



San Mateo County

Employee Health & Fitness Program

HEALTH RESOURCE LIBRARY

AUDIO-TAPES / VIDEO-TAPES

The Employee Health and Fitness Program's Health Resource Library is located in the Employee and Public Services Department in Redwood City. The following titles can be reserved for a two-week checkout by contacting Employee Health & Fitness Program / Pony EPS-133 or calling 363-4315

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Category ID #	Title	Description	Media	Length
AG 00	Aging Young: Taking Control of Your Health in the Mature Years	Learn how to improve communication between you and your health care provider. This tape demonstrates how individuals can become smart, confident consumers of health care in the senior years.	Videotape	15 Minutes
AG 01	Comfort Zones: Planning Your Future; A Practical Guide for Retirement Planning	This Book is a practical upbeat approach to planning for one's future with transition to retirement being the ultimate goal. View this Book as a map that will take you into retirement and serve as a guide when you're there.	Book	334 Pages
AG 02	Coming Of Age: A Lifestyle Program for Healthy Aging	Discover the latest medical research on how to positively affect the aging process of your body and mind. Sections on: Cancer prevention, Healthy heart, Skin care, Strong bones, Mental fitness.	Videotape	64 Minutes
AG 03	Growing Wiser: The Older Person's Guide to Mental Wellness	This Book is inspired by, created for, and dedicated to older people everywhere who continue to expand and exercise their mental vitality.	Book	122 Pages
AG 04	Growing Younger Handbook	This Book will show you how to have more energy and enthusiasm to fully enjoy each day: Fitness, nutrition and stress management for the older adult; Medical self-care guidelines for common health problems; Tips for saving on hospital bills; Getting full benefit from insurance claims.	Book	134 Pages
AG 05	Healthwise for Life: Medical Self-Care for Healthy Aging	An interactive Videotape supporting the Healthwise for Life Handbook.	Videotape	18 Minutes
AG 06	Healthwise for Life: Medical Self-Care for Healthy Living (Aetna Health Plans)	This Book includes basic guidelines on how to recognize and cope with 115 of the most common health problems facing older adults.	Book	380 Pages
AG 07	Self-Care for Seniors (Aetna Health Plans)	This Book includes basic guidelines on how to recognize and cope with 115 of the most common health problems facing older adults. Included are sections on: Your role in health care; Self-care for health problems; Staying healthy and independent; Caregiver's guide; Self-care resources.	Book	380 Pages
AM 00	Another Perspective	A Videotape interview with Holistic Health Educator, Ellen DiNucci, who discusses the merits of movement dynamics.	Videotape	N/A
AM 01	Hatha Yoga in Motion: Level 1 & 2	This two-Audiotape set guides you through four 30-minute classes in breath and movement that help you to release tensions and relax deeply as you stretch, strengthen, and tone. Each class includes warm-ups, asanas, vinyasa, and guided relaxation.	Audiotape (2)	120 Minutes
AM 02	Heart of Healing II	A TBS Special hosted by Jane Seymour. What you Believe: Discusses the art of healing regardless of medical prognosis. Using the mind and spirit to affect healing.	Videotape	N/A
AM 03	Lilias! Alive with Yoga - Volume 1	Stretch, strengthen and relax in two 30-minute sessions. Includes special instructions in breathing and relaxation to reduce stress and increase vitality.	Videotape	60 Minutes
AM 04	Lilias! Alive with Yoga - Volume 2 Intermediate	Lilias guides you through a creative series of "posture flows" that encourage you to develop expertise at your own pace. Use this tape to discover and master new poses, improve your stamina and increase flexibility. This hour-long class has a natural break after 30 Minutes to give you a flexible practice schedule. Each section includes warm-ups and relaxation period.	Videotape	60 Minutes
AM 05	On Site Massage	A KTVU Videoclip about Worksite Massagetherapy as one way to cope with office stress. Showcases the San Mateo County Massagetherapy Program and Vanessa Dawson, CMT.	Videotape	4 Minutes

