophy and Ischemic Heart Disease in Hypertensives
(HUMAN) (FY 80 NR) Balu; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-46416 (1980-NA)

Wick Catheter and Bioengineering Studies of Neuromusculoskeletal Diseases
(DOG) (FY 81 NR) Hargens; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-47173 (1980-NA)

APPENDIX A: CONTACT LETTER

The Granville Corporation

1133 FIFTEENTH STREET, N.W., SUITE 1100, WASHINGTON, D.C. 20005
PHONE: (202) 638-4550

July 27, 1981

Dear Health Information Provider:

The Granville Corporation, under contract to the United States Department of Health and Human Service's Office of Disease Prevention and Health Promotion, is in the process of compiling a comprehensive listing of physical fitness and health-related promotional materials. We are contacting your organization in the hope that if you make available such promotional materials, you will help us with this compilation.

Specifically, we are collecting brochures, pamphlets and radio and television public service announcements (PSAs) that either directly or indirectly promote physical fitness, exercise and recreation and are currently available to the general public either free of charge or at a nominal fee (i.e., \$3.00 or less).

Please aid us in this effort by forwarding one copy of each of your free-of-charge materials as well as any other materials which promote physical fitness, exercise and/or recreation that you are willing to send us free of charge for inclusion in the Compendium. If you have produced or provide PSAs which promote physical fitness, please send us a listing of these materials and include titles, costs, ordering and other pertinent information. Please forward the same information to us for all materials promoting physical fitness that you make available to the general public, but do not feel you can provide to us without charge. In the event that some of your materials have limited availability or restricted usage, please designate them as such so that this information will be included in the Compendium data-base. A self-addressed mailing label is enclosed for your response to our request. If you do not provide the materials we seek, please let us know so we will avoid contacting you again.

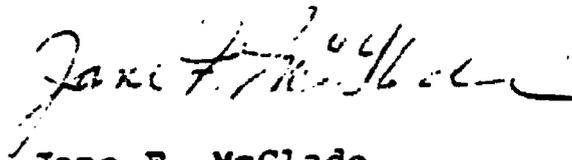
Once the material is compiled, it will be organized by content area, distributor, and target audience. The final product will be a Compendium of physical fitness and health-related promotional materials. The Compendium will provide a complete, non-redundant information dissemination system for surveyors of health information and promotion in the Federal government.

PAGE 2

Finally, if you know of other groups making physical fitness and related health promotion materials available to the public, please let us know about them so that we may contact them and request copies of their materials.

Thanking you in advance for your contribution to this effort I am,

Sincerely,



Jane F. McGlade
Project Manager

JFM:ljs

Enclosure

**GOVERNMENT AGENCIES:
FEDERAL**

COMMUNITY SERVICES ADMINISTRATION

Community Services Administration
Program Development Office
1200 Nineteenth Street, N.W.
Washington, DC 20506

Community Services Administration
Office of Public Information
1200 Nineteenth Street, N.W.
Washington, DC 20506

CONSUMER PRODUCT SAFETY COMMISSION

National Injury Information Clearinghouse
5401 Westbard Avenue, Room 625
Washington, DC 20207

DEPARTMENT OF AGRICULTURE

OFFICE OF GOVERNMENTAL AND PUBLIC AFFAIRS

Office of the Assistant Secretary for
Governmental and Public Affairs
Fourteenth Street and Independence Avenue, S.W.
Washington, DC 20250

Publishing Center
Fourteenth Street and Independence Avenue, S.W.
Washington, DC 20250

OFFICE OF SAFETY AND HEALTH MANAGEMENT

Office of the Director of Safety and
Health Management
Fourteenth Street and Independence Avenue, S.W.
Washington, DC 20250

Safety and Health Operations
South Agriculture Building
Independence Avenue, S.W.
Washington, DC 20250

HUMAN NUTRITION INFORMATION SERVICE

Office of Human Nutrition
Fourteenth Street and Independence Avenue, S.W.
Washington, DC 20250

Human Nutrition Center SEA
Agricultural Research Center-West
Beltsville, MD 20705

DEPARTMENT OF COMMERCE

Office of Public Affairs
Department of Commerce
Fourteenth Street, N.W.
Washington, DC 20230

Consumer Affairs Office
Department of Commerce
Fourteenth Street, N.W.
Washington, DC 20230

Assistant Secretary for Policy
Department of Commerce
Fourteenth Street, N.W.
Washington, DC 20230

National Technical Information Service
Sills Building
5285 Port Royal Road
Springfield, VA 22161

Publications Office
Department of Commerce
Fourteenth Street, N.W.
Washington, DC 20230

FOOD AND NUTRITION SERVICE

Food and Nutrition Information Center
National Agricultural Library Building
Room 304
Beltsville, MD 20705

DEPARTMENT OF DEFENSE

ASSISTANT SECRETARY FOR HEALTH AFFAIRS

Office of the Assistant Secretary for
Health Affairs

The Pentagon
Washington, DC 20301

Health Resources and Programs

The Pentagon
Washington, DC 20301

OFFICE OF DRUG AND ALCOHOL ABUSE AND PREVENTION

Office of the Deputy Assistant Secretary
Drug and Alcohol Abuse and Prevention

The Pentagon
Washington, DC 20301

Education and Treatment/Rehabilitation

The Pentagon
Washington, DC 20301

DEPARTMENT OF EDUCATION

NATIONAL INSTITUTE ON HANDICAPPED RESEARCH

Clearinghouse on the Handicapped

200 Independence Avenue, S.W.

Room 338 D

Washington, DC 20201

National Rehabilitation Information Center

The Catholic University of America

4007 Eighth Street, N.E.

Washington, DC 20064

ASSISTANT SECRETARY FOR PUBLIC AFFAIRS

Office of the Assistant Secretary for Public Affairs

Federal Office Building 6

400 Maryland Avenue, S.W.

Washington, DC 20202

Publication Branch

Federal Office Building 6

400 Maryland Avenue, S.W.

Washington, DC 20202

OFFICE OF SCHOOL IMPROVEMENT

Office of the Director of School Improvement
Donohoe Building
400 Sixth Street, S.W.
Washington, DC 20202

✓ **Comprehensive School Health Program and
Health Education Program**

Donohoe Building
400 Sixth Street, S.W.
Washington, DC 20202

Alcohol and Drug Abuse Education Program
Donohoe Building
400 Sixth Street, S.W.
Washington, DC 20202

Citizen's Education Program
Donohoe Building
400 Sixth Street, S.W.
Washington, DC 20202

OFFICE OF LIBRARIES AND LEARNING TECHNOLOGIES

School Media Resources Branch
Regional Office Building 3
Seventh and D Streets, S.W.
Washington, DC 20201

**ASSISTANT SECRETARY FOR SPECIAL EDUCATION AND
REHABILITATION SERVICES**

Office of the Assistant Secretary for Special
Education and Rehabilitation Services
Donohoe Building
400 Sixth Street, S.W.
Washington, DC 20202

DEPARTMENT OF ENERGY

PUBLIC AFFAIRS

Office of the Assistant to the
Secretary for Public Affairs
Forrestal Building
1000 Independence Avenue, S.W.
Washington, DC 20585

Publications Office
Forrestal Building
1000 Independence Avenue, S.W.
Washington, DC 20585

OFFICE OF CONSUMER AFFAIRS

Education Programs Division
Forrestal Building
1000 Independence Avenue, S.W.
Washington, DC 20585

DEPARTMENT OF HEALTH AND HUMAN SERVICES

**OFFICE OF THE ASSISTANT SECRETARY
FOR PLANNING AND EVALUATION**

Project Share
P.O. Box 2389
Rockville, MD 20852

HEALTH CARE FINANCING ADMINISTRATION

Public Information
Health Care Financing Administration
200 Independence Avenue, S.W.
Room 313H
Washington, DC 20201

Clearinghouse on Health Indexes
National Center for Health Statistics
Division of Analysis
3700 East-West Highway
Hyattsville, MD 20782

National Health Standards and
Quality Information Clearinghouse
11301 Rockville Pike
Kensington, MD 20795

OFFICE OF HUMAN DEVELOPMENT SERVICES

Administration for Children, Youth,
and Families
Office of Public Information and Education
P.O. Box 1182
Washington, DC 20013



President's Committee on Mental
Retardation
Regional Office, Building 3
Seventh and D Streets, S.W.
Room 4025
Washington, DC 20201

Administration on Aging

Administration on Aging
Office of Public Information
330 Independence Avenue, S.W.
Room 4247
Washington, DC 20201

National Clearinghouse on Aging
330 Independence Avenue, S.W.
Washington, DC 20201

Administration on Aging
Inquiries and AoA Publications
330 Independence Avenue, S.W.
Washington, DC 20201

Administration on Aging
Statistical Analysis Staff
330 Independence Avenue, S.W.
Washington, DC 20201

Social-Behavioral Resource Center
Service Center for Aging Information
P.O. Box 15943
Philadelphia, PA 10913

Social Practice Resource Center
Service Center for Aging Information
P.O. Box 168
Silver Spring, MD 20907

PUBLIC HEALTH SERVICE

Office on Smoking and Health
Technical Information Center
5600 Fishers Lane
Room 116
Rockville, MD 20857

President's Council on Physical
Fitness and Sports
Donohoe Building, Room 3030
400 Sixth Street, S.W.
Washington, DC 20206

