Exercise Your Mind Adult Program Resources

Print


- Barnard, Neal. *Power Foods for the Brain: An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory*. Grand Central Life & Style, 2013. 320 p. (978-1455512195). Dr. Barnard has gathered the most up-to-date research and created a groundbreaking program that can strengthen your memory and protect your brain’s health.


- Baur, Gene. *Living the Farm Sanctuary Life: The Ultimate Guide to Eating Mindfully, Living Longer, and Feeling Better Every Day*. Rodale Books, 2015. 320 p. (978-1623364892). Baur covers the basic tenets of Farm Sanctuary life—such as eating in harmony with your values, connecting with nature wherever you are, and reducing stress—and offers readers simple ways to incorporate these principles into their lives.

- Beller, Rachel. *Eat to Lose, Eat to Win: Your Grab-n-Go Action Plan for a Slimmer, Healthier You*. William Morrow, 2012. 256 p. (978-0062231819, pap.). Eat to Lose, Eat to Win is sensible and real-world ready, with practical tips on how to best incorporate the latest nutritional recommendations—such as fiber, omega-3s, protein, and antioxidants—into a healthy diet.

• Bridges, Michelle. Total Body Transformation: Lose Weight Fast and Keep It Off Forever! Zinc Ink, 2014. 256 p. (978-0553392609, pap.). Combine the science of fast weight loss with life-changing psychology to give your body the total transformation you have always wanted.


• Browning, Marie. Time to Tangle with Colors: Coloring Ideas and Techniques Inspired by Zentangle. Fox Chapel, 2011. 52 p. (978-1574216738, pap.). Offers lessons that enable even the novice artist to use a brush pen to color 48 delightful Zentangle animals, plants, and flowers.


• Carper, Jean. 100 Simple Things You Can Do to Prevent Alzheimer’s and Age-Related Memory Loss. Little, Brown, 2010. 336 p. (978-0316086851). Carper provides exciting new answers from the frontiers of brain research to help keep you and your family free of this heartbreaking disease.

• Castillo, Brooke. If I’m So Smart, Why Can’t I Lose Weight? Tools to Get It Done! BookSurge, 2006. 248 p. (978-1419618475, pap.). The author’s own struggles and frustrations as she tried to lose 75 lbs. guided her into putting together her unique weight-loss program, which quickly showed astonishing results.

• Chertoff, Nina, and Susan Kahn. Celebrating Board Games. Sterling, 2006. 144 p. (978-1402738951). This beautiful and nostalgic pictorial celebration of board games will transport readers back to a simpler time, when child’s play didn’t involve video games or computer screens of any kind. More than 100 of the best games are featured, from the 19th century until today, with pictures of both the boards and the various pieces.

• Coffey, Wayne. *The Boys of Winter: The Untold Story of a Coach, a Dream, and the 1980 U.S. Olympic Hockey Team*. Crown, 2005. 273 p. (978-1400047666, pap.). Once upon a time, they taught us to believe. They were the 1980 US Olympic hockey team, a blue-collar bunch led by an unconventional coach, and they engineered what *Sports Illustrated* called the greatest sports moment of the 20th century. Their “Miracle on Ice” has become a national fairy tale, but the real Cinderella story is even more remarkable.

• Cummings, Dede. *The Organic Composting Handbook: Techniques for a Healthy, Abundant Garden*. Skyhorse, 2015. 240 p. (978-1629141725, pap.). Great compost is one of the most important secrets of successful organic gardening. In this comprehensive guide, you’ll learn everything you need to know about the various methods of composting and how to adapt them to your home and garden.


• Douglas, Gabrielle, with Michelle Burford. *Grace, Gold, and Glory: My Leap of Faith*. Zonderkidz, 2012. 224 p. (978-0310740612). In the 2012 London Olympics, US gymnast Gabrielle Douglas stole hearts and flew high as the all-around gold medal winner, as well as acting as a critical member of the US gold medal–winning women’s gymnastics team. In this personal autobiography, Gabrielle tells her story of faith, perseverance, and determination, demonstrating you can reach your dreams if you let yourself soar.