Category ID #	Title	Description	Media	Length
AM 06	Stress Reduction Clinic: Healing from Within	An overview of Jon Kabat-Zin's Stress Reduction Clinic using Mindfulness Meditation. Discusses meditation as an effective method of coping with chronic pain	Videotape	N/A
AM 07	T'ai Chi for Health	An innovative workout, which tones muscles, improves flexibility and reduces stress. Includes easy-to-follow demonstrations, which show how proper exercise and the right mindset can help you look and feel great, as well as reduce everyday stress.	Videotape	60 Minutes
AM 08	The Bum Back Book: Acupressure Self-Help Back Care for Relieving Pain and Tension	This Book illustrates practical techniques to relieve back pain for yourself and others. The massage technique, yoga postures, acupressure points and exercise routines in this Book are safe, effective and easy to do.	Book	135 Pages
AM 09	Yoga on Your Own	Preview Tape	Audiotape	60 Minutes
AM 10	Yoga on Your Own	Class 1	Audiotape	60 Minutes
AM 11	Yoga on Your Own	Class 2	Audiotape	60 Minutes
AM 12	Yoga on Your Own	Class 3	Audiotape	60 Minutes
AM 13	Yoga on Your Own	Class 4	Audiotape	60 Minutes
AM 14	Yoga on Your Own	Class 5	Audiotape	60 Minutes
AM 15	Yoga on Your Own	Class 6	Audiotape	60 Minutes
AM 16	Boundless Energy	By Deepak Chopra. This complete mind-body program can help you fight chronic fatigue and reduce the demands on already stressful lives. This Book includes a body-type questionnaire based on the traditional Indian science of health known as Ayurveda, and incorporates its health principles to enable you to learn how to balance your lifestyle and fulfill your unlimited potential.	Book	126 pages
AM 17	Self-Imagery: Creating Your Own Good Health	By Emmett Miller, MD. An introduction to Selective Awareness, a combination of hypnosis, relaxation methods, and imagery. Learn how to change unwanted behavior patterns- stop smoking, lose weight. Understand how your self- image affects your health. Find the inner path to success and personal fulfillment.	Book	249 Pages
AM 18	Alternative Medicine Self-Care Guide	Natural and home treatments for more than 60 common health problems.	Book	141 pages
BN 00	CalPERS Long-Term Care Program: Protect Tomorrow.. and Enjoy Today.	An overview of the CalPERS Long Term Care Health Insurance Program and the benefits of long term care insurance.	Videotape	32 Minutes
BN 01	Defusing Hostility	Improve your skills on how to defuse hostility at home or at work: What "triggers" you; Causes of hostility; Skills for resolving anger; Relationship between environment & hostility; Reducing hostile behaviors.	Videotape	47 Minutes
BN 02	They Know Your Secrets	An ABC 20/20 Videotape clip, dated 9/30/94, on how your medical records may not be as confidential as you might think.	Videotape	14 Minutes
CA 00	Positive Imagery for People with Cancer : Exercises to Support Recovery	The healing image begins by guiding you into relaxation and helping to activate your mental imagery, the key the psycho-physiological change.	Audiotape	N/A
CA 01	Skin Wellness	Skin cancer awareness and prevention program that educate people everywhere about the importance of maintaining healthy skin through ongoing preventive care and regular skin self-examinations	Videotape	N/A
CA 02	Skin Cancer: "A Report on Skin Cancer" "Winners in the Sun"	These two segments discuss the skin cancer risks associated with exposure to the sun and how to lower these risks through simple lifestyle modifications.	Videotape	15 Minutes

Category ID #	Title	Description	Media	Length
CV 00	American Heart Association Cookbook	This cookbook can show you the rewards of changing your diet: the food will taste delicious, and the diet will help you reduce one of the major risk factors of heart disease. Over 600 recipes are included and each has been analyzed for calories, protein, carbohydrate, cholesterol, sodium, and fat.	Book	613 Pages
CV 01	Don't Eat your Heart Out Cookbook	A step-by-step guide to healthy cooking and eating in the real world. Over 400 recipes. Topics include: How to reduce cholesterol, salt, fat & sugar and still eat tasty food; How to adapt everyday recipes for healthful eating; How to permanently change eating habits; How to read and understand labels; How to lose weight and keep it off; How to handle eating in a restaurant.	Book	528 Pages
CV 02	Down with High Blood Pressure	Four experiences of deep relaxation, guided imagery and music to teach you how to bring down your blood pressure.	Audiotape	48 Minutes
CV 03	Heartsaver Manual: A Student Handbook for Cardiopulmonary Resuscitation and First Aid for Choking	The American Heart Association student manual used during CPR training	Book	84 Pages
CV 04	The No-Nonsense Cholesterol Guide	The No-Nonsense Cholesterol Guide gives you facts and simple solutions to lower your cholesterol levels quickly! Includes sections on: Reaching healthy levels; Packing healthy lunches; Reversing cholesterol build-up; Using medications effectively; Outsmarting misleading labels.	Videotape	35 Minutes
CV 05	W.A.L.K. Just for the Health of it	<u>W</u> alking with <u>A</u> ngina and <u>L</u> earning is <u>K</u> ey	Videotape	16 Minutes

DM 00	Asthma, What You Need to Know	This Videotape increases the understanding and shows that active, symptom-free lives are possible with proper medication. A "must see" Videotape for anyone trying to understand and manage asthma. Includes sections on Asthma symptoms; Medications; Asthma triggers; Asthma management; Peak flow monitoring.	Videotape	16 Minutes
DM 01	Coping with Allergies	Your guide to quick relief from sneezing, coughing and congestion. Find out about: What causes your allergy; Home, laboratory and skin testing procedures; How to allergy proof your home; Traditional and non-traditional treatments.	Videotape	34 Minutes
DM 02	Healing Journey	Designed to facilitate the healing process, to ease a headache or muscle tension, or to speed recovery from illness or disease. Narrated and unnarrated portions for people who are experiencing mental, physical, and emotional discomfort.	Audiotape	N/A
DM 03	Living a Healthy Life with Chronic Conditions	This Book is a complete self-management guide for those suffering from chronic diseases. There are no miracles or cures; instead you will find hundreds of tips and ideas to make your life easier.	Book	294 Pages
DM 04	Living Well with Asthma	This Videotape helps adult patients learn skills to self-manage of asthma. It examines Asthma symptoms and monitoring; Controlling asthma triggers; Medications.	Videotape	17 Minutes
DM 05	Relief from Migraine	This unique 35-minute Videotape program will challenge the traditional assumption of migraine headaches. You'll learn about growing evidence behind the latest views of migraine and how treatments can work for you! Includes sections on: Current theories on migraine; Eliminating triggers; Effective medications; Preventing rebound headaches.	Videotape	35 Minutes

