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### **Selected Bibliography from Public Libraries on Good Bone Health to Prevent Osteoporosis**

#### **Boning Up on Osteoporosis**

A Guide to Prevention and Treatment  
National Osteoporosis Foundation  
2008 (616.716)

#### **Exercises for Osteoporosis**

A Safe and Effective Way to Build Bone Density  
and Muscle Strength and Improve Posture and  
Flexibility for Women/Men.  
Dianne Daniels, 2008 (616.716)

#### **The Complete Book of Bone Health**

Using evidence-based research, first-hand stories  
and her own experience, the author compiles the  
latest information about bolstering bones, from  
prevention to treatment, into a single, easy-to-  
understand resource.  
Diane Schneider, 2011 (612.7)

#### **Beautiful Bones without Hormones**

The Revolutionary New Diet and Exercise  
Program to Reduce the Risk of Osteoporosis and  
Keep your Bones Healthy and Strong  
Leon Root, 2004 (616.716)

#### **Yoga for Healthy Bones**

A Woman's Guide  
Linda Sparrowe, 2004 (613.7046)

#### **Yoga for Osteoporosis**

The Complete Guide  
Loren Fishman, Ellen Saltonstall, 2010 (616.716)

#### **Osteopilates**

Increase Bone Density Reduce Fracture Risk Look  
and Feel Great!  
Karena Thek, Lineback, 2003 (616.716)

#### **Outwitting Osteoporosis**

The Smart Woman's Guide to Bone Health  
Ronda Gates, 2003 (616.716)

#### **What your Doctor may not tell you about Osteoporosis**

Help Prevent and Even Reverse the Disease that  
Burdens Millions of Women.  
Felicia Cosman, 2003 (616.716)

#### **Great Healthy Food for Strong Bones**

Fiona Hunter, 2003 (641.5632)

#### **Mayo Clinic on Osteoporosis**

Stephen Hodgson, 2004 (616.716) MAYO

#### **I'm Not Slowing Down**

Winning My Battle with Osteoporosis  
Ann Richards, 2003 (616.716)

#### **Perfect Bones**

A Six-Point Plan for Healthy Bones  
Pamela Levin, 2002 (616-7105)

#### **Preventing and Managing Osteoporosis**

2002 (616.716)

#### **The Silent Thief: Osteoporosis**

Exercises and Strategies for Prevention and  
Treatment  
Karine Bohme, 2001 (616.716)

#### **Better Bones. Better Body**

Beyond Estrogen and Calcium: A Comprehensive  
Self-help Program for Preventing, Halting, and  
Overcoming Osteoporosis  
Susan Brown, Ph.D., 2000 (616.716)

#### **Your Bones**

How You Can Prevent Osteoporosis and Have  
Strong Bones for Life Naturally  
Lara Pizzorno, with Jonathan V. Wright 2011  
(616.716)

**The Whole-Body Approach to Osteoporosis**

How to Improve Bone Strength and Reduce Your Fracture Risk

Keith R. McCormick, 2009 (616.716)

**Osteoporosis-Prevention**

A Proactive Approach to Strong Bones and Good Health

Renee Newman, 2006 (616.716)

**Spanish Resources:****Preveccion y tratamiento de la Osteroporosis:**

Harald Dobnig; traduccion, Almut Deng 2011  
(616.716)

**Exercise For Strong Bones**

E. Joan Basse, 2002, ESPANOL (616.716)

**Osteoporose-Gynastik**

Mia Schmidt, 2002, ESPANOL (616.716)

**Vencer la Osteoporosis**

El Colágeno, Clave de La Descalcificación Y La Artrosis

Ana María Lajusticia Bergasa, 2000, Espanol  
(616.716)

Disclaimer: These books may not have been approved by healthcare professionals and the information they offer should not be used without consulting your own physician.

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