• Fink, Joanne. *Zenspirations: Letters and Patterning*. Fox Chapel, 2011. 52 p. (978-1574216998, pap.). Joanne Fink’s passion for beautiful patterns is contagious; her Zenspirations: Letters and Patterning techniques make it easy for artists and nonartists alike to master patterning quickly and easily.

• Gilbert, Elizabeth. *Eat, Pray, Love: One Woman’s Search for Everything across Italy, India, and Indonesia*. Riverhead Books, 2006. 352 p. (978-0670034710). Gilbert was in her 30s, had a husband and a house, and was trying for a baby—but she didn’t want any of it. A divorce and a turbulent love affair later, she emerged battered and bewildered and realized it was time to pursue her own journey in search of three things she had been missing: pleasure, devotion, and balance.


• Hasic, Mirsad. *Walking Habit Blueprint for Seniors*. CreateSpace, 2014. 104 p. (978-
This book isn’t just for seniors; it is for anyone who wants to burn fat, lose weight, and reclaim their health.


- Kellawon, Grace A. *Yoga Meditations*. Author Solutions, 2014. 82 p. (978-1452593623, pap.). This book shares the joy of meditative practice. Meditation is a natural human state of being, and deliberately taking the seat to practice meditation elevates all your better qualities.


- Lapine, Missy Chase. *The Sneaky Chef: How to Cheat on Your Man (in the Kitchen!): Hiding Healthy Foods in Hearty Meals Any Guy Will Love*. Running Press, 2008. 272 p. (978-0762433209, pap.). Men know they should eat better, but the classic male perception is that fruits and veggies are “rabbit food” and don’t seem to satisfy their appetite. Now the Sneaky Chef has donned her apron again and developed delicious recipes that are sure to appeal to guys.

• Lucianovic, Stephanie V.W. *Suffering Succotash: A Picky Eater’s Quest to Understand Why We Hate the Foods We Hate*. Perigee Books, 2012. 240 p. (978-0399537509, pap.). Suffering Succotash is a wide-angle look into the world of picky eating, told by a writer who’s been in the culinary trenches.

• Markham, Brett L. *Mini Farming: Self-Sufficiency on ¼ Acre*. Skyhorse, 2010. 240 p. (978-1602399846, pap.). Mini Farming describes a holistic approach to small-area farming that will show you how to produce 85 percent of an average family’s food on just a quarter acre—and earn $10,000 in cash annually while spending less than half the time that an ordinary job would require.

• McLaughlin, Chris. *The Complete Idiot’s Guide to Composting*. ALPHA, 2010. 208 p. (978-1615640089, pap.). McLaughlin takes readers step by step through the process of selecting the right compost container, filling it with the right ingredients, maintaining the mix at the right temperature and humidity, and using the end product.


• Neporent, Liz. *Fitness Walking for Dummies*. For Dummies, 1999. 360 p. (978-0764551925, pap.). Indoors or out, walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people, young and old. *Fitness Walking for Dummies* is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it.

• NurrieStearns, Mary, and Rick NurrieStearns. *Yoga for Anxiety: Meditations and Practices for Calming the Body and Mind*. New Harbinger, 2010. 232 p. (978-1572246515, pap.). Just as yoga helps you feel more at home in your body, the mental and physical practices in *Yoga for Anxiety* help you increase your sense of contentment in life.
• O’Brien, Greg. *On Pluto: Inside the Mind of Alzheimer’s*. Codfish Press, 2014. 240 p. (978-0991340101, pap.). This is a book about living with Alzheimer’s, not dying with it. It is a book about hope, faith, and humor—a prescription far more powerful than the conventional medication available today to fight this disease.