Office of the Assistant Secretary for Health

Office of the Assistant Secretary
for Health
200 Independence Avenue, S.W.
Room 740G
Washington, DC 20201

Office of Health Maintenance Organizations
Division of Program Support
12420 Parklawn Drive
Rockville, MD 20857

Office of Health Research, Statistics, and Technology

National Center for Health Care
Technology
5600 Fishers Lane
Room 17A-29
Rockville, MD 20857

Public Information
Health Research, Statistics,
and Technology
5600 Fishers Lane
Rockville, MD 20857

Office of Disease Prevention and Health Promotion

Office of the Director
Office of Health Information, Health Promotion,
and Physical Fitness and Sports Medicine
200 Independence Avenue, S.W.
Washington, DC 20201

School Health Coordinator
Office of Health Information, Health Promotion,
and Physical Fitness and Sports Medicine
200 Independence Avenue, S.W.
Washington, DC 20201

Clearinghouse Coordinator
Office of Health Information, Health Promotion,
and Physical Fitness and Sports Medicine
200 Independence Avenue, S.W.
Washington, DC 20201

Alcohol, Drug Abuse, and Mental Health Administration

Office of Communications and
Public Affairs
5600 Fishers Lane
Room 6C15
Rockville, MD 20857

National Clearinghouse for Alcohol
Information
P.O. Box 2345
Rockville, MD 20852

National Clearinghouse for Drug
Abuse Information
P.O. Box 416
Kensington, MD 20795

National Clearinghouse for Mental
Health Information (NCMHI)
Public Inquiries Section
5600 Fishers Lane, Room 11A-21
Rockville, MD 20857

National Institute on Drug Abuse
Office of the Deputy Director
5600 Fishers Lane
Rockville, MD 20857

National Institute on Alcohol Abuse
and Alcoholism
Special Treatment and Rehabilitation
Division
5600 Fishers Lane
Rockville, MD 20857

National Institute on Alcohol Abuse
and Alcoholism
Prevention Division
5600 Fishers Lane
Rockville, MD 20857

National Institute of Mental Health
Office of Prevention
5600 Fishers Lane
Rockville, MD 20857

National Institute of Mental Health
Assistant Director for Extramural Programs
5600 Fishers Lane
Rockville, MD 20857

National Institute of Mental Health
Division of Scientific and Public
Information
5600 Fishers Lane
Rockville, MD 20857

Center for Disease Control

Center for Disease Control
Office of Information
Atlanta, GA 30333

Public Inquiries
Management Analysis and Service Office
Center for Disease Control
Building 4, Room B2
Atlanta, GA 30333

Bureau of Health Education
Center for Disease Control
Building 14
Atlanta, GA 30333

Center for Health Promotion and Education
Center for Disease Control
Atlanta, GA 30333

Center for Prevention Services
Bureau of Health Education
Center for Disease Control
Atlanta, GA 30333

National Institute for Occupational
Safety and Health
Office of Information
5600 Fishers Lane
Room 8-20
Rockville, MD 20857

Clearinghouse for Occupational
Safety and Health Information
4676 Columbia Parkway
Cincinnati, OH 45226

Food and Drug Administration

Food and Drug Administration
Office of Consumer Communications
5600 Fishers Lane
Room 15B-32
Rockville, MD 20857

Bureau of Drugs
Inquiries
Consumer and Professional Relations
5600 Fishers Lane
Rockville, MD 20857

Bureau of Drugs
Product Approvals
5600 Fishers Lane
Rockville, MD 20857

Bureau of Foods
Press Office
200 C Street, S.W.
Washington, DC 20204

Health Resources Administration

National Health Planning Information
Center
3700 East-West Highway
Room 6-50
Hyattsville, MD 20782

Health Services Administration

Bureau of Community Health Services (BCHS)
5600 Fishers Lane
Rockville, MD 20857

Appalachian Regional Coordinator
Health Division
Bureau of Community Health Services
5600 Fishers Lane
Rockville, MD 20857

Office of Maternal and Child Health
Bureau of Community Health Services
5600 Fishers Lane
Room 739
Rockville, MD 20857

Indian Health Services
Communication and Public Affairs
5600 Fishers Lane
Room 14A-55
Rockville, MD 20857

Health Services Administration
Office of Public Information
5600 Fishers Lane
Room 14A-55
Rockville, MD 20857

National Institutes of Health

National Institutes of Health
Office of Clinical Reports and Inquiries
9000 Rockville Pike, Building 10
Bethesda, MD 20205

Cancer Information Clearinghouse
National Cancer Institute
Office of Cancer Communications
9000 Rockville Pike, Building 31
Room 10A18
Bethesda, MD 20205

National Heart, Lung, and Blood
Institute
9000 Rockville Pike
Room 4A21
Bethesda, MD 20205

High Blood Pressure Information
Center
120780 National Institutes of
Health
Bethesda, MD 20205

National Institute on Aging
9000 Rockville Pike, Building 31
Room 5C-36
Bethesda, MD 20205

National Institute of Allergy and
Infectious Diseases
Office of Research Reporting and
Public Response
National Institutes of Health
Building 31
Room 7A32
Bethesda, MD 20205

National Institute of Arthritis, Metabolism
and Digestive Diseases
Information Office
9000 Rockville Pike, Room 9A04
Bethesda, MD 20205

Arthritis Information Clearinghouse
P.O. Box 34427
Bethesda, MD 20034

National Digestive Diseases Education
and Information Clearinghouse
1555 Wilson Boulevard
Suite 600
Rosslyn, VA 22209

National Diabetes Information Clearinghouse
805 15th Street, N.W.
Suite 500
Washington, DC 20005

National Institute of Child Health and
Human Development
Office of Research Reporting
9000 Rockville Pike, Room 2A-32
Bethesda, MD 20205

National Institute of General Medical
Sciences
Information Office
9000 Rockville Pike, Building 31
Room 9A-10
Bethesda, MD 20205

National Institute of Neurological and
Communicative Disorders and Stroke
Scientific Publications Section
9000 Rockville Pike, Building 31
Room 8A-08
Bethesda, MD 20205

National Institutes of Health
Division of Public Information
9000 Rockville Pike, Building 10
Room 309
Bethesda, MD 20205

National Institutes of Health
Division of Research Services
9000 Rockville Pike, Building 10
Room B2L316
Bethesda, MD 20205

DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

Office of Public Affairs
Communication Services
451 Seventh Street, S.W.
Washington, DC 20410

Office of Public Affairs
Production and Information Division
451 Seventh Street, S.W.
Washington, DC 20410

Office of Administrative Services
Publication and Information Division
451 Seventh Street, S.W.
Washington, DC 20410

Office of Community Planning
and Development
451 Seventh Street, S.W.
Washington, DC 20410

Office of the Assistant Secretary for
Policy Development Research
451 Seventh Street, S.W.
Washington, DC 20410

DEPARTMENT OF THE INTERIOR

Bureau of Land Management
Office of Recreation and Cultural Resources
C Street, N.W.
Washington, DC 20240

Bureau of Land Management
Recreation Programs
C Street, N.W.
Washington, DC 20240

Department of the Interior
Office of Public Affairs
C Street, N.W.
Washington, DC 20240

Department of the Interior
Office of Administrative Services
Printing and Publication Division
C Street, N.W.
Washington, DC 20240

National Park Foundation
P.O. Box 57473
Washington, DC 20037

National Park Service
Office of Public Affairs
Publications and Public
Inquires Division
C Street, N.W.
Washington, DC 20240

DEPARTMENT OF JUSTICE

Department of Justice
Office of Public Information
Indiana Building
633 Indiana Avenue, N.W.
Washington, DC 20531

DEPARTMENT OF LABOR

Department of Labor
Office of Information, Publications,
and Reports
Occupational Safety and Health Division
200 Constitution Avenue, N.W.
Washington, DC 20210

DEPARTMENT OF STATE

Department of State
Office of Medical Services
Environmental Health and Preventive Medicine
2201 C Street, N.W.
Washington, DC 20520

Department of State
Office of Medical Services
Alcohol Awareness Program
2201 C Street, N.W.
Washington, DC 20520

Department of State
Office of Environment, Health,
and National Resources
2210 C Street, N.W.
Washington, DC 20520

DEPARTMENT OF TRANSPORTATION

Department of Transportation
Office of Public Affairs
Publications and Audio Visual Services
Nassif Building
400 Seventh Street, S.W.
Washington, DC 20590

Department of Transportation
Office of Community Planning and
Assistance
Nassif Building
400 Seventh Street, S.W.
Washington, DC 20590

Department of Transportation
Office of Intergovernmental Affairs
Nassif Building
400 Seventh Street, S.W.
Washington, DC 20590

DEPARTMENT OF THE TREASURY

Department of the Treasury
Assistant Secretary for Public Affairs
Press Releases and Publications
15th Street and Pennsylvania Avenue, N.W.
Washington, DC 20220

EXECUTIVE OFFICE

Office of Management and Budget
Human Resources, Veterans, and Labor
Health Branch
New Executive Office Building
726 Jackson Place, N.W.
Washington, DC 20500

Office of Management and Budget
Circulars and Bulletins Information
New Executive Office Building
726 Jackson Place, N.W.
Washington, DC 20500

FEDERAL EMERGENCY MANAGEMENT AGENCY

Office of the Director
Federal Emergency Management Agency
1725 Eye Street, N.W.
Washington, DC 20472

