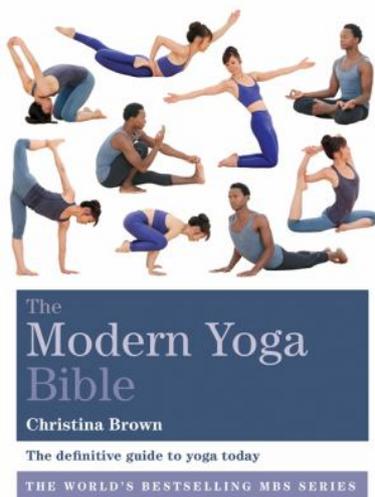


## A Selection of Books on Exercise in Doncaster Libraries

For further information contact the Leisure Library at DRI  
Tel: 01302 642890 or Ext. 642890; email [dristaff@doncaster.gov.uk](mailto:dristaff@doncaster.gov.uk)



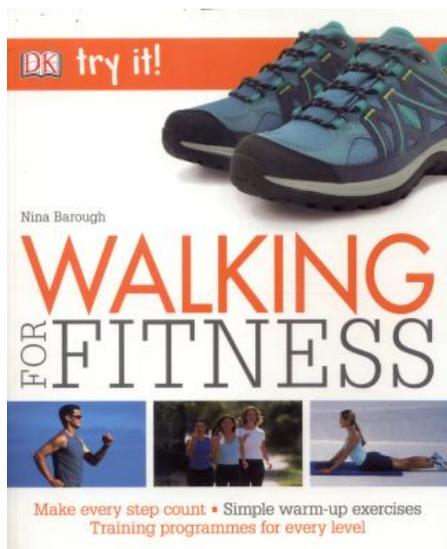
### **The modern yoga bible**

Brown, Christina

Godsfield Press, 2017 ISBN: 9781841814667

Shelfmark: 613.7046

Yoga brings not only a suppleness to the body but also a sense of well-being to those who practise it. Featuring over 350 postures from the main schools of yoga, 'The Modern Yoga Bible' is the ultimate step-by-step guide to active flowing sequences, slower, more restorative floor-based postures (yin-yoga) and meditation.



### **Walking for fitness**

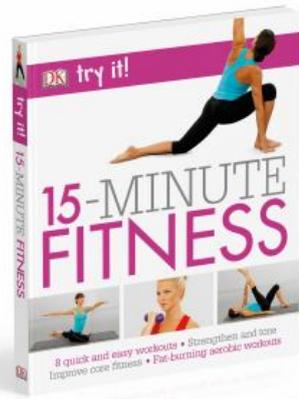
Barough, Nina

DK, 2017 ISBN: 9780241278598

Edition: [Revised edition]

Shelfmark: 613.7176

This is a practical guide to power walking for health and fitness, covering route planning, technique, equipment, walking in different terrains and programmes with specific goals. The programme should help you achieve health, vitality and weight-loss.



**15 minute fitness: 100 quick and easy exercises, strengthen and tone, improve core fitness, fat burning aerobic workouts**

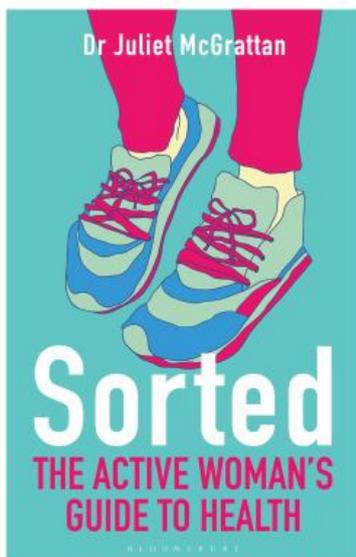
Dorling Kindersley: 2017 ISBN:  
9780241282885  
Shelfmark: 613.71

This title packs calorie burning exercises into quick workouts to do at home, allowing you to boost your fitness levels without the expensive gym membership. With a high-intensity mix of stretching and calorie burning workouts, this book will help you squat, sprint, kick, and even arabesque your way to a fitter body.