• Palinski-Wade, Erin. *Walking the Weight Off for Dummies*. For Dummies, 2015. 336 p. (978-1119002505, pap.). If you’re looking to lose weight and get fit, *Walking the Weight Off for Dummies* will show you just what to do to walk yourself to a whole new you.

• Patel, Chirag R. *Brain Foods: Eat Your Way to a Better Brain and Live the Life You and Your Brain Deserve*. CreateSpace, 2013. 62 p. (978-1493698271, pap.). Foods have the power to heal and to harm. This book will serve as your guide to a healthy body and a sound mind.


• Rodriguez, Judith. *200 Surefire Ways to Eat Well and Feel Better*. Fair Winds Press, 2014. 144 p. (978-1592336531, pap.). Want to lead a healthier lifestyle? *200 Surefire Ways to Eat Well and Feel Better* is a collection of healthy choices in eating and lifestyle that can be made throughout the day in any situation!

• Romanelli, Dave. *Happy Is the New Healthy: 31 Ways to Relax, Let Go, and Enjoy Life NOW!* Skyhorse, 2015. 192 p. (978-1629144986). With just the right balance of laughter and wisdom, these 31 easily accessible takeaways will inspire you to slow down, stress less, smile more, and celebrate life NOW!

Hitler’s myth of Aryan supremacy was a lie.


**Nonprint**

**Audiobook**


**Web Resources**


• 9 Foods That May Help Save Your Memory. www.health.com/health/gallery/0,,20434658,00.html. Here are nine foods that researchers think will keep your whole body—including your brain—healthy.

• 9 Healthy Cooking Substitutions. www.allyou.com/food/healthy-cooking-substitutions/view-all. Trying to cut calories without cutting flavor? These easy baking and cooking substitutions help you create a healthier and equally flavorful dish!

• 10 Strategies for Better Time Management. www.fcs.uga.edu/docs/time_management.pdf. Finding a time management strategy that works best for you depends on your personality, ability to self-motivate, and level of self-discipline. These tips from the University of Georgia Cooperative Extension will guide you.


• 30 Dairy-Free Recipe Substitutions. http://greatist.com/health/30-dairy-free-recipe-substitutions. These are the top-30 picks from Greatist.com, guaranteed to satisfy that next big craving for the creamy, cheesy, and otherwise off-limits dairy products.

• 37 Tech Shortcuts from the Experts. www.techhive.com/article/255718/37_tech_shortcuts_from_the_experts.html. Recommended tech shortcuts to be more productive online.

• 50 Life Hacks to Simplify Your World. http://twistedsifter.com/2013/01/50-life-hacks-to-simplify-your-world. Life hacks are little ways to make our lives easier. These low-budget tips and tricks can help you organize and declutter space, prolong and preserve your products, or teach you something you simply did not know before (e.g., how to tie a full Windsor).


• Alzheimer’s Association. www.alz.org. Formed in 1980, the Alzheimer’s Association advances research to end Alzheimer’s and dementia while enhancing care for those living with the disease.

• Authors Who Visit Book Clubs. www.adweek.com/galleycat/resources-for-authors-traveling-to-book-clubs-schools/21401. Downloadable directory of authors who are willing speak at book-club events or Skype online with book clubs.


• Eat Smart for a Healthier Brain. www.webmd.com/diet/eat-smart-healthier-brain. Add these “superfoods” to your daily diet, and you will increase your odds of maintaining a healthy brain for the rest of your life.

• Exercise Safety. www.hsph.harvard.edu/nutritionsource/staying-safe/. Moderate-intensity activity is generally very safe for most people, even people who have not previously been active. You can lower your injury risk by taking a few simple precautions.

• Exercise Safety Tips for Beginners. www.sparkpeople.com/resource/fitness_articles.asp?id=743. If you are planning to increase your physical activity or start an exercise program, start with the PAR-Q (Physical Activity Readiness Questionnaire), used by doctors, trainers, and health clubs the world over. Usually comprising five to seven questions, it can help rule out any underlying health concerns that could worsen with exercise.