Category ID #	Title	Description	Media	Length
DM 06	Richard Simmons Reach for Fitness	A series of exercises for people with disabilities. Program is suitable for individuals affected by various health conditions, including multiple sclerosis, asthma, diabetes and many others.	Videotape	40 Minutes
DM 07	The Diabetes Home Video Guide: Skills for Self-Care	Being a self-manager of your diabetes means taking charge of your own physical and emotional well-being. This Videotape can help you do this. It covers the basic skills for keeping your blood sugar in your target range and offers many practical tips for incorporating these skills into your life.	Videotape	110 Minutes
DM 08	Understanding Diabetes – and Living a Healthy Lifestyle	An educational Videotape for individuals with type 2 diabetes mellitus.	Videotape	19 Minutes
DM 09	When Someone You Love Suffers From Depression	Learn how to recognize, intervene and help someone suffering from depression.	Videotape	N/A
DM 10	Your Child and Asthma	This Videotape is designed for parents of children with asthma. It includes interview of children who have asthma, and their parents. The tape explains asthma basics such as: Recognizing symptoms; Controlling asthma triggers; Peak flow monitoring; Medications.	Videotape	24 Minutes
EX 00	A Presentation of SHAPE Exercise Technique	SHAPE is a complete new mind body program for women, combining deep stretching and strength movements, rhythmic breathing and the stimulation of energy points. "Fitness with a Heart".	Videotape	N/A
EX 01	Abs and Legs Workout	2 Workouts in 1 Program. Strengthens and tones abs, hips and legs using optional equipment: The Step, ankle weights and Spri rubber band.	Videotape	68 Minutes
EX 02	Body Focus 1-Low Impact Aerobics	Fun to follow and safe to perform. This Videotape will help you achieve the same terrific results of cardiovascular endurance and overall fitness-but without the wear and tear to joints, knees, low back and feet.	Videotape	30 Minutes
EX 03	Buns of Steel 5- Beginners	A comprehensive conditioning program for the lower body, focusing on muscles in the hips, thighs and buttocks.	Videotape	30 Minutes
EX 04	Chair Dancing	Gives you better overall fitness; more energy; improved circulation; straighter posture; better muscle tone; greater flexibility; increased endurance and stress reduction.	Videotape	60 Minutes
EX 05	Chair Dancing: A New Concept in Aerobic Fitness	A fun way to exercise, while never leaving your chair!	Audiotape	N/A
EX 06	Country Line Dancing with Style	Have fun learning America's favorite country-dances with this step-by-step instructional Videotape. Features popular dances such as the "Boot Scootin' Boogie and "Partner Cowboy Cha- Cha".	Videotape	45 Minutes
EX 07	Dance Away the 50's	Good Golly, Miss Molly Fox's low-impact aerobics workout sure gets people All Shook Up, especially with a cool collection of 1950's chartbusters in this Videotape.	Videotape	30 Minutes
EX 08	Dance Away the 60's	Turn on, tune in and workout with the GROOVIN' sounds of the 1960's in this Videotape. This innovative aerobics workout / dance program integrates fitness with fun.	Videotape	30 Minutes
EX 09	Fresh Start: Real Health, Real Results for Real People	This Book is an up to the minute, comprehensive exercise program designed by researchers and practitioners to improve the quality of your life.	Book	238 Pages
EX 10	Gary Yanker's Walking Workouts	A comprehensive walking program for beginning and intermediate levels.	Videotape	56 Minutes
EX 11	Good Housekeeping Fat Burning Workout: Beginners	Low-impact, fat burning aerobics and total body toning are combined to give you terrific results. Stretching exercises reduce stress and cool you down. No floor exercises!	Videotape	45 Minutes

Category ID #	Title	Description	Media	Length
EX 12	Great Body: Total Body Tone-Up	This Videotape is a fast, fun, and invigorating calisthenics routine that will trim and tone every part of your body. It can be done without equipment or with light hand or wrist weights.	Videotape	30 Minutes
EX 13	Heart Aerobics	Gives you training zones and exercise intensities. Based on ACSM Guidelines for target heart rate zones.	Videotape	45 Minutes
EX 14	High Performance Sports	Develops powers of concentration and imagery for competitive or recreational athletes. Helps improve performance while reducing injuries.	Audiotape (2)	N/A
EX 15	Jazzercise Fit & Physical	This Videotape is simple to follow and fun to do. This well choreographed routine will give you a safe and effective aerobic workout. This will help you burn calories and get rid of that unwanted fat.	Videotape	15 Minutes
EX 16	Low Impact Workout	Low impact aerobics is often mistaken for the "easy workout", when in fact it is just as strenuous as most high impact classes. Low Impact, meaning "one foot is kept on the floor at all times," is designed to keep the stress off of the back and joints, while still receiving a complete cardiovascular workout.	Videotape	N/A
EX 17	Mini-Reformer: Full Body Workout	A full-body workout using the Pilates method.	Videotape	N/A
EX 18	NIKE'S Cross-Training System	Four instructional Audiotapes give you the knowledge and tools you need to design and carry out your own Cross-Training program: System Fundamental & Your Personal Performance Lab; Cross-training with WIN & Rhythms that Rule Fitness; Fatigue Fighting Workouts & Nutrition; Staying with it & Pulling Out the Stops.	Audiotape (4)	160 Minutes
EX 19	Re-Bop: Reflex Response Conditioning	Self-defense movements combined with fresh, high-energy aerobic routines provide a new challenge in aerobic training for men and women. Great for total body toning and conditioning, it also sharpens coordination and responsiveness.	Videotape	60 Minutes
EX 20	Richard Simmons Sweat & Shout	A fun easy-to-follow aerobic workout performed to music of the 50's & 60's.	Videotape	60 Minutes
EX 21	Richard Simmons Walk Across America	A thirty minute fitness walking program.	Audiotape	30 Minutes
EX 22	Slimatics: Total Body Toning	A total fitness program designed to achieve maximum weight loss and toning in specific areas of the body such as buttocks and thighs, belly and the fleshy under-parts of the arms.	Videotape	60 Minutes
EX 23	Slo Pitch Softball	An instructional Videotape designed for the beginner and intermediate softball participant. Focuses on fine-tuning selection, controlling bat speed, and getting the most out of your follow-through.	Videotape	60 Minutes
EX 24	Stepping Out- A Complete Guide to Fitness Walking	Start fitness walking program using the Rockport fitness walking test and simple 20-week fitness program. Includes stretching exercises, and tips on starting race walking.	Videotape	45 Minutes
EX 25	Stretching: the Videotape	The Who, Why, When and How of proper stretching. Includes instructions that lead you through easy to do stretches for the back, groin, hips, legs, feet and upper body. Concludes with a 14-minute overall routine that can be followed for everyday fitness or for specific sports or activities. Appropriate for all ages and interests.	Videotape	60 Minutes
EX 26	Superbody: The Ultimate Low-impact Aerobic Workout	Here's the ultimate in low-impact routines . . .challenging and faSTpaced for the intermediate to advanced-level student who wants a vigorous workout without the high-risk moves!	Videotape	45 Minutes