GENERAL SERVICES ADMINISTRATION

Consumer Information Center
Pueblo, CO 81009

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

NATIONAL AERONAUTICS AND SPACE ADMINISTRATION

Associate Administrator for
External Relations,
National Aeronautics and Space
Administration
400 Maryland Avenue, S.W.
Washington, DC 20546

NATIONAL SCIENCE FOUNDATION

Office of the Director
Office of Government and Public
Programs
National Science Foundation
1800 G Street, N.W.
Washington, DC 20550

Office of Government and Public
Programs
Community Affairs Branch
National Science Foundation
1800 G Street, N.W.
Washington, DC 20550

OCCUPATIONAL SAFETY AND HEALTH REVIEW COMMISSION

Occupational Safety and Health
Review Commission
Public Information Office
1825 K Street, N.W.
Washington, DC 20006

OFFICE OF PERSONNEL MANAGEMENT

Office of Public Affairs
Office of Personnel Management
1900 E Street, N.W.
Washington, DC 20415

Office of Personnel Management
Work Effectiveness and Development Group
1900 E Street, N.W.
Washington, DC 20415

Veterans Administration
Publications Service
810 Vermont Avenue, N.W.
Washington, DC 20420

Veterans Administration
Office of Information Services
810 Vermont Avenue, N.W.
Washington, DC 20420

Veterans Administration
Department of Medicine and Surgery
810 Vermont Avenue, N.W.
Washington, DC 20420

GOVERNMENT AGENCIES:
STATE

ALABAMA

Alabama Department of Public Health
Division of Primary Prevention
Special Services Administration
206 State Office Building
Montgomery, AL 36130

Governor's Commission on Physical Fitness
Highway Building, Room 745
11 South Union Street
Montgomery, AL 36130

State Department of Education
111 Coliseum Boulevard
Montgomery, AL 36193

ALASKA

State Department of Health and
Social Sciences
Pouch H-06
Juneau, AK 99811

AMERICAN SAMOA

LBJ Tropical Medical Center
Pago Pago, AS 96799

ARIZONA

Department of Health Services
1740 West Adams Street
Phoenix, AZ 85007

ARKANSAS

Arkansas Department of Health
4815 West Markham Street
Little Rock, AR 72201

CALIFORNIA

Department of Health Services
714 P Street, Room 1253
Sacramento, CA 95814

San Diego State University
Exercise Physiology Laboratory
San Diego, CA 92115

COLORADO

Colorado State University
Institute of Rural Environmental Health
110 Veterinary Science Building
Fort Collins, CO 80523

Pitkin County Community Center
0100 Lone Pine Road
Aspen, CO 81611

State Department of Health
4210 East Eleventh Avenue
Denver, CO 80220

CONNECTICUT

Department on Aging
Physical Fitness Committee
90 Washington Street
Hartford, CT 06115

State Department of Health
79 Elm Street
Hartford, CT 06115

Connecticut State Department of
Health Services
Public Health Education Section
79 Elm Street
Hartford, CT 06115

DELAWARE

Division of Public Health
Department of Health and Social Services
Jesse S. Cooper Memorial Building
Dover, DE 19901

DISTRICT OF COLUMBIA

Department of Human Services, Room 825
1875 Connecticut Avenue, N.W.
Washington, DC 20009

FLORIDA

State Health Officer
Department of Health and Rehabilitation
Services
1323 Winewood Boulevard, Room 113
Tallahassee, FL 32301

GEORGIA

Division of Physical Health
Georgia Department of Human Resources
Room 522-H, 47 Trinity Avenue, S.W.
Atlanta, GA 30334

GUAM

Chief Public Health Officer
Department of Public Health and Social
Services
P.O. Box 2816
Agana, GU 96910

HAWAII

Department of Health
Kinau Hale, P.O. Box 3378
Honolulu, HI 96810

IDAHO

Division of Health
Department of Health and Welfare
Statehouse Mail
Boise, ID 83720

ILLINOIS

Illinois Department of Public Health
535 West Jefferson Street
Springfield, IL 62706

INDIANA

State Health Commissioner
Indiana State Board of Health
1330 West Michigan Street
Indianapolis, IN 46206

IOWA

Iowa Commission on Aging
The Hewett Building
415 Tenth Street
Des Moines, IA 50319

Commissioner of Health
State Department of Health
Lucas State Office Building
Des Moines, IA 50319

Field House, Room 205
University of Iowa
Iowa City, IA 52210

KANSAS

Division of Health
State Department of Health and
Environment
Forbes Field
Topeka, KS 66620

KENTUCKY

Bureau of Health Services
Department of Human Resources
275 East Main Street
Frankfort, KY 40601

LOUISIANA

Office of Health Services and
Environmental Quality
P.O. Box 60630
New Orleans, LA 70160

MAINE

Director of Health
Department of Human Services
221 State Street
Augusta, ME 04333

NORTHERN MARIANAS

Bureau of Health Services
Trust Territory Government
Trust Territory Headquarters
Saipan, Mariana Islands, TT 96950

Health and Human Services
Dr. Torres Hospital
Saipan, Mariana Islands, TT 96950

MARYLAND

Maryland State Office on Aging
301 West Preston Street
Baltimore, MD 21201

Maryland Association of Health, Physical
Education, Recreation, and Dance
5550 Newbury Street
Baltimore, MD 21209

Assistant Secretary for Health
Department of Health and Mental Hygiene
201 West Preston Street
Baltimore, MD 21210

MASSACHUSETTS

Commissioner of Public Health
Executive Office of Human Services
600 Washington Street
Boston, MA 02111

MICHIGAN

Director of Public Health
Department of Public Health
3500 North Logan Street
P.O. Box 30035
Lansing, MI 48909

MINNESOTA

Department of Health
717 Delaware Street
Minneapolis, MN 55440

MISSISSIPPI

Secretary and Executive Officer
State Board of Health
P.O. Box 1700
Jackson, MS 39205

MISSOURI

Missouri Division of Health
Broadway State Office Building
P.O. Box 570
Jefferson City, MO 65101

MONTANA

Department of Health and Environmental
Science
Cogswell Building
Helena, MT 59601

NEBRASKA

Nebraska Alcohol Information Clearinghouse
University of Nebraska at Lincoln
Lincoln, NE 68588

Director of Health
State Department of Health
301 Centennial Mall South
Lincoln, NE 68509

NEVADA

State Department of Human Services
505 East King Street, Capital Complex
Carson City, NV 89710

NEW HAMPSHIRE

Director
Health and Welfare Building
Hazen Drive
Concord, NH 03301

NEW JERSEY

College of Medicine and Dentistry
of New Jersey
Rutgers Medical School
University Heights
Piscataway, NJ 08854

Commissioner
State Department of Health
P.O. Box 1540, John Fitch Place
Trenton, NJ 08625

NEW MEXICO

Health and Environment Department
P.O. Box 968
Santa Fe, NM 87503

NEW YORK

Health Planning Commission
Empire State Plaza
Tower Building
Albany, NY 12237

The University of the State
of New York
The State Education Department
Albany, NY 12234

NORTH CAROLINA

North Carolina Agricultural Extension
Service
North Carolina State University
Raleigh, NC 27611

State Department of Human Resources
Division of Health Services
P.O. Box 2091
Raleigh, NC 27602

NORTH DAKOTA

State Health Officer
State Department of Health
State Capital
Bismark, ND 58505

OHIO

Director of Health
State Department of Health
246 North High Street, P.O. Box 118
Columbus, OH 43216

OKLAHOMA

Comprehensive Health Education Section
State Department of Education
Oliver Hodge Memorial Building
500 North Lincoln
Oklahoma City, OK 73105

State Department of Health
Northeast 10th Street and Stonewall
Oklahoma City, OK 73105

OREGON

State Health Division
Department of Human Resources
925 State Office Building, Box 231
Portland, OR 97297

PENNSYLVANIA

Secretary of Health
State Department of Health
P.O. Box 90
Harrisburg, PA 17120

Pennsylvania Department of Health
Health Communications
P.O. Box 90
Harrisburg, PA 17120

PUERTO RICO

Department of Health
P.O. Box 9342
Santurce, PR 00908

RHODE ISLAND

State Department of Health
103 Cannon Health Building
75 Davis Street
Providence, RI 02908

SOUTH CAROLINA

Commissioner
Department of Health and
Environmental Cont.
2600 Bull Street
Columbia, SC 29201

SOUTH DAKOTA

State Department of Health
Joe Foss Building
Pierre, SD 57501

TENNESSEE

Commissioner
State Department of Public Health
344 Cordell Hull Building
Nashville, TN 37219

TEXAS

College of Health, Physical Education
and Recreation
Texas Women's University
Denton, TX 76201

Texas Department of Health
1100 West 49th Street
Austin, TX 78756

UTAH

Executive Director
Utah State Health Department
150 West North Temple, Box 2500
Salt Lake City, UT 84110

VERMONT

Commissioner
State Health Department
60 Maine Street
Burlington, VT 05401

VIRGINIA

Mount Vernon Center for Community
Mental Health
Main Center
8118 Holland Road
Alexandria, VA 22306

Commissioner
State Health Department
109 Governor Street
Richmond, VA 23219

VIRGIN ISLANDS

Department of Health
P.O. Box 7309
St. Thomas, VI 00801

WASHINGTON

Health Services Division
OB-44J
Department of Social and Health
Services
Olympia, WA 98504

