

Exercise Videos

- The videos listed below are designed to provide gentle exercises for seniors and those with chronic conditions. Always consult a physician before beginning any exercise program.

WG 240 E96 [199?] [video]

Exercise for the rheumatic disease patient. Calgary : Medical Audiovisual Communications Inc., 199? (30 min.)

WE 250 E96 1993 [video]

Exercise therapy for osteoporosis and postural back pain. Toronto : Canadian Learning Company, 1993. (55 min.)

QT 255 D715 1992 [video]

Exercising with Dorothy. Toronto : Canadian Learning Company, 1992. (30 min.)

WE 544 O66 1995 [video]

Fibromyalgia stretching program. Portland, OR : Oregon Fibromyalgia Foundation, 1995. (36 min.)

GV 184 G994 [1995] [video]

Flex fit : muscle conditioning for older adults. Winnipeg : Gwen Selter Creative Living Centre, [1995]. (49 min.)

QT 255 G337 1994 [video]

Gentle fitness - yes! Minocqua, Wi. : Gentle Fitness Inc., 1994. 2 videos, (74 min.) & guide
Video A: (26 min.) Introduction; Sitting; Standing & Sitting. Video B: Self massage; Floor; Meet the participants (48 min.)

QT 255 H434 1996 [video]

The healthy back : Level I. Saskatoon : Better Balance , 1996. (51 min.)

WE 250 B311 1990 [video]

Osteoporosis basic exercise program. Toronto : 1990. (64 min.)

QT 255 M594 1992 [video]

Rise up with Rosie rhythm time. Newark, NJ : Parade Video, 1993. (25 min.) Upbeat movement and chair based exercise for mature adults.

QT 255 M594 1993 [video]

Rise up with Rosie : joyfulness in motion. Newark, N.J. : Golden Rose, 1993. (30 min.) Chair based exercises



Sit and be fit series, Spokane, Wa: Sit and Be Fit Inc.

QT 255 W752 1996 [video]

The caregivers guide to exercise.

Spokane, WA : Sit and Be Fit, Inc.,

Accompanied by video : Sit and be fit : the caregivers guide to exercise (QT 255 W752 1996v [video])

QT 255 W752v 1996 [video]

Sit and be fit : caregiver's guide to exercise. Spokane, WA : Sit and Be Fit Inc., 1995. (48 min.)

QT 255 S623a 1993 [video]

Sit and be fit for arthritis, 1993 (30 min.)

QT 255 S623L 1993 [video]

Sit and be fit for COPD, 1993 (30 min.)

QT 255 S623p 1993 [video]

Sit and be fit for Parkinson's, 1993 (30 min.)

QT 255 S623s 1993 [video]

Sit and be fit for stroke, 1993 (30 min.)

QT 255 T129 1990 [video]

Tai Chi for elders. Toronto : Canadian Learning Company, 1990. (61 min.)

GT 255 K41 1993 [video]

T'ai Chi Ch'uan. Monterey, CA : Kersh & Costanza Productions, 1993 (74 min.)

WE 720 S2554 1994 [video]

YMCA healthy back video. Champaign, Ill. : Human Kinetics, 1994. (45 min.)

The videos, books and articles contained in this listing are available through the J. W. Crane Memorial Library. For further information, feel free to contact the library at 831-2152, or visit us on the first floor of the Administration Building, Deer Lodge Centre. Library hours are 8:30- 4:30 Monday through Friday.