Category ID #	Title	Description	Media	Length
EX 27	Superbody-the Ultimate Low-Impact Aerobic Workout	Fitness expert Deborah Crocker takes you a step further than traditional low-impact routines with a workout that is real challenge. You'll burn calories, shape and tone muscles and improve cardiovascular fitness, but without unnecessary bouncing or jumping. You'll protect against "overuse" injuries and get a terrific workout at the same time!	Videotape	60 Minutes
EX 28	Total Body Toner Workout	Designed to shape, tone and strengthen your body with a minimum amount of stress, this comprehensive 5 part aerobic routine will work on all the major muscle groups of your body. Fun-to-do, high energy and low impact.	Videotape	30 Minutes
EX 29	Total Fitness for the Working Person	This Book carefully, professionally, and accurately gives specifics on how to safely exercise, diet and control stress.	Book	148 Pages
EX 30	Weight Watchers Easy Shape Up: Upper Body Workout	An easy warm-up, a calorie-burning low-impact aerobics workout, then gentle toning movements to work the upper back, shoulders and arms, followed by a cool down	Videotape	50 Minutes
EX 31	Weight Watchers Easy Shape-Up: Healthy Back & Waist Workout	A stimulating warm-up, a calorie-burning low-impact aerobics workout, then stretch and tone your back, waist and abdomen with gentle movements that emphasize strength, flexibility and the prevention of back strain, followed by a refreshing cool down.	Videotape	50 Minutes
EX 32	Weight Watchers Easy Shape-Up: Lower Body Workout	An invigorating warm-up, a more challenging low-impact aerobics session, then onto the floor for a super shape-up that tackles the toughest problem areas- hips, thighs, calves and buttocks. The cool down includes helpful tips on exercise and nutrition, and motivational advice.	Videotape	50 Minutes

HS 00	Preventing Terminal Illness:VDT Ergonomics Programs that Work	This Videotape highlights three employers, including San Mateo County, which have made an organization investment to assuring ergonomic health & safety.	Videotape	N/A
HS 01	Survival Guide	Pacific Bell produced this Videotape on First Aid and CPR techniques as a companion to information found in the front section of the white pages of the phone book ("Survival Guide").	Videotape	29 Minutes
HS 02	"Ergo Health" Office Ergonomic Training	Ergo Health actively engages you, leading you through a self-administered evaluation and correction of your computer workstation.	CD	N/A
HS 03	Back In Shape: The Complete Back Pain Prevention Program	This Videotape brings the medical profession's most effective techniques to combat back problems. Includes Videotape-chapters on: Back basics; Spinal anatomy; Relaxation techniques. Includes three levels of non-strenuous exercises and stretches (beginning, intermediate, advanced).	Videotape	60 Minutes
HS 04	Back Strength and Fitness	Teaches four separate skills: Learning more about your back; Building a fit back; Dealing with acute pain; Coming back from back pain. You'll learn the correct way to sit, stand, walk and lift, and the right steps to take for relief from pain.	Videotape	13 Minutes
HS 05	Backwise:Back Safety For Hospital Employees; Back Safety and the Mechanical Patient Lift	A general back safety training Videotape filmed at San Mateo Health Center for its employees who are at risk for back injury. Includes a section on mechanical patient lift.	Videotape	15 Minutes
HS 06	Easing Back: Taking Control of Your Back Problem	This Videotape gives information about: Self-care;The importance of staying active while gradually increasing activity; Tips for good posture and body position; When to call the doctor; The emotional side of dealing with back problems.	Videotape	21 Minutes

Category ID #	Title	Description	Media	Length
HS 07	Sitting on the Job: How to Survive the Stresses of Sitting Down to Work - A Practical Handbook	This Book describes practical methods designed to help you create a better fit between your work environment, workstation and your unique body. This Book also gives you practical techniques to reduce stress, counteract the effects of long periods of sitting, and thus enhance the quality of your life.	Book	137 Pages
HS 08	Working with Backache	This How-to Book relates ways to reduce job-and work-place design related factors that might contribute to low back disability or time lost from work during low back pain episodes.	Book	166 Pages
HS 09	YMCA Healthy Back Videotape	This Videotape demonstrates correct techniques and proper form for effective back strengthening program. In addition, the Videotape covers Where the exerciser should feel each stretch; Advice for maintaining back fitness; Healthy back positions while standing, sitting, sleeping, driving and lifting.	Videotape	45 Minutes
HW 00	Pathways: A Success Guide for a Healthy Life	By Donald Kemper et al. This Book is a practical guide that can help you change your health, incorporating three key principles: self-responsibility, a positive orientation, and a supportive environment.	Book	125 Pages