School of Social Work
University of Washington
Seattle, WA 98195

WEST VIRGINIA

Director of Health
State Department of Health
1800 Washington Street, East
Charleston, WV 25305

WISCONSIN

The Division of Health
Wisconsin Department of Health and
Social Services
Bureau of Prevention
Box 309
Madison, WI 53701

State Division of Health
1 West Wilson Street, Room 434
Madison, WI 53701

Wisconsin Clearinghouse
University of Wisconsin
Hospitals and Clinics
1954 East Washington Avenue
Madison, WI 53704

WYOMING

Health and Medical Services
Hathaway Building
Cheyenne, WY 82002

LOCAL GOVERNMENT AGENCIES:
MARYLAND

Allegheny County Commission on
Physical Fitness
406 Warwick Avenue
Cumberland, MD 21502

Annapolis Recreation and Parks
Department
9 Saint Mary's Street
Annapolis, MD 21401

Anne Arundel County, Maryland
Department of Recreation and Parks
Arundel Center
P.O. Box 1831
Annapolis, MD 21401

ASTHO-NPHPRS
Suite 403
962 Wayne Avenue
Silver Spring, MD 20910

Baltimore City Commission on
Physical Fitness
P.O. Box 508
Baltimore, MD 21203

Baltimore City Department of
Recreation and Parks
2600 Madison Avenue
Baltimore, MD 21217

Baltimore County Department of
Recreation and Parks
301 Washington Avenue
Towson, MD 21204

Baltimore Olympic Club
206 East Lake Avenue
Baltimore, MD 21212

City of Bowie Department of
Culture and Recreation
Bowie City Hall
Bowie, MD 20715

Garrett County Commission on Physical
Fitness
Garrett County Medical Center
Oakland, MD 21550

Greenbelt Recreation Department
25 Crescent Road
Greenbelt, MD 20770

Harford County Commission on Physical
Fitness
819 Lynn Lee Drive
Aberdeen, MD 21001

Harford County Department of Parks
and Recreation
702 North Tollgate Road
Bel Air, MD 21014

Howard County Commission on Physical
Fitness
9217 Frederick Road
Ellicott City, MD 21043

Howard County Department of Recreation
and Parks
George Howard Building
3430 Court House Drive
Ellicott City, MD 21043

Department of Parks and Recreation
City of Hyattsville
4307 Jefferson Street
Hyattsville, MD 20781

Kent County Board and Parks
and Recreation
P.O. Box 67
Worton, MD 21620

Montgomery County Commission on
Physical Fitness
9904 Doubletree Court
Potomac, MD 20854

Montgomery County Department of
Recreation
12210 Bushey Drive
Silver Spring, MD 20902

Calvert County Board of Parks
and Recreation
Courthouse
Prince Frederick, MD 20678

Calvert County Commission on
Physical Fitness
Calvert County Senior High School
Prince Frederick, MD 20678

Caroline County Board of
Recreation and Parks
P.O. Box 207
Denton, MD 21629

Carroll County Department of
Recreation and Parks
225 North Center Street
Westminister, MD 21157

Charles County Parks and
Recreation Board
P.O. Box 368
La Plata, MD 20646

City of Cumberland Department of
Recreation and Parks
City Hall
Cumberland, MD 21502

Dorchester County Recreation and
Parks Board
P.O. Box 598
Cambridge, MD 21613

Frederick County Commission on
Physical Fitness
533 Grant Plain
Frederick, MD 21701

Frederick County Parks and
Recreation Commission
1611 North Market Street
Frederick, MD 21701

Frostburg Recreation and Parks
Department
P.O. Box 440
Frostburg, MD 21532

Department of Parks and Recreation
City of Gaithersburg
31 South Summit Avenue
Gaithersburg, MD 20760

Montgomery Village Foundation, Inc.
Montgomery Village Foundation Recreation
and Parks Department
20125 Arrowhead Road
Gaithersburg, MD 20760

Prince George's County Department of
Recreation and Parks
6600 Kenilworth Avenue
Riverdale, MD 20840

Ocean City Recreation Department
P.O. Box 368
Ocean City, MD 21842

Queen Anne's County Recreation and
Parks Board
P.O. Box 37
Route 18 West
Centreville, MD 21617

City of Rockville
Department of Recreation and Parks
Maryland at Vinson
Rockville, MD 20850

Saint Mary's County Department
of Recreation and Parks
P.O. Box 351
Leonardtown, MD 20650

Somerset County Recreation and Parks
Commission
Prince William Street
Princess Anne, MD 21853

Talbot County Department of Parks
and Recreation
Court House
Easton, MD 21701

Wicomico County Department of
Recreation and Parks
Youth and Civic Center
Glen Avenue
Salisbury, MD 21801

PRIVATE ASSOCIATIONS

Academy for the Psychology of Sports
International
544 South Westwood Avenue
Toledo, OH 43609

Action on Smoking and Health
2000 H Street, N.W.
Washington, DC 20006

Addiction Research Foundation
33 Russell Street
Toronto, Ontario Canada M5S2S1

Alcoholics Anonymous
General Services Office (6th Floor)
468 Park Avenue South
New York, NY 10016
ATTN: Public Information Department

Allergy Foundation of America
801 Second Avenue
New York, NY 10017

Amateur Athletic Union
3400 West 86th Street
Indianapolis, IN 46268

American Academy of Pediatrics
Publications Department
P.O. Box 10034
Evanston, IL 60204

American Alliance of Health, Physical
Education, Recreation and Dance
1900 Association Drive
Reston, VA 22091

American Association of Fitness Directors
in Business and Industry
Dennis Colacino, President
PEPSICO
Anderson Hill Road
Purchase, NY 10577

American Association of Fitness Directors
for Business and Industry
Room 3030
400 6th Street, S.W.
Washington, DC 20201

American Association of Retired Persons
Action for Independent Maturity
1901 K Street, N.W.
Washington, DC 20049

American Athletic Association for the Deaf
3916 Lantern Drive
Silver Spring, MD 20902

American Cancer Society
Walter James, Vice President
Public Education
77 Third Avenue
New York, NY 10017

American College Health Association
152 Rollins Avenue, Suite 208
Rockville, MD 20852

American College of Sports Medicine
1440 Monroe Street
Madison, WI 53706

American Council on Alcohol Problems
6955 University Avenue
Des Moines, IA 50311

American Diabetes Association
1 West 48th Street
New York, NY 10020

American Heart Association
Inquiries Section
7320 Greenville Avenue
Dallas, TX 75231

American Hospital Association
Department of Order Processing
840 North Lake Shore Drive
Chicago, IL 60611

American Insurance Association
85 John Street
New York, NY 10038

American Lung Association
1740 Broadway
New York, NY 10019

American Medical Association
Post Office Box 821
Monroe, WI 53566

American Medical Association
Department of Health Education
535 North Dearborn Street
Chicago, IL 60610

American Physical Fitness Research
Institute
Grusha D. Paterson
824 Morago Drive
Los Angeles, CA 90049

The American Psychiatric Association
Catalog of Publications
1700 18th Street, N.W.
Washington, DC 20009

American Public Health Association
1015 15th Street, N.W.
Washington, DC 20005

American Red Cross
National Headquarters
18th and E Streets, N.W.
Washington, DC 20006

American School Health Association
Thomas D. Foster
Post Office Box 708
Kent, OH 44240

American Turners
1550 Clinton Avenue, North
Rochester, NY 14621

Arthritis Foundation
3400 Peachtree Road, N.E.
Atlanta, GA 30333

Association for the Advancement of
Health Education
Dr. William Kane, Executive Director
1201 16th Street, N.W.
Washington, DC 20036

Association of Intercollegiate Athletics
for Women
1201 16th Street, N.W.
Washington, DC 20036

Association of State and Territorial
Health Officials
Cheryl Blankenship
1015 15th Street, N.W.
Washington, DC 20005

Asthma and Allergy Foundation of America
801 Second Avenue
New York, NY 10017

Blind Outdoor Leisure Division
533 East Main Street
Aspen, CO 80222

California Raisin Advisory Board
P.O. Box 5335
Fresno, CA 93755

Canadian Red Cross Society
95 Wellesby Street East
Toronto, Ontario, Canada M4Y1H6

Center for Science in the Public Interest
1755 S Street, N.W.
Washington, DC 20009

Center for Women in Sports
White Building
University Park, PA 16802

Cereal Institute, Inc.
1111 Plaza Drive
Schaumburg, IL 60195

Chicago Heart Association
20 North Wacker Drive
Chicago, IL 60606

Cling Peach Advisory Board of
California
1 California Street
San Francisco, CA 94111

Do It Now Foundation
P.O. Box 5115
Phoenix, AZ 85010

Eastern College Athletic Conference
P.O. Box 3
1311 Cragville Beach Road
Centreville, MA 02632

Family Service Association of
America
44 East 23rd Street
New York, NY 10010

General Health Corporation
1046 Potomac Street, N.W.
Washington, DC 20007

Group Health Association of
America, Inc.
1717 Massachusettes Avenue, N.W.
Washington, DC 20036

Health Education Center
Health and Welfare Planning Association
200 Ross Street
Pittsburgh, PA 15219

Health Education and Longevity Planning
Foundation
7300 4th Street
Scottsdale, AZ 85381

Health Education Service
PO. Box 7126
Albany, NY 12224

Health Insurance Institute
1850 K Street, N.W.
Washington, DC 20006

Health Research Group
200 P Street, N.W.
Washington, DC 20036

Hogg Foundation for Mental Health
P.O. Box 7998
University of Texas
Austin, TX 78712