**Sorted: the active woman's guide to health**  
McGrattan, Juliet

Bloomsbury Sport, 2017 ISBN:  
9781472924797  
Shelfmark: 613.04244

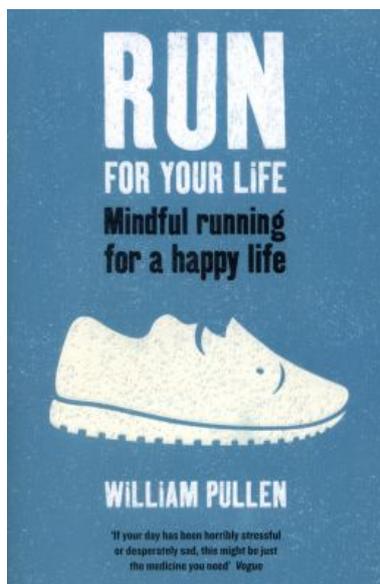
A no-nonsense, straightforward and evidence-based handbook to keep women active. Written with the aim of empowering women, it will help them to understand their bodies and advise them on how to deal with any exercise related health problems they come up against. Written by a GP who is passionate about exercise, the advice is relevant and practical, creating a health book all women can relate to whatever their ability rather than a sports medicine manual for top class athletes.

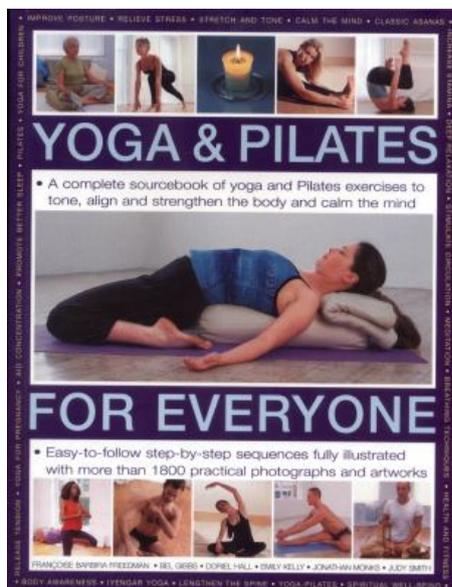


**Run for your life: mindful running for a happy life**

Pullen, William  
Penguin Life, 2017 ISBN: 9780241262825  
Shelfmark: 796.42019

Anyone who has ever gone for a run, jog or even a walk knows that uplifting, happy feeling they get at the end of their journey. Some call it the 'runner's high', others put it down to endorphins, here William Pullen teaches us how to focus that incredible energy to experience our emotions in motion.





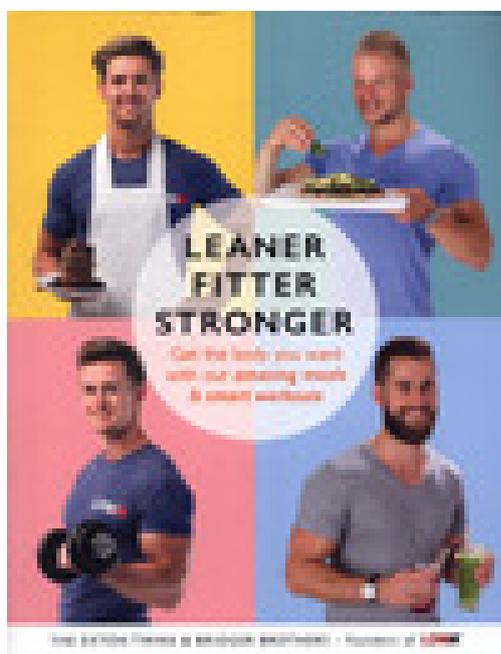
## Yoga & pilates for everyone

Barbira Freedman, Françoise

Southwater, 2016 ISBN: 9781780194882

Shelfmark 613.7046

Yoga and pilates are two of the most versatile and popular forms of bodywork, offering physical fitness, improved physique and spiritual well-being to individuals of every age and level of ability. This comprehensive guide combines expert tuition with step-by-step photography to offer a highly effective and enjoyable series of exercises for both the body and mind. There is a chapter on yoga during pregnancy, and also fun yoga routines for children, including animal poses that can easily be incorporated into play.