HW 01	Active Wellness: Feel Good for Life	A personalized 10-step program for a healthy body, mind & spirit	Book	290 Pages
HW 02	Healthwise Handbook (Aetna Health Plans)	A self-care manual written for the consumer. It's easy to read, easy to understand and easy to use!	Book	306 Pages
HW 03	Healthwise Handbook (Kaiser Permanente)	This Book includes basic guidelines on how to recognize and cope with more than 170 of the most common health problems.	Book	334 Pages
HW 04	Healthwise Handbook (Blue Shield of California)	This Book can help you manage your health problems and make informed health care decisions. Sections include: Self-care basics; Health problems; Staying healthy; Self-care resources.	Book	360 Pages
HW 05	Healthwise Handbook: A Self-Care Guide for You	This Book will help you do a better job of managing your family's health problems. It covers more than 190 health problems with information about: Prevention, home treatment, and when to call a health professional; How to prepare for doctor visits and communicate effectively with your doctor; How to make wise decisions about tests, medications, and surgeries;How to make lifestyle choices to improve your health.	Book	372 Pages
HW 06	Healthwise: Health Strategies for Feeling Good & Maximizing Your Energy	Raymond Francis discusses the biochemical system approach to feeling good and increasing your energy. (6/14/95)	Videotape	50 Minutes
HW 07	Life's' Greatest Mysteries	This CD reveals the secrets behind some of the most common questions of everyday life. Incredible animations and vide, fascinating factoids, and exciting activities provide hours of interactive learning fun for the entire family	CD	N/A
HW 08	Lifepan: Your Own Master Plan for Maintaining Health and Preventing Illness	Much of this Book is devoted to helping you understand what affects health, and how to maintain and improve your health.	Book	347 Pages
HW 09	MayoClinic CD ROM Collection	This CD Collection provides a comprehensive guide to four broad health concerns: Family Health Book; Sports, Health & Fitness; The Total Heart; Family Pharmacist.	CD	N/A
HW 10	Mayo HealthQuest Guide to Self-Care: Answers for Everyday Health Problems	This Book focuses on how to prevent illness, how to detect illness before it becomes a serious and costly problem and how to avoid an unnecessary trip to the clinic or emergency room.	Book	245 Pages

Category ID #	Title	Description	Media	Length
HW 11	Sound Mind, Sound Body	This Book explores how personal health practices and a sense of meaningful purpose play a major role in both inner fulfillment and professional success, and offers practical, effective techniques to help anyone achieve physical, mental, and emotional equilibrium and enjoy a lifetime of optimal health.	Book	276 Pages
HW 12	Take Care of Yourself: The Healthtrac Guide to Medical Care	This is a definitive self-care Sourcebook designed to help you to be an informed consumer of medical care.	Book	536 Pages
HW 13	Taking Personal Action Home	Features some of the country's leading health experts sharing their tips on how viewers can put their new skills to work. Topics include: How to learn a skill; How to build family and co-worker support; Who to contact for help; How to handle setbacks; How to monitor your progress; How to become "motivated."	Videotape	16 Minutes
HW 14	The Life We Are Given: A Long Term Program for Realizing the Potential of Body, Mind, Heart, and Soul	This Book describes Integral Transformative Practice (ITP) and celebrates the day-by-day joys of this enlightening change process, and opens new vistas to higher-level functioning in all areas of activity and relationships.	Book	221 Pages
HW 15	Medicine Cabinet Medicines	A guide that tells what you need to know about the over-the-counter medicines you take	Book	128 pages
HW 16	The Healthy Mind Healthy Body Handbook	The first section offers practical advice and skills on how to prevent disease recover from illness, and improve your well being. The second section is a guide to help you understand and manage common problems yourself. The last section reviews the essential skills you need to be a patient, including how to work successfully with your doctor.	Book	270 pages
HW 17	The UC Berkeley Wellness Letter Complete Home Wellness Book	Health and medical information presented in a clear, straightforward format. The book is divided into six sections - "Wellness Strategies", "Using the Health Care System", "Immediate Care", "Ailments", "Your Health", and "The Drugstore Guide".	Book	657 pages
HW 18	Wellness Made Easy: 365 tips for Better Health	This guide offers you a headstart on the road to wellness with specific insights on the subjects of food, nutrition, self-care, fitness, and safety.	Book	44 pages
MH 00	Life Lines: A Guide to Life with Prostate Cancer	This Videotape includes a discussion of: The stages of cancer; Diagnosis and treatment; Strategies for coping; Questions to ask your doctor; Counseling and support resources.	Videotape	N/A
MH 01	Every Man Should Know About His Prostate	A disease awareness Videotape.	Videotape	10 Minutes
NU 00	Eating Smart	A Videotape discussing the link between good nutrition and cancer prevention.	Videotape	8 Minutes
NU 01	Imagining Yourself Slim	Develop a desirable internal image, adjust attitudes toward food and eating situations so that maintaining a desirable weight can come easily and naturally.	Audiotape	N/A
NU 02	Nutrition & Health	From PDR Family Guides. This family reference Book evaluates leading cookbooks, diet plans, fast food, ethnic food, and junk food, with down-to-earth tips for healthy home cooking and sensible restaurant dining. Includes in-depth profiles of all the most popular vitamins, minerals, nutritional supplements, diet pills and cholesterol-lowering medications.	Book	N/A
NU 03	What to Eat for a Long & Healthy Life	A primer on healthy eating.	Book	47 pages

