

VSP GetFIT ProgramSM Wellness Library

Supplement your program by recommending resources to help your employees establish a nutrition plan, exercise, and learn more about their health. Consider establishing a lending library for your employees to make it even easier. Following are some popular books and DVDs to help you get started.

Healthy Lifestyle

The 22 Non-Negotiable Laws of Wellness: Take Your Health into Your Own Hands to Feel, Think, and Live Better Than You Ever Thought Possible by Greg Anderson

The Body Fat Solution: Five Principles for Burning Fat, Building Lean Muscles, Ending Emotional Eating, and Maintaining Your Perfect Weight by Tom Venuto

The Harvard Medical School Guide to Men's Health: Lessons from the Harvard Men's Health Studies by Harvey B. Simon

Healthy Women, Healthy Lives: A Guide to Preventing Disease, from the Landmark Nurses' Health Study by Susan E. Hankinson, Sc.D.; JoAnn E. Manson, M.D.; Frank E. Speizer, M.D.; and Graham A. Colditz, M.D.

Mayo Clinic Family Health Book by the Mayo Clinic

The Relaxation & Stress Reduction Workbook by Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay, and Patrick Fanning

Thin for Life: 10 Keys to Success from People Who Have Lost Weight and Kept It Off by Anne M. Fletcher

Wellness Workbook: How to Achieve Enduring Health and Vitality by John W. Travis and Regina Sara Ryan

Why Zebras Don't Get Ulcers by Robert M. Sapolsky

YOU: The Owner's Manual by Mehmet C. Oz and Michael F. Roizen, M.D.

Younger Next Year: Live Strong, Fit, and Sexy—Until You're 80 and Beyond by Chris Crowley and Henry S. Lodge, M.D.

Diet & Nutrition

American Dietetic Association Complete Food and Nutrition Guide by Roberta Larson Duyff and the American Dietetic Association

The Best Life Diet Cookbook: More than 175 Delicious, Convenient, Family-Friendly Recipes by Bob Greene

Biggest Loser Family Cookbook: Budget-Friendly Meals Your Whole Family Will Love by Devin Alexander; Biggest Loser Experts and Cast; and Melissa Roberson

Eat This, Not That! Thousands of Simple Food Swaps that Can Save You 10, 20, 30 Pounds—or More! by David Zinczenko and Matt Goulding

Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating by Walter C. Willett, M.D. and P.J. Skerrett

The EatingWell Healthy in a Hurry Cookbook: 150 Delicious Recipes for Simple, Everyday Suppers in 45 Minutes or Less by Jim Romanoff and EatingWell

The Mediterranean Prescription: Meal Plans and Recipes to Help You Stay Slim and Healthy for the Rest of Your Life by Laurie Anne Vanderمولen and Angelo Acquista

Prevention's The Healthy Cook: The Ultimate Illustrated Kitchen Guide to Great Low-Fat Food by David Joachim and Matthew Hoffman

The Sonoma Diet: Trimmer Waist, Better Health in Just 10 Days! by Connie Guttersen and Stephanie Karpinske

Weight Watchers in 20 Minutes by Weight Watchers

Exercise

Books

7 Minutes of Magic: The Ultimate Energy Workout by Lee Holden

Ashtanga Yoga: The Practice Manual: An Illustrated Guide to Personal Practice by David Swenson

The Biggest Loser Fitness Program: Fast, Safe, and Effective Workouts to Target and Tone Your Trouble Spots by Maggie Greenwood-Robinson and The Biggest Loser experts and cast

Body for Life: 12 Weeks to Mental and Physical Strength by Bill Phillips and Michael D'Orso

The Complete Guide to Walking, New and Revised: For Health, Weight Loss, and Fitness by Mark Fenton

Deadline Fitness: Tone Up and Slim Down When Every Minute Counts by Gina Lombardi and Linda Villarosa

The No Sweat Exercise Plan: Lose Weight, Get Healthy and Live Longer by Harvey Simon

The Non-Runner's Marathon Trainer by David Whitsett, Forrest Dolgener, and Tanjala Kole

The Pilates Body: The Ultimate At-Home Guide to Strengthening, Lengthening, and Toning Your Body—Without Machines by Brooke Siler

Relaxercise: The Easy New Way to Health and Fitness by David Zemach-Bersin, Kaethe Zemach-Bersin, and Mark Reese

Videos

The Biggest Loser Workout: Cardio Max

The Bollywood Dance Workout with Hemalayaa

Dancing with the Stars: Latin Cardio Dance featuring Cheryl Burke and Maksim Chmerkovskiy

Element: Pilates Weight Loss for Beginners featuring Brooke Siler

Exhale: Core Fusion Body Sculpt featuring Fred DeVito and Elisabeth Halfpapp

Fat Free Yoga: Lose Weight & Feel Great featuring Ana Brett and Ravi Singh

Jillian Michaels: 30 Day Shred

Leslie Sansone: Walk at Home—5 Mile Fat Burning Walk

New York City Ballet: The Complete Workout, Vol. 1 and 2

Yoga for Beginners featuring Barbara Benagh