

Fitness & Nutrition

This curated list was developed by Laramie County Library System reading experts who are passionate about helping you discover great library materials! The call numbers on this list will help you locate books on the topics that interest you. Use the signs on the ends of the shelves to help you locate the call numbers. Please let staff know if you would like assistance! E-books, downloadable audiobooks, magazines and comics are available through the [Libby app by OverDrive](#).

FITNESS

Aerobics, barre, dancing	613.715
Exercise equipment.....	613.710284
Fitness	613.7
High-intensity interval training (HIIT).....	613.71
Men	613.70449
Older people, seniors	613.70446
Pilates	613.7192
Posture, balance.....	613.78
Qi gong, chi kung.....	613.71489
Stretching, flexibility.....	613.7182
Tai chi	613.7148
Walking.....	613.7176
Water exercises.....	613.716
Weight loss.....	613.712
Weight training.....	613.713
Women.....	613.7045
Yoga.....	613.7046

NUTRITION

Children	613.2083
Detox, healing foods	615.854
Dietetics.....	613.2
Fasting	613.25

Gluten-free, low-carb diets.....	613.283
Ketogenic diets.....	613.284
Macrobiotic diets	613.264
High-protein diets	613.282
Probiotics, prebiotics	613.26
Raw diets.....	613.265
Sports nutrition.....	613.2024
Sugar-free diets.....	613.28332
Superfoods.....	613.2
Vegan diets.....	613.2622
Vegetarian diets	613.262
Vitamins, minerals, supplements.....	613.286
Weight-loss diets.....	613.25

THERAPIES

Acupressure, acupuncture.....	615.8222
Alternative medicine.....	615.5 and 615.88
Breathwork	613.192
Hypnotherapy	615.8512
Massage, foam rolling.....	615.822
Mind-body connection.....	615.851
Physical therapy	615.82
Reflexology.....	615.8224
Reiki.....	615.852