

# DIET & FITNESS RESOURCES

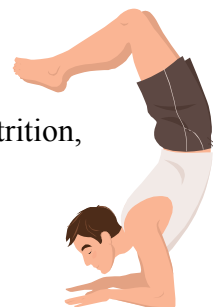
## Finding Books & DVDs

### Catalog Keywords:

Exercise, Physical Fitness, Obesity, Nutrition,  
Reducing Diets, Exercising Diets

### Call Numbers:

613 for health and nutrition  
641.5 for cooking light and healthy  
646.7 for lifestyle changes  
792 and 796 for dance and sports



## Database

Access through DPL website at [www.deerfieldlibrary.org](http://www.deerfieldlibrary.org)  
From the *Reference and Research* tab on the left,  
Select *Online Resources*,  
Then choose *Consumer Reports Health*  
At home use requires a valid DPL card #

## Web Sources

[www.medlineplus.gov](http://www.medlineplus.gov) provided by the National Library of  
Medicine and the National Institutes of Health  
[www.healthierus.gov](http://www.healthierus.gov) provided by the U.S. Department of  
Health and Human Services  
[www.mypyramid.gov](http://www.mypyramid.gov) provided by the U.S. Department of  
Agriculture  
[www.healthypeople.gov](http://www.healthypeople.gov) a government index of more  
online resources

## Smartphone Apps

**Lose It!** compatible with the iPhone

Download from iTunes under Apps

**Calorie Counter** compatible with Android and BlackBerry

Download at [www.fatsecret.com/connected/android](http://www.fatsecret.com/connected/android)  
or <http://appworld.blackberry.com/webstore/>