Holistic Life University
1627 Tenth Avenue
San Francisco, CA 94122

The Institute for Aerobics Research
12200 Preston Road
Dallas, TX 75230

Institute of Gerontology
University of Michigan.
520 Liberty Street
Ann Arbor, MI 48109

Institute for Lifestyle Improvement
UW-SP Foundation
2100 Main Street
Stevens Point, WI 54481

Institute for Personal Health
Client Relations
2100 M Street, N.W., Suite 316
Washington, DC 20063

International Committee of the
Silent Sports
Gallaudet College
Washington, DC 20002

International Council on Health,
Physical Education, and Recreation
1201 16th Street, N.W.
Washington, DC 20036

Juvenile Diabetes Association
23 East 26th Street
New York, NY 10010

Lawrence Frankel Foundation
Virginia at Brooks Street
Charleston, WV 25301

Mental Health Association of
Northern Virginia
2616 Sherwood Lane
Alexandria, VA 22150

Mental Health Materials Center
419 Park Avenue South
New York, NY 10015

National Academy of Sports
220 East 63rd Street
New York, NY 10021

National Association of Broadcasters
1771 N Street, N.W.
Washington, DC 20036

National Association of Community Health
Centers, Inc.
Suite 420
1625 Eye Street, N.W.
Washington, DC 20006

National Association for Human Development
1750 Pennsylvania Avenue, N.W.
Washington, DC 20006

National Association of Intercollegiate
Athletics
Kansas City, MO 64405

National Center for Health Education
211 Sutter Street (4th Floor)
San Francisco, CA 94108

National Center for Health/Fitness
Clendenen Building
American University
Washington, DC 20016

National Collegiate Athletic Association
P.O. Box 1906
U.S. Highway 50 and Nall Avenue
Shawnee Mission, KS 66222

National Community Education Clearinghouse
6011 Executive Boulevard
Rockville, MD 20852

National Council on Alcoholism, Inc.
Publications Department
733 Third Avenue, Suite 1405
New York, NY 10017

National Council of Community Mental
Health Centers
Suite 332
2233 Wisconsin Avenue, N.W.
Washington, DC 20007

National Dairy Council
6300 North River Road
Rosemont, IL 60018

National Federation of State High
Schools Association
Federation Place
P.O. Box 98
Elgin, IL 60120

National Foundation of the March of Dimes
1385 Congress Street
Portland, ME 04102

National Handicapped Sports and Recreation
Association
4105 East Florida Avenue
3rd Floor
Denver, CO 80222

National Interagency Council on Smoking
and Health
291 Broadway
New York, NY 10007

National Jogging Association
2420 K Street, N.W.
Washington, DC 20037

National Junior College Athletic Association
P.O. Box 1586
Hutchinson, KS 67501

National Mental Health Association
1800 North Kent Street
Arlington, VA 22209

National Nutrition Consortium, Inc.
Suite 1
1635 P. Street, N.W.
Washington, DC 20036

National Pharmaceutical Council
1030 15th Street, N.W.
Washington, DC 20005

National Recreation and Park Association
1601 North Kent Street
Arlington, VA 22209

National Self-Help Clearinghouse
33 West 42nd Street, Room 1227
New York, NY 10036

National Wheelchair Athletic Association
4024 62nd Street
Woodside, NY 11377

New England Gerontology Center
15 Garrison Avenue
Durham, NH 03824

Nutrition Foundation
Suite 300
888 Seventeenth Street, N.W.
Washington, DC 20006

Outdoor Women
500 12th Street, S.W.
Washington, DC 20024

Patient Information Library
PAS Publishing
345-G Serramonte Plaza
Dale City, CA 94015

People to People Sports Committee
90 Cutter Mill Road
Great Neck, NY 11021

Pharmaceutical Manufacturers Association
Consumer Services
1155 15th Street
Washington, DC 20005

Public Affairs Committee, Inc.
Room 1101
381 Park Avenue South
New York, NY 10016

Society for Nutrition Education
Suite 1110
2140 Shattuck Avenue
Berkeley, CA 94704

United Fresh Fruit and Vegetable Growers
Association
North Washington at Madison Streets
Alexandria, VA 22314

United States Collegiate Sports Council
7250 State Street
Kansas City, KS 66112

U.S. Olympic Committee
1750 East Boulder Street
Colorado Springs, CO 80909

Wellness Resource Center
42 Miller Avenue
Mill Valley, CA 94941

Wheat Flour Institute
1776 F Street, N.W., Suite 84
Washington, DC 20006

YMCA National Headquarters
Larry Duncan, Fitness Department Director
1711 Rhode Island, N.W.
Washington, DC 20005

PRIVATE COMPANIES

**Abbott Laboratories
Audio Visual Services
565 Fifth Avenue
New York, NY 10017**

**Abbott Laboratories
Department 383 PMA, Abbott Park
North Chicago, IL 60064**

**Aetna Life and Casualty
Public Relations Department
151 Farmington Avenue
Hartford, CT 06156**

**Agency for Instructional Television
Box A
Bloomington, IN 47402**

**American Journal of Nursing
Educational Services Division
555 West 57th Street
New York, NY 10019**

**Ayerst Laboratories
Professional Services Department
685 3rd Avenue
New York, NY 10017**

**Basquill-Elson, Inc.
102 Adelaide Street East
Toronto, Canada M5C-1K9**

**Beckman Instruments
Electronic Instruments Division
3900 River Road
Schiller Park, IL 60176**

**Best Foods, CPC International, Inc.
International Plaza
Englewood Cliffs, NJ 07632**

**Best Foods
Nutrition Information Service
Box 307
Coventry, CT 06238**

Blue Cross/Blue Shield of Greater New York
3 Park Avenue
New York, NY 10016

Blue Cross/Blue Shield of Maine
110 Free Street
Portland, ME 04101

Blue Cross/Blue Shield
1133 Topeka Boulevard
Topeka, KS 66601

Blue Cross/Blue Shield of Texas,
Health Education Public Relations Department
P.O. Box 225730
Dallas, TX 75265

Blue Cross/Blue Shield Associations
Public Relations Office
840 North Lake Shore Drive
Chicago, IL 60611

Bull Publishing Company
P.O. Box 208
Palo Alto, CA 94302

Burroughs Wellcome Company
ATTN: Professional Services Department
3030 Cornwallis Road
Research Triangle Park, NC 27709

Channing L. Bett Company, Inc.
200 State Road
South Deerfield, MA 01373

Check-Up for Emotional Health
507 Fifth Avenue
New York, NY 10017

Christopher News Notes
12 East 48th Street
New York, NY 10017

CIBA-GEIGY Corporation
Medical Education Division
556 Morris Avenue
Summit, NJ 07901

Clear Lake Towers
16092 El Camino Real
Suite 2E
Houston, TX 77058

Connecticut General Life Insurance
Company
Hartford, CT 06152

Connecticut Mutual Life Insurance Co.
Public Relations Department
140 Garden Street
Hartford, CT 06115

Curriculum Innovations, Inc.
3500 Western Avenue
Highland Park, IL

Denoyer-Geppert
5235 North Ravenswood Avenue
Chicago, IL 60640

Educator's Progress Service
214 Center Street
Randolph, WI 53956

The Fitness Report
Peter R. Elson, Consultant
102 Adelaide Street, East
Toronto, Canada M5C1K9

Fitness Systems, Inc.
P.O. Box 71606
Atlantic Richfield Plaza
Los Angeles, CA 90071

Gebauer Chemical Company
Public Relations Department
9410 St. Catherine Avenue
Cleveland, OH

Hershey Foods Corporation
Physical Foods Coordinator
19 East Chocolate Avenue
Hershey, PA 17033

Hoffmann-LaRoche, Inc.
Department of Public Communications
340 Kingsland Street
Nutley, NJ 07110

Ideals Publishing Corporation
Health and Fitness Division
11315 Watertown Plank Road
P.O. Box 1101
Milwaukee, WI 53201

Imagination, Inc.
1821 University Avenue
Saint Paul, MN 55104

J.C. Penny's Public Relations Department
1301 Avenue of the Americas
New York, NY 10019

Johnson and Johnson
501 George Street
New Brunswick, NJ 08903

Journal Films, Inc.
930 Ptiner
Evanston, IL 60202

The Kellogg Company
Public Relations Department
Box 9113
Saint Paul, MN 55191

Kemper Insurance Companies
Communications and Public Relations (A)
Long Grove, IL 60049

Keyword Publications, Inc.
Hartford, CN 06105

Kimberly-Clarke, Life Cycle Center
Neenah, WI 54956

Kraft, Inc.
Public Relations Department
Box 4611
Chicago, IL 60677

Liberty Mutual Insurance Company
Public Relations Department
175 Berkeley Street
Boston, MA 02117

Lilly
Modern Talking Pictures
500 Park Street North
Saint Petersburg, FL 33709

Lilly
Eli Lilly and Company
Public Relations Services
307 East McCarty Street
Indianapolis, IN 46285

Louis Harris and Associates, Inc.
Great Waters of France, Inc.
595 Madison Avenue
New York, NY 10022

McNeil Consumer Products, Co.
Consumer Affairs Department
Camp Hill Road
Fort Washington, PA 19304

Mead Johnson and Company
Public Relations Department
2404 Pennsylvania Road
Evansville, IN 47721