Category ID #	Title	Description	Media	Length
PN 00	Baby's First Months:"What Do We Do Now?"	This Videotape takes the new parents from the day they leave the hospital through the often-frightening difficult and apprehensive first few months of their baby's daily care.	Videotape	60 Minutes
PN 01	Breastfeeding Your Baby: Positioning	Helpful instruction for the three basic steps for proper positioning during breastfeeding: Positioning baby, offering the breast and latching on is explained by Lactation Consultant Chele Marmet.	Videotape	N/A
PN 02	From Here to Maternity:A Complete Pregnancy Guide	The information in this Book provides an overview of the varied emotions and experiences you and your husband can expect during your pregnancy.	Book	291 Pages
PN 03	Healthy Eating for Pregnancy	This Book tells you all you need to know about planning for a healthy baby. Specially compiled questionnaires will help you to check out and improve your diet and your general health.	Book	136 Pages
PN 04	Hello Parents!	This Videotape teaches about the life adjustments that come with pregnancy, birth and new parenthood. Focuses on four couples and a single woman all making the transition to parenthood. Addresses labor and childbirth, choosing child care, work and family issues and much more.	Videotape	32 Minutes
PN 05	Infant Massage: The Power of Touch	This Videotape is a unique parenting resource designed to teach safe, effective massage techniques while strengthening the bonds between babies and caregivers, and contributing to the development of secure, self-confident children.	Videotape	N/A
PN 06	Kathy Smith's Pregnancy Workout	The ultimate guide to fitness during and after pregnancy! Includes prenatal and postpartum exercise routines as well as advice from top medical experts.	Videotape	97 Minutes
PN 07	March of Dimes "Babies and You", Part 2:Prenatal Care	In this Videotape, you'll learn: How your habits and daily activities can affect the health of the baby; What you'll need to have on hand when your baby is born; How to dress for all occasions – and enjoy a fashion show just for you.	Videotape	38 Minutes
PN 08	March of Dimes "Babies and You", Part 3:Stress & Exercise During Pregnancy	In this Videotape, you'll learn: Common causes of stress for pregnant couples; How to minimize and cope with stress; What types of exercises are good for pregnant woman; Take a sneak peak at a prenatal exercise class.	Videotape	30 Minutes
PN 09	March of Dimes "Babies and You", Part 4:Nutrition During Pregnancy	In this Videotape, you'll learn: How good nutrition is vital to the health of both a mom-to-be and her growing baby; How much and what to eat during pregnancy; Go on a "mouth-watering" tour of a supermarket; About gaining weight during pregnancy and how the weight is distributed between you and your baby.	Videotape	38 Minutes
PN 10	Newborn Care "Through the Eyes of Love"	Breastfeeding, Bottle-feeding, Bathing, Crying	Videotape	N/A
PN 11	Nine Month Miracle	Interactive information exploring the human body, traveling from conception to birth.	CD	N/A
PN 12	Planning for Pregnancy, Birth, and Beyond	The advice of leading medical experts is presented in a readable, well-illustrated format that is designed to help a woman take an active role in her health care before, during, and after pregnancy. It features: Preconception health inventory; Personal pregnancy diary; Sample medical record.	Book	260 Pages

Category ID #	Title	Description	Media	Length
PN 13	San Mateo County "Babies & You" Program, Part I: What to Expect during Pregnancy	A Videotape of the full-day Prenatal health class offered to San Mateo County employees and family members. Topics include: Growth and development of the fetus; Coping with the common discomforts of pregnancy; Protecting your baby from second hand smoke; Fetal fuel; Womb to move; Health plan benefits for mother & baby; Fatherhood: Including dad in the scheme of things; Getting ready for the hospital stay; Overview of labor and delivery and postpartum care.	Videotape	N/A
PN 14	San Mateo County "Babies & You" Program, Part II: Expecting the Unexpected When Baby Comes Home	A Videotape of the full-day Postpartum & Infant Care class offered to San Mateo County employees and family members. Topics include: What to expect when baby comes home; Keeping baby safe / Car seat safety; Baby sleep positions; Breastfeeding basics; Raising a reader; Baby benefits and county programs for new parents: Corporate Lactation Program, Health insurance coverage for the new baby, State disability benefits and sick leave integration, Family & Medical Leave Act, CareShares, VTO, "Our Place" County Child Care Center.	Videotape	N/A
PN 15	Teach yourself Healthy Eating for Pregnancy	The wealth of information and advice in this Book will give you the knowledge and confidence you need to enjoy your pregnancy.	Book	130 Pages
PN 16	The Expectant Father: Helping the Father-to-be Understand and Become a Part of the Pregnancy Experience	A comprehensive Book on pregnancy, childbirth, and the postpartum period, written just for men.	Book	178 Pages
PN 17	The Miracle of Life	A dramatic breakthrough in science and cinematography, this videotape takes you on an incredible voyage through the human body as a new life begins.	Videotape	60 Minutes
PN 18	The Nursing Mother's Companion	This Book is a practical guide for easy reference throughout the nursing period. Each section includes a Survival Guide - a quick yet thorough reference for almost any problem you or your baby may encounter at different phases of nursing.	Book	240 Pages
PN 19	What to Expect the First Year	The comprehensive month-by-month guide that clearly explains everything parents need to know about the first year with a new baby.	Book	651 Pages
PN 20	What to Expect When You're Expecting	The pregnancy guide that reassuringly answers the concerns of mothers- and fathers-to-be, from the planning stage through postpartum.	Book	437 Pages
PN 21	Breastfeeding: Coping with the First Week	This video takes us through the first week and beyond, and features mothers who are dealing with the emotional and practical aspects of breastfeeding. Very British!	Videotape	30 minutes
PN 22	Breast Feeding: Techniques that Work! Successful Working Mothers	Fifteen women candidly discuss how they manage their busy schedules, nursing, pumping and family life. Also, provide personal insights and experiences for many of the issues return-to-work mothers will face.	Videotape	N/A
PN 23	Feeding Cues	Short video that shows cues that parents can learn to interpret as feeding cues. Delightful music and video of babies, but no narrative.	Videotape	10 minutes
PN 24	Touchpoints: The Definitive Video Series on Parenting (Volume 3)	<u>One Year Through Toddlerhood</u> Discipline, Sibling Rivalry, Regression, Toilet Training and more!	Videotape	45 minutes
PN 25	Touchpoints: The Definitive Video Series on Parenting (Volume 1)	<u>Pregnancy, Birth and The First Weeks of Life:</u> Pregnancy, Delivery, Newborn Assessment, Bonding, Crying and Calming, Becoming a Family and more!	Videotape	45 minutes