• Healthy Heart Quizzes. www.heart.org/HEARTORG/Conditions/More/ToolsForYourHeartHealth/Healthy-Heart-Quizzes_UCM_304635_Article.jsp.
• Health and Safety Quizzes and Interactive Tools. www.cdc.gov/family/quiz.

• How to Compost.org. www.howtocompost.org. Articles and hundreds of links covering all aspects of composting.


• How to Green Your Cleaning Routine. www.treehugger.com/htgg/how-to-go-green-cleaning.html. Instead of opting for cleaning products that annihilate everything in their path, there are plenty of natural products and methods that keep a house clean and fresh-smelling without toxic side effects.

• How to Organize a Flash Mob. www.wikihow.com/Organize-a-Flash-Mob. A flash mob is an organized routine of a group of performers working together on a large scale to surprise and amuse the general public for a short period of time with a spontaneous performance. Flash mob performances can include dances, songs, and even attempts to break a record. Learn how to organize one here.


• MobileBeat’s Top 200 Party Hits—and Dance Music Tips. www.musicnowdj.com/index/Most_Requested_Top_200_-_Dance_(Alphabetical). This is a list of the most popular party/dance music currently being played by America’s DJs at all types of mobile music events according to a recent survey conducted by the leading national DJ publication MobileBeat.

• Nashville Public Library’s Seed Exchange. www.library.nashville.org/info/seedexchange.asp. The seed-exchange web page for the Nashville Public Library.

• National Sustainable Agriculture Coalition. http://sustainableagriculture.net. NSAC advocates for federal policy reform for the sustainability of food systems, natural resources, and rural communities.

• The Ocoee Middle School Flash Mob. www.oprah.com/oprahshow/Watch-a-Florida-Middle-Schools-Reading-Flash-Mob-Video.


• ReadingGroupGuides. www.readinggroupguides.com. An online community for reading groups.
• Richmond Grows Seed Lending Library. www.richmondgrowsseeds.org/create-a-library.html. The website for the seed lending library in Richmond, California.


• Starting a Book Club. www.ilovelibraries.org/booklovers/bookclub. Thinking of starting your own book club? Learn how to get started and find tips about structuring your meetings, facilitating a great discussion, and finding the right books.

• Sustainable Table. www.sustainabledtable.org. Sustainable Table celebrates local sustainable food, educates consumers about the benefits of sustainable agriculture, and works to build community through food.


• Top 100 Dance and Party Songs. www.djcrashers.com/top-100-dance-and-party-songs/. Top 100 dance and party songs in no particular order.

• USDA’s Educational Campaigns and Consumer Education Materials. www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/teach-others. The Food Safety and Inspection Service is the public health agency in the US Department of Agriculture responsible for ensuring that the nation’s commercial supply of meat, poultry, and egg products is safe, wholesome, and correctly labeled and packaged. Several educational campaign materials are provided related to food safety.

• Wellness and Health Fair Planning Guide. www.modahealth.com/pdfs/wellness/health_fair_planning_guide.pdf. Several checklists for planning a successful wellness or health fair.

• A Women’s Health Quiz. www.idph.state.il.us/about/womenshealth/pubs/womanq.htm.

• Zentangle. www.zentangle.com. Everything you need to know about Zentangle drawing, including designs, information, a blog, and a newsletter.

Apps

There are hundreds of apps to track exercise and health-related activities. Many of these are compatible with the Apple Watch. Apple’s iOS 8 and later versions now include a health tracker app. What follows are just a few examples for iOS users. There are very similar apps for Android fans.

• ATracker—Daily Task and Time Tracking. www.wonderapps.se/atracker. iPhone, iPad, iPod Touch. One tap to start/stop time tracking, with minimal configuration. Customizable user interface. Organize your time and your day, take notes, and set an alarm for activities. Lite version, Free; Full version, $4.99.