Medical Times
80 Shore Road
Port Washington, NY 11050

Merck, Sharp, and Dohme
Public Relations Department
West Point, PA 19486

Methodist Hospital
1604 North Capitol Avenue
Indianapolis, IN 46202

Metropolitan Life Insurance Company
Health and Safety Education Division
One Madison Avenue
New York, NY 10010

Michael Reese Hospital and Medical Center
2929 South Ellis Avenue
Chicago, IL 60611

Milner-Fenwick, Inc.
2125 Greenspring Drive
Timonium, MD 2103

Morning Star Farms
7123 West 65th Street
Chicago, IL 60638

Occidental Life Insurance Company
of California
Advertising Department
Box 2102
Terminal Annex
Los Angeles, CA 90051

Organon, Inc.
Advertising Department
West Orange, NJ 07052

320

E. Otterman
Group Health Plan
2500 Como Avenue
Saint Paul, MN 55108

Pacific Mutual Life Insurance Company
Office of Corporate Responsibility
700 Newport Center Drive
Box 9000
New Port Beach, CA 92660

Parcourse, Ltd.
3701 Buchanan Street
San Francisco, CA 94123

Johnette Peery
P.O. Box 22081
Milwaukee, OR 97222

Pelican Films
3010 Santa Monica Boulevard
Suite 440
Santa Monica, CA 90404

Personal Products
Box 14325
Dayton, OH 45414

Personal Products, Co.
Consumer Information Center
Box 100
Milltown, NJ 08850

Pfizer, Inc.
235 East 42nd Street
New York, NY 10017

Pritikin Longevity Center
1910 Ocean Front Walk
Santa Monica, CA 90405

Provident Indemnity Life Insurance Company
c/o George Bonsal
2500 Dekalb Pike
P.O. Box 511
Norristown, PA 19404

Prudential Insurance Company of America
Public Relations Department
Box 36
Newark, NJ 07101

Pyramid
Box 1048
Santa Monica, CA 90406

Schering-Plough Association
Sterling Films, Inc.
600 Grand Avenue
Ridgefield, NJ 07657

Self-Control Systems, Inc.
Suite 223
Lake Air Bank
4901 Bosque Boulevard
Waco, Texas 76710

SHAPE
10700 Meridian Avenue North
Seattle, WA 98133

Smokenders, Inc.
Phillipsburg, NJ 08865

Spectrum Films
2785 Roosevelt Street
Carlsbad, CA 92008

Spenco Medical Corporation
P.O. Box 8113
Waco, TX 76710

Sports, Medical Times
80 Shore Road
Port Washington, NY 11050

Trainex Corporation
P.O. Box 116
Garden Grove, CA 92642

The Travelers Insurance Company
Attn: Andrew Letendre
Hartford, CT 06152

APPENDIX C: LIST OF SUPPORTING MATERIALS

ALCOHOL AND DRUG ABUSE

Alcoholics Anonymous

Alcoholics Anonymous Publications
Box 459
Grand Central Station
New York, NY 10163

"A.A. and the Armed Services"

"A.A. for the Woman"

"A.A.--44 Questions"

"The A.A. Group"

"A.A. in Prisons"

"A.A. in Treatment Centers"

"The A.A. Member"

"The A.A. Member and Drug Abuse"

"A.A. Tradition--How It Developed"

"About A.A."

"Alcoholics Anonymous and the Medical Profession"

"The Jack Alexander Article"

"A Brief Guide to A.A."

"A Clergyman Asks About A.A."

"The Co-Founders of Alcoholics Anonymous"

"Do You Think You're Different?"

"G. S. R."

"How A.A. Members Cooperate"

Alcoholics Anonymous (continued)

- "If You Are a Professional. . ."
- "Inside A.A."
- "Is A.A. for You?"
- "Is There an Alcoholic in Your Life?"
- "It Happened to Alice"
- "It Sure Beats Sitting in a Cell"
- "Let's Be Friendly with Our Friends"
- "Letter to a Woman Alcoholic"
- "A Member's Eye-View of Alcoholics Anonymous"
- "Memo to an Inmate"
- "A Newcomer Asks . . ."
- "Problems Other Than Alcohol"
- "Questions and Answers on Sponsorship"
- "Speaking at Non-A.A. Meetings"
- "This is A.A."
- "Three Talks to Medical Societies" by Bill W.
- "Time to Start Living"
- "Too Young?"
- "The Twelve Traditions Illustrated"
- "Understanding Anonymity"
- "What Happened to Joe"
- "Young People and A.A."

- "Alcohol and Cancer"

Nebraska Alcohol Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68588

"Alcohol and Health"

Metropolitan Life Insurance Co.
Health and Safety Education Division

"Alcohol and Pregnancy"

Nebraska Alcohol Information Clearinghouse
210 Coliseum
University of Nebraska
Lincoln, NE 68588

"Alcohol in the Middle Years: Knowing When to Say When"

Action for Independent Maturity, A Division
of American Association of Retired Persons
1909 K Street, N.W.
Washington, DC 20049

"Alcohol: Some Questions and Answers"

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

"The Answer Book"

Nebraska Alcohol Information Clearinghouse
210 Coliseum
University of Nebraska
Lincoln, NE 68588

"Catching On"

National Institute on Drug Abuse
Office of Communications and Public
Affairs
5600 Fishers Lane
Rockville, MD 20857

"Children and Drugs--\$584"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

**"Cleaning Yourself Up: A Guide to Getting Out of the
Chemical-World Doldrums for People Who Don't Think
They Are Addicts"**

Do-It-Now Publications
P.O. Box 5115
Phoenix, AZ 85010

"The Decision Is Yours"

Nebraska Alcohol and Drug
Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68508

"Drinking Myths"

Nebraska Alcohol and Drug
Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68508

"Drinking on the Job: The \$15- Billion Hangover--\$544"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"Drug Abuse Prevention for You and Your Friends"

Nebraska Alcohol and Drug
Information Clearinghouse
Health Education Department
University of Nebraska at Lincoln
3 Coliseum
Lincoln, NE 68588

"Drug Abuse Prevention for You and Your Friends"

DHHS Publication No. (ADM) 81-583
National Institute on Drug Abuse
5600 Fishers Lane
Rockville, MD 20857

"Drug Abuse Prevention for Your Family"

Nebraska Alcohol and Drug
Information Clearinghouse
3 Coliseum, UNL
Lincoln, NE 68588

"Drug Abuse Prevention for Your Family"

DHHS Publication No. (ADM) 81-584
National Institute on Drug Abuse
5600 Fishers Lane
Rockville, MD 20857

"Drugs--Use, Misuse, Abuse--#515"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"Elderly and Alcohol"

Nebraska Alcohol Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68588

"Facts--Not Fiction, About Drug Addiction"

Imagination, Inc.
1821 University Avenue
St. Paul, MN 55104

"Family Abuse and Alcohol"

Nebraska Alcohol Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68588

"Fetal Alcohol Effects"

Nebraska Division on Alcoholism and
Drug Abuse
Department of Public Institutions
P.O. Box 94728
Lincoln, NE 68509

"How (Even a Little) Drinking Affects Drivers"

Preferred Risk Mutual Insurance Co.
1111 Ashworth Road
West Des Moines, IA 50265

"How to Help the Alcoholic"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"The Interaction Effects of Alcohol with Other Drugs"

Nebraska Alcohol and Drug
Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68588

"Marijuana: Current Perspectives--#539"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"The Marijuana Health Hazard"
--article.

American Council on Marijuana and
Other Psychoactive Drugs
521 Park Avenue
New York, NY 10021

"The New Alcoholics: Teenagers--#499"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"Nutrition and Alcohol"

Nebraska Alcohol Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68588

"Parents, Peers, and Pot"

Prevention Branch
Division of Resource Development
National Institute on Drug Abuse
5600 Fishers Lane
Rockville, MD 20857

"Questions and Answers About Drug Abuse"

National Clearinghouse for Drug
Abuse Information
P.O. Box 2305
Rockville, MD 20852

"Q. & A.--Alcohol--Some Questions and Answers"

National Institute on Alcohol Abuse and
Alcoholism
5600 Fishers Lane
Rockville, MD 20857

Attn: DEHS Publication No. (ADM) 81-312

**"The Recovery Handbook or What To Do After You Say 'I
Quit'"**

Do-It Now Foundation
P.O. Box 5115
Phoenix, AZ 85010

"Responsible Drinking Party Ideas"

Wisconsin Clearinghouse for Alcohol and
Other Drug Information
1954 E. Washington Avenue
Madison, WI 53704

"Saying No: Drug Abuse Prevention Ideas for the Classroom"

National Institute on Drug Abuse
5600 Fishers Lane
Rockville, MD 20857

"Should I Drink?"

Nebraska Alcohol and Drug Information
Clearinghouse
Health Education Department
University of Nebraska at Lincoln
3 Coliseum
Nebraska, NE 68588

"So--Your Really Want To Do Something about the Drunk Driver?"

