

Topics on Health and Wellness

At the library we have many resources to use to enhance your total health and wellness from books and videos on yoga to information about different illnesses in our Salem Health Database.

Dewey Decimal Locations:

The Dewey Decimal System works by grouping materials with similar content together and then assigning number to them. This is helpful because by going to the section assigned the number 250 will be materials with a similar topic. Below are some health topics with their assigned number. For more information please browse the shelves in these locations.

Meditation 158.12	Exercise/Physical Fitness 613.7	Heart Disease 616.12
Health 613	Yoga 613.7046	Diabetes 616.4
Nutrition 613.2	Kickboxing 613.71	Mental Health 616.8
Weight Loss 613.25	Pilates 613.71	Eating Disorders 616.85
		Cook Books 641

Periodicals:

- *Body and Soul* includes information on whole living, green living, self-help, eating well, fitness, and lifestyle.
- *Fitness* is a magazine that focuses specifically on workout techniques, weight loss, food, and health.
- *Health* is a magazine that is all about healthy living, eating, and disease prevention.
- *Herbs for Health* delivers the latest in herbal product information and offers.
- *Men's Health* deals with specifically men's health issues and concerns.
- *Self* is a magazine targeted at women who are interested in healthy eating, a healthy lifestyle and exercise.

Databases: available through our webpage.

- Salem Health covers diseases, disorders, treatments, procedures, specialties, anatomy, biology, and issues. Salem offers online access to referenced work from *Magill's Medical Guide*.
- Ebsco Host has full-text magazine and scholarly journal articles. You can search for the topics and information you need. For access to this database when you are not in the library, you will need your library card.