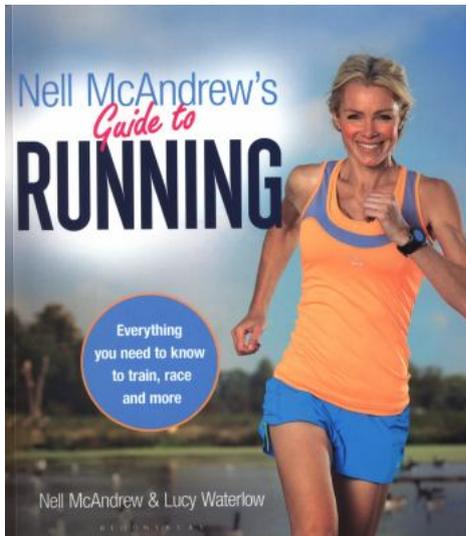
## Leaner, fitter, stronger: get the body you want with our amazing meals and smart workouts

Exton, Tom; Exton, James; Bridger, Max ;  
Bridger, Lloyd

Vermillion, 2017 ISBN: 9781785040887

Shelfmark: 613

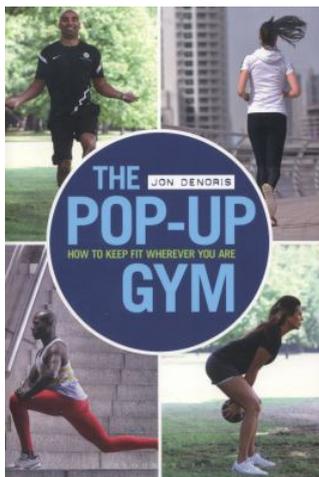
This isn't about a one-off fix, or something that you do for 6 weeks before getting back to your 'normal life'. This is about how to make a fit and healthy lifestyle work hard for you; how to have a career, see your friends, go out, have a family, drink, eat burgers and get in the best shape of your life (and stay that way!). With 'Leaner, Fitter, Stronger' you'll never feel tied down by a regime, like you can't accept a drinks invitation or like you have to force down that second grilled salmon fillet that you'd rather swap for mash. Expect recipes, top exercises for different body sections, guides on working out at home, how to keep your motivation up, top tips for when time is short and so much more.



**Neill McAndrew's guide to running:  
everything you need to know to train, race  
and more**

McAndrew, Neill and Waterlow, Lucy  
Bloomsbury, 2015 ISBN: 9781472905758  
Shelfmark: 796.42

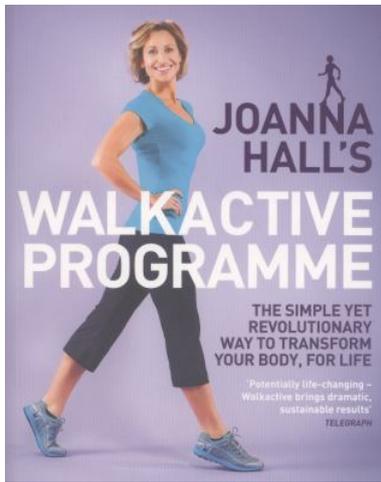
Running continues to rise in popularity, but many of us don't know where to start. Through her bestselling exercise DVDs and incredible running achievements, including running a sub three hour marathon, Neill McAndrew has built a reputation as a fitness expert. This book shares Neill's love of running and will inspire you to take up the sport, as well as helping anyone already running to improve their performance. This is a visual, practical and insightful guide offering informative and fun coverage with tips, accurate up-to-date information.



**The pop-up gym**

Denoris, Jon  
Bloomsbury Sport, 2014 ISBN:  
9781408196328 Shelfmark: 613.71

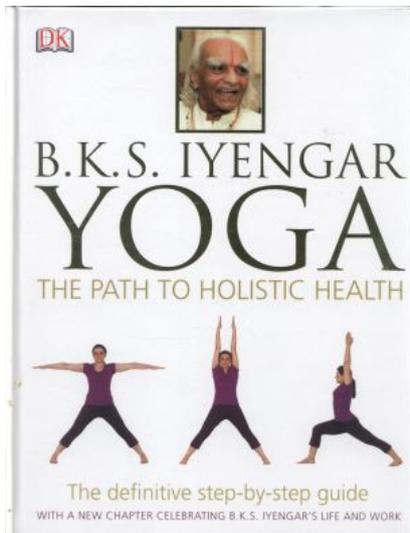
Fitness trainer to a host of busy people including actors, TV presenters and politicians, Jon Denoris has created a series of exercises and routines, most of which can be carried out almost anywhere: in the home, at work or outdoors. Hardly any of them require any equipment. A small barbell and a medicine ball will come in useful for a few of the exercises, and also a stability ball, but that is all. So the exercises can even be done on holiday and can be adapted to work with stand-in equipment - hence the title 'The Pop-up Gym'