Nebraska Alcohol and Drug Information
Clearinghouse
Health Education Department, UNL
3 Coliseum
Lincoln, NE 68588

"Substance Use and Safety: Alcohol and Other Drugs"

Nebraska Alcohol and Drug Information
Clearinghouse
Health Education Department
University of Nebrasks at Lincoln
3 Coliseum
Lincoln, NE 68588

"Teaching About Alcohol. (Special Resources for Teachers and Students"

National Alcohol and Drug Information
Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68588

**"Teen Involvement for Drug Abuse Prevention--Administra-
tor's Guide"**

Prevention Branch
Division of Resource Development
National Institute on Drug Abuse
5600 Fishers Lane
Rockville, MD 20857

"Teen Involvement for Drug Abuse Prevention"

Prevention Branch
Division of Resource Development
National Institute on Drug Abuse
5600 Fishers Lane
Rockville, MD 20857

"This Side Up--Making Decisions About Drugs"

National Institute on Drug Abuse
Office of Communications and Public
Affairs
5600 Fishers Lane
Rockville, MD 20857

"Today's Woman Has the Choice"

Nebraska Alcohol Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68588

"Under the Influence . . ."

AETNA
Life and Casualty
Hartford, CT 06156

"Understanding and Dealing with Alcoholism--#580"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

**"What Life Will We Make for Our Children?"
--Native Americans**

National Institute Drug Abuse
Division of Resource Development
Prevention Branch
5600 Fishers Lane
Rockville, MD 20857

Attention: DHHH Publication No. (ADM) 81-1010

"What Should a Driver Training Instructor Teach About Drinking and Driving?"

Preferred Risk Mutual Insurance Co.
1111 Ashworth Road
West Des Moines, IA 50265

"What You Need to Know About Alcohol for Your Health and Safety"

The American Council on Alcohol Problems, Inc.
6955 University Avenue
Des Moines, IA 50311

"What You Should Know About Drug Abuse--\$550"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"You and Your Alcoholic Parent"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"The Woman Alcoholic"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

HEART/CARDIOVASCULAR HEALTH

"Cardiovascular Disease"

The Institute of Gerontology
University of Michigan
520 East Liberty
Ann Arbor, MI 48109

"The Dentist's Role in High Blood Pressure Detection"

Bergen County Dental Society
Bergen County Health Department
Fairleigh - Dickinson University
School of Dentistry
Department of Continuing Education
110 Fuller Place
Hackensack, NJ 07601

"A Design for . . . Heart Disease Prevention Programs"

The University of the State of New York
The State Education Department
Bureau of General Education
Curriculum Development
Albany, NY

"A Handbook of Heart Terms"

U.S. Department of Health and
Human Services
National Institutes of Health
Office of Information
Bethesda, MD 20014

Attention: Publication No. (NIH) 78-131

"Health Enemy No. 1: High Blood Pressure"

MSD
Health Information Services
West Point, PA 19486

"Heart Attacks"

National Heart, Lung, and Blood
Institute
Information Office
9000 Rockville Pike
Bethesda, MD 20205

Attention: #79-1803

"The Heart Test That Could Save Your Life"
--article

Alabama Commission on Physical Fitness
11 South Union Street
Montgomery, AL 36130

"The Hidden Illness"

Health Information Services
Merck, Sharp, and Dohme
Division of Merck & Co., Inc.
Public Relations Department
West Point, PA 19486

"High Blood Pressure"

The Institute of Gerontology
University of Michigan
520 East Liberty
Ann Arbor, MI 48109

"High Blood Pressure"

MSD
Health Information Services
Merck, Sharp, & Dohme
Division of Merck and Co., Inc.
West Point, PA 19486

"High Blood Pressure and What You Can Do About It"

High Blood Pressure Information Center
120/80 National Institutes of Health.
Bethesda, MD 20014

"The Human Heart (A Living Pump)"

Office of Information
National Heart, Lung, and
Blood Institute
Bethesda, MD 20014

Attention: Publication No. (NIH) 78-1058

"The Main Artery"
--newsletter

The Institute for Experimentation
in Teacher Education
S.U.N.Y.
Cortland, NY 13045

**"Measuring Blood Pressure (A Guide for Paramedical
Personnel)"**

MSD
Health Information Services
Merck, Sharp, & Dohme
Division of Merck and Co., Inc.
West Point, Pa 19486

"Medicine for the Layman"

U.S. Department of Health and
Human Services
Public Health Service
National Institutes of Health
Bethesda, MD 20014

Attention: NIH Publication No. 81-1949

"Physical Fitness and Your Heart"

Governor's Commission on
Physical Fitness
Highway Building, Room 745
11 South Union Street
Montgomery, AL 36130

**"A Program of Heart Disease . . . Intervention for Public
Employees"**

New York State Department of
Civil Service
Employee Health Service
Building 1
State Office Campus
Albany, NY 12239

"Surviving a Heart Attack"

The Institute of Gerontology
University of Michigan
520 East Liberty
Ann Arbor, MI 48109

"What Every Woman Should Know About High Blood Pressure"

Public Health Service
5600 Fishers Lane
Rockville, MD 20857

Attention: DHEW Publication No. 287-447

"What Everyone Should Know About Stroke"

Channing L. Bete Co., Inc.
South Deerfield, MA 01373

"What Kind of People Have Heart Attacks"

Blue Cross-Blue Shield of Texas
P.O. Box 225730
Dallas, TX 75265

"You and Your Blood Pressure"

Channing L. Bete Co., Inc.
South Deerfield, MA 01373

"Your Diet and Your Heart"

Channing L. Bete Co., Inc.
South Deerfield, MA 01373

NUTRITION

"A-B-C's of Good Nutrition"

Channing L. Bete Co., Inc.
South Deerfield, MA 01373

"Additives and Our Food Heritage"

Consumer Affairs Department
Kraft Foods
Glenview, IL 60025

"Aspirin: America's Favorite Drug"

FDA Consumer
U.S. Department of Health and
Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Atherosclerosis Update: Emphasis on Diet"

Best Foods
CPC International, Inc.
International Plaza
Englewood Cliffs, NJ 07632

"Calorie Count of Food Products Made by Best Foods"

Consumer Service Department
Best Foods
CPC International, Inc.
International Plaza
Englewood Cliffs, NJ 07632

"Cholesterol-lowering Diets"

Best Foods
Box 307
Coventry, CT 06238

"Choosing Foods to Fit Your Life"

The Nutrition Foundation
Office of Education
888 Seventeenth Street, N.W.
Washington, DC 20006

"The Confusing World of Health Foods"

FDA Consumer
U.S. Department of Health and
Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Diabetic Exchange Values of Goods Made by Best Foods"

Consumer Service Department
Best Foods
CPC International, Inc.
International Plaza
Englewood Cliffs, NJ 07632

"Eating to Live (Better Health Through Better Eating)"

Pacific Mutual
700 Newport Center Drive
Box 9000
Newport Beach, CA 92660

"Food and Nutrition Terms"

Consumer Relations Department
Kraft Foods
Chicago, IL 60690

"The Food Industry A Quality Story"

Consumer Relations Department
Kraft Food
Chicago, IL 60690

"Food Packaging Past, Present and Future"

Consumer Affairs Department
Kraft Foods
Glenview, IL 60025

"Food Selection, Storage, and Preparation"

Consumer Affairs Department
Kraft Foods
Chicago, IL 60690

"A Guide to Fats and Oils"

Best Foods
A Guide to Fats and Oils
Department FO-X, Box 307
Coventry, CT 06238

"Health Foods: Facts and Fakes--\$498"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"How You Can Control Your Weight"

Metropolitan Life Insurance Co.
1 Madison Avenue
New York, NY 10010
Attn: Public Affairs

"It's Fun to Be Healthy"

The Prudential Insurance Co.
of America
Public Affairs Department
745 Broad Street, 15th Floor
Newark, NJ 07101

"Liquor May Be Quicker But . . ."

FDA Consumer
U.S. Department of Health
and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"More Than Just a Package"

Consumer Relations Department
Kraft Foods
Chicago, IL 60690

"Morningstar Farms--Cholesterol Free Foods"

Miles Laboratories, Inc.
7123 West 65th Street
Chicago, IL 60638

**"Nutrition Information Per Serving of Good Products Made
By Best Foods"**

Consumer Services Department
Best Foods
CPC International, Inc.
International Plaza
Englewood Cliffs, NJ 07632

"Nutrition Labels and U.S.R.D.A."

FDA Consumer
U.S. Department of Health
and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Outsmarting the Cash Register"

Consumer Affairs Department
Kraft Foods
Glenview, IL 60025

"A Primer on Dietary Minerals"

FDA Consumer
U.S. Department of Health
and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Primer on Three Nutrients"

FDA Consumer
U.S. Department of Health
and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Research and Development . . . in the Food Industry"

Consumer Affairs Department
Kraft Food
Glenview, IL 60025

"Salt Shakes Up Some of Us"

FDA Consumer
U.S. Department of Health
and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Sodium Restricted Diet"

American Heart Association
Kansas Affiliate, Inc.
5229 West Seventh Street
Topeka, KS 66606

"Some Facts and Myths of Vitamins"

FDA Consumer
U.S. Department of Health
and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Sugar--How Sweet It Is--and Isn't"

FDA Consumer
U.S. Department of Health
and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Vitamins, Food, and Your Health--#465"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"Your Diet: Health Is in the Balance"

The Nutrition Foundation, Inc.
Office of Education and Public Affairs
888 Seventh Street, N.W.
Washington, DC 20006

SMOKING.