Category ID #	Title	Description	Media	Length
PN 26	Touchpoints: The Definitive Video Series on Parenting (Volume 2)	The First Month through The First Year: Parent/Child communication, Feeding, Sleep / Awake Cycles, Baby's Independence, Sitting / Standing, Walking, Tantrums, Negativism and more!	Videotape	45 minutes
SM 00	American Cancer Society's Fresh Start: 21 Days to Stop Smoking	This remarkable, modular Videotape program takes you one day at a time, in 21 three-to-four minute segments that address a different important issue every day, over each hurdle in the process of giving up cigarettes.	Videotape	75 Minutes
SM 01	Keep Quit! A Motivational Guide to a Life without Smoking	This Book offers the reader support, motivation, and encouragement needed to stay smoke-free day by day. The practical exercises help the new ex-smoker understand and recognize why she or he desires nicotine. It provides way to break the rituals and patterns associated with smoking, as well as methods to counter events and behaviors that can trigger relapse. Daily readings provide support and encouragement to stay smoke-free and live a healthier, happier life.	Book	331 Pages
SM 02	Quitting on Your Own	A step-by-step approach to smoking cessation.	Videotape	10 Minutes
SM 03	Success Happens Here	This Audiotape provides guided imagery and powerful suggestions to assists smokers in becoming smokefree. Includes a ten-minute deep relaxation tape	Audiotape (2)	N/A
SM 04	250 Reasons to Quit Smoking	This book doesn't try to teach you how to quit smoking. The goal of this book is to give you the reasons to quit smoking forever.	Book	250 pages
SM 05	Kids Say Don't Smoke	Combines full-color students' posters with grown up facts, this book presents the very best of what must be said to kids, their peers, and their parents.	Book	94 pages
SM 06	Smoking Cessation: Everybody Wins	Offering smoking cessation to your employees makes sense. Because everybody wins when your employees quit smoking	Videotape	N/A
SM 07	The No-nag, No-guilt, Do-it-your-own-way Guide to Quitting Smoking	This book presents information that smokers find most useful in taking control of their habit as they see fit. It's presented in the way they wanted it presented - a respectful, nonblaming way that leaves the final decision up to each individual smoker.	Book	288 pages
SM 08	The SmokeWatchers' How-to-Quit Book	This book is based on a program developed over several years and refined by Smoke Watchers International, Inc. an organization devoted exclusively to helping smokers in their battle with tobacco.	Book	191 pages
ST 00	A Day Away from Stress	This Videotape blends exquisite film footage, soothing New Age music and environmental sounds with a soft-spoken voice track that instructs the viewer on five methods for reducing stress.	Videotape	11 Minutes
ST 01	A Guide to Stress Reduction	By L. John Mason, Ph.D. This Book will teach you to become more attuned to your body and subtle levels of building tension. Includes step-by-step instructions on various stress management techniques to manage everyday stress as well as common health complaints.	Book	173 Pages
ST 02	America the Beautiful	This Videotape takes you on a visual journey through some of this natural beauty. Great as it is inspirational, it will set a positive tone for your day.	Videotape	5 Minutes
ST 03	BodyJoy	This Audiotape helps you achieve a natural state of relaxation and heightened awareness through breath, visualization, subtle body energy, muscle tension and release.	Audiotape	N/A
ST 04	Letting Go of Stress	This Audiotape contains four effective techniques for relaxation and stress reduction. Each technique reduces stress more effectively in a specific area. Repeated use of each technique is necessary for full effectiveness.	Audiotape	N/A

Category ID #	Title	Description	Media	Length
ST 05	Relaxation & Guided Imagery	Relaxation and guided imagery using music with and without narration.	Audiotape	N/A
ST 06	Relaxation & Inspiration	Beautiful music and relaxing imagery guide you to a deep inner place of peace, power and wisdom. Includes 15 minute music-only portion.	Audiotape	26 Minutes
ST 07	Saving for Stress	This Videotape shows how to build up you reserves with a variety of methods from relaxation techniques to exercise.	Videotape	14 Minutes
ST 08	Solitudes: Seascapes	The changing moods of a wild coast. Acoustical environmental sound experience.	Audiotape	N/A
ST 09	Stressbreak	Take a "stress break" from your busy life with this Videotape, filled with soothing music and a montage of gentle nature images helps you unwind in the middle or at the end of the day.	Videotape	13 Minutes
ST 10	Success Happens Here	Autogenic training includes specific messages and guided imagery to help you quit smoking, manage stress, or lose weight.	Audiotape (3)	N/A
ST 11	Ten - Minute Stress Manager	Ten-minute deep relaxation to prevent accumulation of unwanted stress; selective awareness techniques to self-program peak performance.	Audiotape	40 Minutes
ST 12	That's Life! Learning to Manage Stress	This Book and accompanying Audiotape can be used to help you better understand the stress in your life. It will also give you practical tools to help you manage stress	Book & Audiotape	79 Pages
ST 13	The Relaxation Response	The primer on the mind-body relationship as it affects health. Originally published in 1975, this Book presents an overview of stress management and how the relaxation response can help you deal with difficult situations and contribute to healing and health improvement.	Book	150 Pages
ST 14	Doc Lew Childre Heart Zones	Music proven to boost productivity. It's an easy to use, practical and cost effective tool which boosts vitality and increase mental clarify while de-stressing your system.	CD	
ST 15	HeartMath: From Chaos to Coherence	The power to change performance	CD	