**Joanna Hall's walkactive programme: the simple yet revolutionary way to transform your body, for life**

Hall, Joanna and Atkins, Lucy  
Piatkus, 2013 ISBN: 9780749959579  
Shelfmark: 613.7176

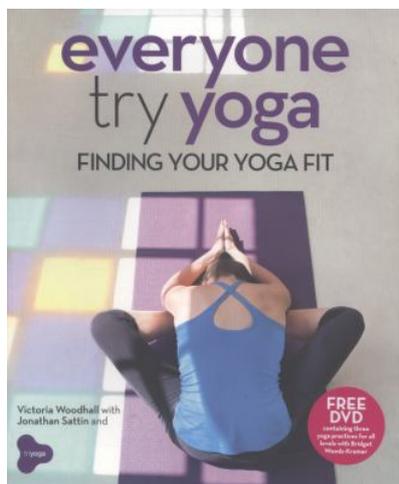
As an exercise physiologist, Joanna Hall knows without doubt that it is possible to get the body you long for without hassle, pain, guilt or cost. You don't need sophisticated, state-of-the-art exercise kit. You don't need a personal trainer or two hours a day of blood, sweat and tears in a gym. You have everything you need right here, right now - your body. You can use it in the simplest, most natural way imaginable to see an amazing transformation in your shape



**Yoga: the path to holistic health**

Iyengar, B. K. S  
Dorling Kindersley, 2014 ISBN:  
9781409343479  
Shelfmark: 613.7046

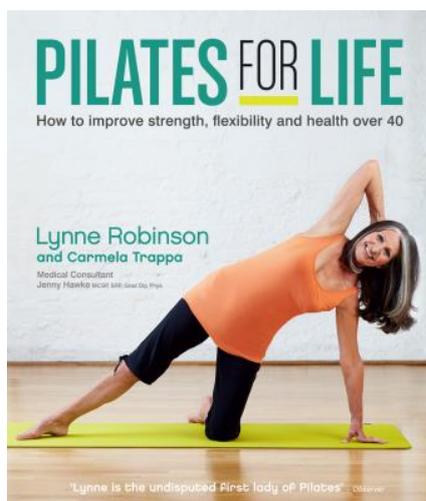
BKS Iyengar Yoga: The Path to Holistic Health makes Iyengar Yoga accessible to all, while celebrating the life and work of the world renowned B.K.S Iyengar. Over 60 step-by-step sequences of asanas, pranayamas and chakras were supervised by B.K.S Iyengar himself and over 20 include unique 360 degree images of classic Iyengar asanas, it's like having a yoga class with your own personal yogi. Yoga is made accessible to everyone with a special 20-week yoga course for beginners to yoga sequences specifically designed to treat over 80 ailments, from asthma and arthritis to varicose veins.



**Everyone try yoga: finding your yoga fit**

Woodhall, Victoria and Sattin, Jonathan  
Kyle, 2013 ISBN: 9780857830715  
Shelfmark: 613.7046

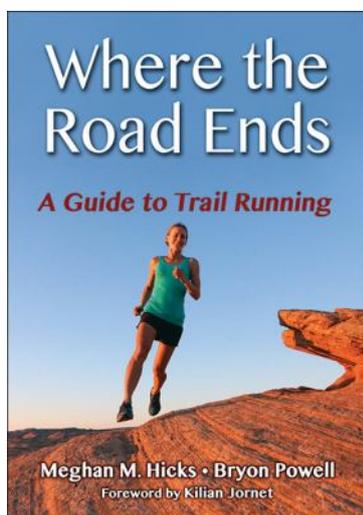
Learn what yoga can do for you, from improving your health and helping you lose weight to toning up, reducing stress and lifting your mood. This book explores 10 different styles of yoga, including Iyengar, Astanga and Hatha



**Pilates for life: how to improve strength, flexibility and health over 40**

Robinson, Lynne  
Kyle Books, 2014 ISBN: 9780857832184  
Shelfmark: 613.7192

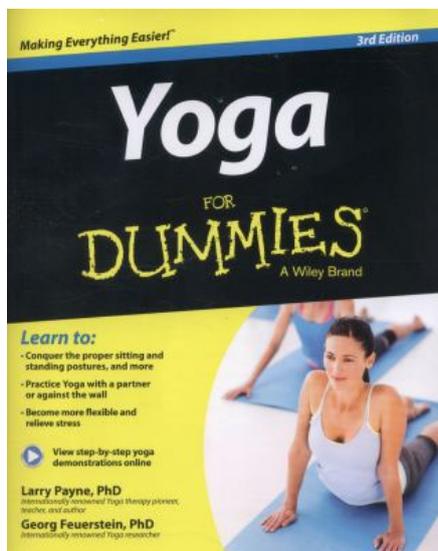
This title is aimed at everyone over 40 looking for a Pilates practice suited to mid-life and beyond. Discover how Pilates can stop and reverse problems associated with normal ageing, as well as tackling a number of specific health problems