"The A-B-C's of Smoking"

Action on Smoking and Health
2013 H Street, N.W.
Washington, DC 20006

"Break the Habit: Cookbook for a Smokeless Diet"

National Interagency Council on
Smoking and Health
291 Broadway, Suite 1005
New York, NY 10007

"Clearing the Air--A Guide to Quitting Smoking"

Office of Cancer Communications
National Cancer Institute
Bethesda, MD 20014

Attention: DHEW Publication No. (NIH) 79-1647

"The Decision Is Yours"

National Interagency Council on
Smoking and Health
291 Broadway, Suite 1005
New York, NY 10007

"The Easy Way"

Smokenders
37 North Third Street
Easton, PA 18042

"Equal Rights of Smokers"

Imagination, Inc.
1821 University Avenue
St. Paul, MN 55104

"If You Must Smoke . . ."

U.S. Department of Health
and Human Services
Health Services Administration
Center for Disease Control
National Clearinghouse for
Smoking and Health
Bethesda, MD 20016

"Smoking--A Habit That Should Be Broken--#573"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

**"We Americans Have Seen the Light . . . and We're Putting
Out"**

National Interagency Council on
Smoking and Health
291 Broadway, Suite 1005
New York, NY 10007

"Why Start a Life Under a Cloud?"

National Interagency Council on
Smoking and Health
291 Broadway, Suite 1005
New York, NY 10007

"Women and Smoking--\$475"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"You Can Stop"

Smokenders
37 North Third Street
Easton, PA 18042

"You're Young, You're Female, and You Smoke"

National Interagency Council on
Smoking and Health
291 Broadway, Suite 1005
New York, NY 10007

STRESS

"'Plain Talk' About Stress"

Alcohol, Drug Abuse, and
Mental Health Administration
5600 Fishers Lane
Rockville, MD 20857

* Attention: Publication No. (ADM) 80-502

"Stress and Your Health"

Metropolitan Life Insurance Co.
1 Madison Avenue
New York, NY 10010

Attn: Public Affairs Department

"Understanding Stress"

Guidance Center
Faculty of Education
University of Toronto

"What Everyone Should Know About Stress"

**Channing L. Betts Co., Inc.
South Deerfield, MA 01373**

APPENDIX B: LISTS OF CONTACTS

**APPENDIX D: PRINTED MATERIALS EVALUATION FORM
AND READABILITY SCALES**

COMPENDIUM EVALUATION FORM
PRINTED MATERIALS

Title: _____

Author (s): _____

Publisher: _____

Federal Government

___ Agency code

Public Action/Service Group

State Government

___ State code

Private Corporation

Reference No. or Date of Publication: _____

Available from (including mailing address and phone number):

Cost:

Single copy _____

Multiple copies _____

Type of Material:

Brochure/Pamphlet

Magazine article

Newspaper article

347

Intended Readers:

- Females
- Pregnant Females
- Males
- Both Sexes
- 18 years or less
Children/Adolescents
- Parents
- Senior Citizens
- All Ages

Physical Fitness Content Area:

- Smoking
- Alcohol and Other Drugs
 - alcohol
 - controlled substances
 - illicit drugs
 - abuse
 - addiction
 - treatment
- Nutrition
 - general
 - obesity
 - cholesterol
- Stress
 - general
 - headaches
 - depression
 - ulcers
 - coping mechanisms
- Physical Fitness/Exercise
 - fitness standards
 - fitness readiness
 - health cost/benefits
 - cardiovascular system
 - blood pressure
 - asthma

1. Material presents factual information?	yes, a great deal	yes, some	no	DK	NA
2. Factual material is up-to-date relative to other materials on the subject?	yes		no	DK	NA
3. Material provides references or resources for further exploration?	yes, a great deal	yes, some	no	DK	NA
4. Readability level:	_____				
5. Comprehensiveness rating:	1 = presents minimal information				
	2 = presents an adequate amount of information (i.e., enough for basic understanding)				
	3 = presents extremely detailed information				
6. Specific recommendations to improve health are included?	yes, a great deal	yes, some	no	DK	NA
7. Copy type (size, boldness) easy to read?	yes, throughout	yes, in a few places	no	DK	NA

-343-

350

349

SMOG CONVERSION TABLE

<u>Total Polysyllabic Word Count</u>	<u>Approximate Grade Level (\pm 1.5 Grades)</u>
0-2	4
3-6	5
7-12	6
13-20	7
21-30	8
31-42	9
43-56	10
57-72	11
73-90	12
91-110	13
111-132	14
133-156	15
157-182	16
183-210	17
211-240	18

351

APPENDIX E: ADDITIONAL RESOURCES

APPENDIX E: ADDITIONAL RESOURCES

American Academy of Pediatrics 1981 Publications List

American Academy of Pediatrics
P.O. Box 1034
Evanston, IL 50204

AAU — Physical Fitness Program (Testing Program)

Nabisco — AAU Physical Fitness Program
AAU House
3400 West 86th Street
Indianapolis, IN 46268

AIT Catalog of Educational Materials

Agency for Instructional Television
Box A
Bloomington, IN 47402

AMA Publications ... to help you lead a healthier, happier life

American Medical Association
535 North Dearborn Street
Chicago, IL 60610

Catalog: Health and Safety Educational Materials

Health and Safety Education Division
Metropolitan Life Insurance Company
One Madison Avenue
New York, NY 10010

Catalog of Health Resources Administration Publications

U.S. Department of Health, Education and Welfare
Public Health Service
Health Resources Administration
DHEW Publication No. (HRA) 79-615

Catalog of Publications and Audio Visual Aids on Life and Health Insurance

American Council of Life Insurance
1850 K Street, N.W.
Washington, DC 20006

Consumer Information Catalog

**Consumer Information Center
Pueblo, CO 81009**

Educational Materials for Hypertensive Patients

**National High Blood Pressure Education Program
National Heart, Lung and Blood Institute
120180 National Institute of Health
Bethesda, MD 20014**

Educational Material from Kraft

**The Consumer's Right to Know
P.O. Box 802
Department E
South Holland, IL 60473**

FDA Consumer Information

**U.S. Department of Health and Human Services
Public Health Service
Food and Drug Administration
Rockville, MD 20857**

The Fitness Report Resource Supplement

**The Fitness Report-
102 Adelaide Street E
Toronto, M5C1K9**

Health Promotion Directory

**Blue Cross/Blue Shield
676 North St. Clair Street
Chicago, IL 60611**

Healthy UTAH ... UTAH's Guide to Health Promotion Services

**Utah State Department of Health
Salt Lake City, UT**

The Human Condition

Hogg Foundation Library
P.O. Box 7998
The University of Texas
Austin, TX 78712

Lifestyle Assessment Questionnaire

Institute of Lifestyle Improvement
University of Wisconsin — Stevens Point Foundation
2100 Main Street
Stevens Point, WI 54481

Michigan Council on Physical Fitness and Health

Michigan Council on Physical Fitness and Health
Michigan Department of Public Health
P.O. Box 30035
3500 North Logan
Lansing, MI 48909

Mini Catalog: Health Education Programs Scriptographic Booklets

Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373

NIH — Publications List

National Institutes of Health
Office of Communications, OD
Division of Public Information
NIH Publication No. 80-7
Editorial Operations Branch
Bethesda, MD 20205

The Nutrition Foundation Publications

The Nutrition Foundation
Office of Education
888 Seventeenth Street, N.W.
Washington, DC 20006

Patient Information Library 1981 Fall Catalog

PAS Publishing
345-G Serramonte Plaza
Daly City, CA 94015

Personal Health Appraisal Program Questionnaire

The Institute for Personal Health
Analysis Department
1213 K Street, N.W.
Washington, DC 20005

Physical Education — A Dissertation Catalog

University Microfilms International
300 N. ZEEB Rd.
Ann Arbor, MI 48106

Physical Fitness Resource Directory

Maryland Commission on Physical Fitness
201 West Preston Street
Baltimore, MD 21201

Physical Fitness/Sports Medicine

The President's Council on Physical Fitness and Sports
400 6th Street, SW
Washington, DC 20201

Public Affairs Pamphlets 1981 Catalog

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

Public Citizen Health Research Group Publications

Public Citizen Health Research Group
2000 P Street, N.W.
Washington, DC 20036

Publication Testing — Health Education/Promotion

Self-Control Systems, Inc.
Suite 223, Lake Air Bank
4901 Bosque Blvd.
P.O. Box 7854
Waco, TX 76710

Publications List — President's Council on Physical Fitness and Sports

U.S. Government Printing Office
Assistant Public Printer
Washington, DC 20402

Publications of the Health Services Administration

Office of Public Affairs
Public Health Service
Room 740 G
200 Independence Ave., S.W.
Washington, DC 20201

Publications of the National Recreation and Park Association

National Recreation and Park Association
1601 North Kent Street
Arlington, VA 22209

Put Some Pep In Your Step

Blue Cross/Blue Shield Association
676 North St. Clair Street
Chicago, IL 60611

Pyramid Film and Video Catalog

Pyramid
Box 1048
Santa Monica, CA 90406

Risk Reduction Resource Center

Department of Human Services
Augusta, ME 04017

Taking Action for Fitness

**National Health Information Clearinghouse
P.O. Box 1133
PHS Publication No. 81-50164
Washington, DC 20013**

Target: Physical Fitness Improved Lifestyles for Marylanders

**The Maryland Commission on Physical Fitness
201 West Preston Street
Baltimore, MD 21201**

**Wisconsin Clearinghouse Information on Alcohol, and Other Drugs, Mental
Health, Primary Prevention, Youth Development Publications, Evaluations and
Film Information**

**University of Wisconsin Hospitals and Clinics
1954 East Washington Ave.
Madison, WI 53704**