• Daily Water—Water Reminder and Counter. http://download.cnet.com/Daily-Water-Free-Water-Reminder-and-Counter/3000-2129_4-75574783.html. iPhone, iPad, iPod Touch. An app that helps us to track the quantity of water we drink and reminds us to
drink water at the right time. Free; upgraded version with more features, $0.99.

- Footsteps—Pedometer Free. [http://footsteps.palmshadow.com](http://footsteps.palmshadow.com). iPhone, iPad, iPod Touch. This free version can count up to 3,000 steps a day. Footsteps—Pedometer for $1.99 includes unlimited steps and an optional music player, Facebook/Twitter compatibility, and more.

- Pacer—Pedometer plus Weight and BMI Management and Blood Pressure Tracker. [www.pacer.cc](http://www.pacer.cc). iPhone, iPad, iPod Touch. Free app that tracks activity, weight, and body mass index (BMI) over time and lets you create walking groups with family and friends.


**DVDs**

- King, Bruce, and Andrea King, dirs. *Chair Aerobics for Everyone—Wheelchair Workout*. Endless Graphic Productions, 2009. 38 min. This video is designed for people in wheelchairs who would like to incorporate exercise into their daily routine. You will learn to combine basic stretching with an upper-body toning workout to increase strength, flexibility, and muscle tone. Doing these exercises regularly will help increase mobility and self-esteem while helping to control weight and aiding in digestion.

- Storrs, Brandon, dir. *Line Dance Lessons on DVD*. Vols. 1 and 2. Omnibox, 2012. 174 min. Learn how to line dance with this line dance DVD set. Learn 20 of the hottest line dances in the country, learn them at your own pace, and get some exercise too.

- Trautman, Shawn, and Joanna Trautman. *Dance Lessons 101: The Basics and Beyond*. Xpress Innovations, 2007. 124 min. Dance Lessons 101 is the best starting point for ballroom, country, swing, and Latin dancing. This DVD is proof you can learn to dance without live lessons. You will be dancing the slow dance, waltz, swing, salsa, two-step, cha-cha, hustle, and West Coast swing in a matter of minutes. Also referred to as the Ultimate Couples Dancing Instruction Video for Beginners, Dance Lessons 101 was designed and developed with the end user in mind.
Test yourself with our free English language quiz about ‘Care, Matter & Mind’. This is a free intermediate English grammar quiz and ESL worksheet. No sign-up required. If you want to learn English grammar or grow your vocabulary then these resources will help you with your studies. Includes helpful articles, a glossary, quizzes, and a large language reference. Grammar. Articles on Grammar. English Grammar Terms. Grammar Quizzes/Exercises. Teaching Grammar. Vocabulary. Articles on Vocabulary. Vocabulary Quizzes/Exercises. Teaching Vocabulary. Reference. Brain Exercises Or Brain Thinners? In fact, some of those brain games don’t exercise your brain at all. You don’t have to take my word for it either. Just check out all the people on this live call who totally agreed: Instead of helping you, those apps train your brain to get good at completing tasks within the world of those apps. If you’re exercising your brain on an abstract level but not directing the fitness at specific life improvement goals, you’re missing out. Your brain fitness must be targeted at specific goals so you get tangible results. And if you’d like brain exercises that do improve your mind and give you a great mental workout that matters, give the following easy exercises a try. I promise they’ll be fun and give you a memory improvement boost in a short period of time. Along with New Year’s resolutions to exercise your body, perhaps it’s time to consider exercising your mind as well. Now is the perfect time to continue your education. Of course the big question is, how do you fit one more thing into your already insanely busy schedule? If you’ve ever hesitated to pursue further education because you couldn’t handle the rigors of a traditional campus program, it may be time to consider the relatively new, but rapidly growing area of online education. Whether you are a housewife ready to take on a new career, a mid-level boomer ready for another challenge, or j