**Where the road ends: a guide to trail running**

Hicks, Meghan M. and Powell, Bryon  
Human Kinetics, 2016 ISBN: 9781492513285  
Shelfmark: 796.425

'Where the road ends: a guide to trail running' captures the excitement, intensity and appeal of the outdoors. From training and preparation to overcoming nature's obstacles, it's all here, accompanied by detailed instruction, expert insights and stunning colour photography



## Yoga for dummies

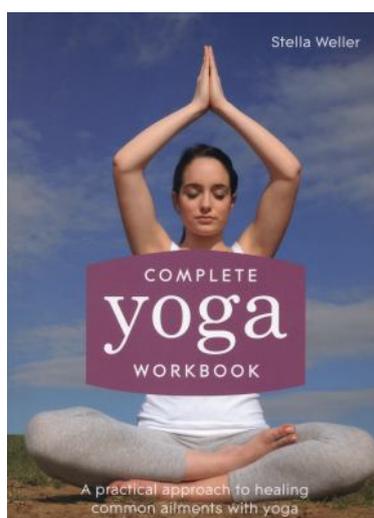
Payne, Larry

John Wiley & Sons, 2014 ISBN:

9781118839560

Shelfmark: 613.7046

Practicing yoga has many health benefits, including improving your overall fitness, flexibility, and strength. It has also been known to reduce heart rate and blood pressure. And if you're suffering from chronic lower back pain, yoga is a perfect choice for you. Yoga For Dummies, 3rd Edition will show you how to get up to speed on the fundamentals of Yoga, whether you're participating in a class, teaching a class, or practicing it on your own. If you suffer from anxiety, depression, or chronic pain, yoga can be a wonderfully relaxing exercise for you. Children, pregnant women, mid-lifers, and seniors can all enjoy the benefits of yoga simply explained in this comprehensive, fun guide.



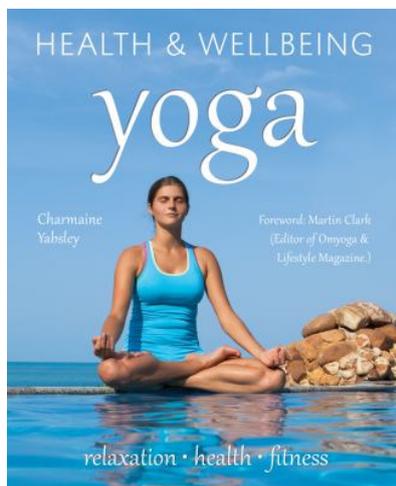
## Complete yoga workbook: a practical approach to healing common ailments with yoga

Weller, Stella

Collins & Brown, 2014 ISBN: 9781909397576

Shelfmark: 613.7046

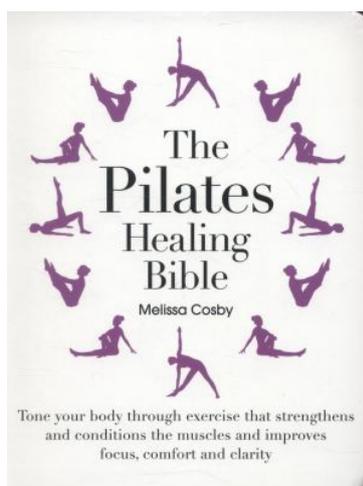
No matter your age, gender, or fitness level, the Complete Yoga Workbook has strategies for improving your health and well-being. Based on ancient principles that provide the framework for a modern-day practice, it tackles ailments ranging from arthritis and allergies to anxiety, depression, and fatigue. Sequences of simple postures that will ease discomfort appear in easy-to-follow, step-by-step photos, and there's advice on breathing, meditation, warming up and cooling down, and exercising safely.