WF 00	50 Ways to Stay Fit on a Busy Schedule	Short chapters on a variety of health topics affecting busy people	Book	96 Pages
WF 01	Fatherhood	In this Book, Bill Cosby's special brand of humor, wisdom and humanity come together to create a joyous celebration of being a father. For men, Fatherhood speaks to everyone who is a father, who plans to become a father, or who wants to learn more about his own father.	Book	178 Pages
WF 02	Preventing Caregiver Burnout	This Book contains a wealth of ideas for caregivers who want a valuable resource guide to refer to when situations arise.	Book	76 Pages
WF 03	Taking Care of Your Child:A Parent's Guide to Medical Care	The most comprehensive and concise source of medical information available to parents today, this Book offers advice on hundred of common medical problems from birth to adolescence.	Book	525 Pages
WF 04	The Preschool Years:Family Strategies that Work- from Experts and Parents	This Book brings together in one volume the advice of parents, and the latest thinking of experts on one hundred issues that arise during this period, including discipline, expressing and controlling anger, television, building social skills, establishing daily routines, etc.	Book	504 Pages
WF 05	Understanding Domestic Violence	Preparatory Reading for Health and Human Services professionals and others concerned about this social issue.	Book	100 Pages
WF 06	Workcare: A Resource Guide for the Working Person	This Book provides the basic skills and resources you'll need to improve your job performance and protect your safety and health, and offers support when the pressures of work and family seem too much to handle.	Book	398 Pages

Category ID #	Title	Description	Media	Length
WF 07	Working Fathers: New Strategies for Balancing Work and Family	This hands-on guide offers practical solutions that will benefit from parents and businesses. Strategies include: Ways to create a father-friendly workplace; Ways for fathers to improve their relationship with their children and their wives; Ways for traveling dads to stay connected with their children; Ways for working fathers to get involved in their children's education.	Book	274 Pages
WH 00	A Woman's Strength:What Osteoporosis Could Mean to You	This Videotape explores what osteoporosis could mean to a woman.	Videotape	8 Minutes
WH 01	B.S.E. (Breast Self Examination) – A New Approach	The new techniques of Breast Self Examination are presented through clear explanations, elegant graphics and accurate demonstrations, while the patient is encouraged to include this life-saving habit into her routine.	Videotape	5 Minutes
WH 02	Beginning Ballet for the PoSTMastectomy Woman	This Videotape explores stretching, toning and postural exercises geared specifically for the poSTMastectomy woman. Excellent for building confidence with the body.	Videotape	49 Minutes
WH 03	Breast Self Exam : A Habit for Life	This Videotape shows how women can take an active role in their own breast cancer prevention, explaining in detail the "how-to" of monthly breast self-exams. In addition, it recommends professional breast exams and mammograms, and offers clearly stated guidelines for deciding the frequency of such exams.	Videotape	10 Minutes
WH 04	Compass: Your Roadmap through Menopause	This Book leads a woman to her own decisions with a simple yet comprehensive process to follow as she moves through this significant time in her life. Includes sections on: Understanding menopause; Recording health changes; Making lifestyle choices; Exploring healthy approaches including Western medicine and alternative therapies; Making hormone decision; Care for common symptoms.	Book	135 Pages
WH 05	Keeping Abreast: Breast Changes that are not Cancer	This Book is about all the breast changes that aren't breast cancer, from the most innocent general lumpiness through breast carcinoma in situ.	Book	153 Pages
WH 06	The New B.S.E	This Videotape explains the importance of performing BSE as part of a regular monthly routine. Includes appropriate graphics and live demonstration of how to perform BSE.	Videotape	6 Minutes
WH 07	The Race is Run One Step at a Time: Everywoman's Guide to Take Charge of Breast Cancer	The purpose of this Book is to empower you by helping you to deal with the considerable amount of information you need to know in order to stand a fighting chance against breast cancer.	Book	182 Pages
WH 08	Time Out for You:Chevron's Breast Care Fast Facts for Women	An Audiotape on breast health awareness aimed at early detection that can lead to early treatment and a greater chance of survival.	Audiotape	N/A
WH 09	Today's Smart Woman	A 1990's Dupont program on how to detect breast cancer. Stresses routine breast self-exam monthly.	Videotape	35 Minutes
WH 10	What Every Woman Should Know about Menopause	An open and informative guide to menopause: Facts vs. myths; Symptoms of menopause; Successful lifestyle and medical approaches; Treating osteoporosis; How to speak with your doctor, friends, and family. Includes important information on hormone replacement therapy and other effective ways to manage menopausal symptoms.	Videotape	35 Minutes
WH 11	Baby Boomers Face "The Change": Perimenopause and Menopause	A video and lecture slide kit on perimenopause and menopause, and what it means for today's working woman. Low-dose oral contraceptives and estrogen replacement therapy are discussed.	Slide & Videotape	N/A