### **Yoga: relaxation, health, fitness**

Yabsley, Charmaine and Smith, David  
Flame Tree, 2013 ISBN: 9780857758170  
Shelfmark: 613.7046

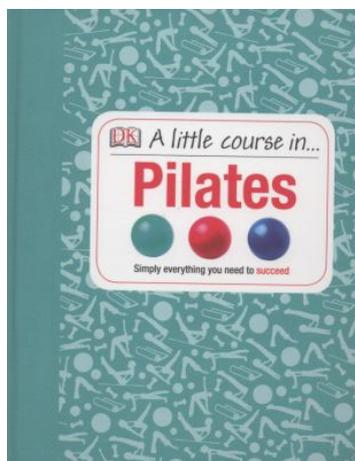
This accessible book focuses on a series of exercises, body motions and self-disciplines that offer the benefits of yoga to everyone. It features specially commissioned practical photography, step-by-step instruction, and an introduction to the entire scope of the system of yoga.



### **The pilates healing bible**

Cosby, Melissa  
Apple, 2014 ISBN: 9781845435271  
Shelfmark: 613.7192

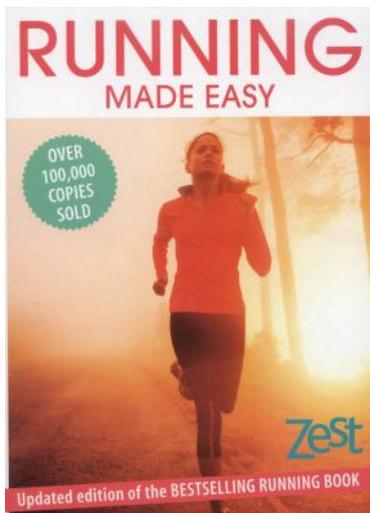
This title features step-by-step pilates techniques and sequences to help you build knowledge and skills at your own pace. Special features for pregnant women and new mothers, as well as for those with conditions such as osteoarthritis, back pain, and knee injuries, are also shown.



### **A little course in pilates**

Dorling Kindersley, 2013 ISBN:  
9781409365174 Shelfmark: 613.7192

'A Little Course in Pilates' takes you from complete beginner to being able to master 70 pilates poses and 9 sequences. Start simple with basic poses including leg and spine stretches, build on them with the mini bridge and side kicks and take it further with climb like a tree and the swan. The step-by-step pictures show you what other courses only tell you and the practice moves keep you on the right track.



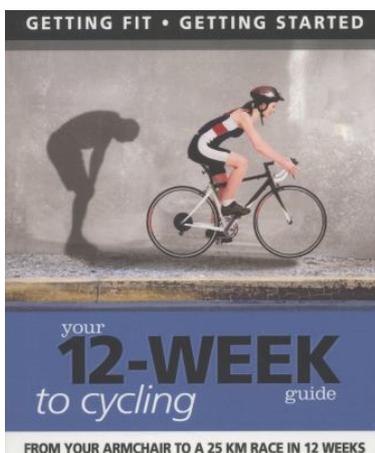
### **Running made easy**

Whalley, Susie and Jackson, Lisa

Collins & Brown, 2014 ISBN: 9781909397774

Shelfmark: 796.42

Published in association with Zest Magazine  
This title is designed to get everyone who thought they could never run on their way to a better body, bags of confidence and soaring energy levels. It aims to support readers with real running and weight-loss success stories, tips from regular runners, plus self-help chapters on goal setting



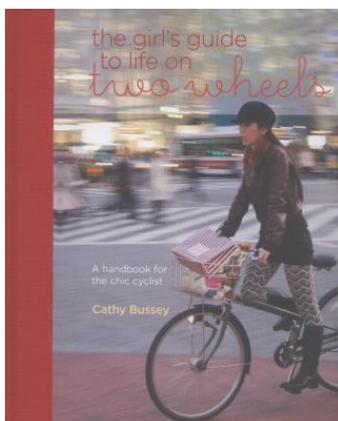
### **Your 12-week guide to Cycling**

Cowcher, Paul and Ford, Daniel

New Holland, 2013 ISBN: 9781780092348

Shelfmark: 613.71

This is a step-by-step guide that helps unfit people to achieve a definable goal: cycling a 25km race in 12 weeks. It outlines how to get started, what's needed and how to make that first step.



### **The girl's guide to life on two wheels**

Bussey, Cathy

Ryland Peters & Small, 2013

ISBN: 9781849753715

Shelfmark: 796.6082

Welcome to the velorution! This book will inspire any girl to join the ranks of Victoria Pendleton, and others, and take up bicycling.