



Somerset County Library Wellness Made Easy Collection

Adult Books

Title: Bad Advice: Or Why Celebrities, Politicians, and Activists Aren't Your Best Source of Health Information

By: Paul Offit M.D.

Description: Paul A. Offit shares hard-earned wisdom on the dos and don'ts of battling misinformation. For the past twenty years, Offit has been on the front lines in the fight for sound science and public health.

Title: 100 No-Equipment Workouts Vol. 1: Fitness Routines you can do anywhere, Any Time

By: Neila Rey

Description: The 100 Workouts Book is for everyone who wants to stay active, get fit, build muscle tone and/or shed extra weight in the home environment without acquiring any extra equipment. Be in complete control of your fitness. No more worrying about the right equipment, the right attire, finding a gym, or finding the space or time to exercise.

Title: 100 No-Equipment Workouts Vol. 2: Easy to follow home workout routines with visual guides for all fitness levels

By: Neila Rey

Description: The *100 No-Equipment Workouts Volume 2* is for everyone who wants to stay active, get fitter, improve muscle tone and feel better. Find a workout you like, perform it to your level and set your goals to go higher and conquer it. A wide variety of workouts means you will never run out of challenges.

Title: The African American Guide to Living Well with Diabetes

By: Constance Brown-Riggs, Tamara Jeffries

Description: This comprehensive guide includes: the latest medical treatments for diabetes- medications, insulin therapies, blood glucose monitors, plus the pros and cons of supplements, herbs and alternative diets.

Title: The Price We Pay: What Broke American Health Care--and How to Fix It

By: Marty Makary MD

Description: *The Price We Pay* offers a roadmap for everyday Americans and business leaders to get a better deal on their health care, and profiles the disruptors who are innovating medical care.

Title: 100 Questions & Answers About HIV and AIDS

By: Paul E. Sax

Description: Offering both doctor and patient perspectives, *100 Questions & Answers About HIV and AIDS* provides authoritative and practical answers to the most commonly asked questions by patients and their loved ones.

Title: The Adventurous Eaters Club: Mastering the Art of Family Mealtime

By: Misha Collins

Description: In *The Adventurous Eaters Club*, Misha and Vicki share how they created a home where mealtime doesn't involve coercion or trickery, and where salad, veggies, fresh soups, and fruit are the main course.

Title: Afro-Vegan: Farm-Fresh African, Caribbean, and Southern Flavors Remixed [A Cookbook]

By: Bryant Terry

Description: For anyone interested in improving their well-being, *Afro-Vegan's* groundbreaking recipes offer innovative, plant-based global cuisine that is fresh, healthy, and forges a new direction in vegan cooking.

Title: Anatomy Essentials For Dummies

By: Maggie Norris

Description: Designed for students who want the key concepts and a few examples—without the review, ramp-up, and anecdotal content—*Anatomy Essentials For Dummies* is a perfect solution for exam-cramming, homework help, and reference.

Title: Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating

By: Christy Harrison MPH RD

Description: Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

Title: The Blue Zones Kitchen

By: Dan Buettner

Description: Innovative, easy to follow, and delicious, these healthy living recipes make the Blue Zones lifestyle even more attainable, thereby improving your health, extending your life, and filling your kitchen with happiness.

Title: Breaking up with Sugar

By: Molly Carmel

Description: Breaking Up with Sugar includes step-by-step meal plans to take the guesswork out of going Sugar-free, as well as seven key self-affirming vows you can rely on to help end the overeating and dieting cycle and release unhealthy weight.

Title: Cauliflower Power

By: Lindsay Grimes Freedman

Description: With more than 75 recipes built around the five ways to prep cauliflower (as a whole head, florets, steaks, riced, and meal), Freedman transforms this versatile veggie into smoothies and scones, pizza crusts and pasta sauces, and sides and salads.

Title: Concussion Rescue

By: Kabran Chapek

Description: *Concussion Rescue* provides the tools for recovery from mild to severe traumatic brain injury. Whether you or someone you love is among the many individuals suffering from a TBI, here is hope and help.

Title: Do No Harm: The Opioid Epidemic

By: Harry Wiland

Description: *Do No Harm* spotlights experts, journalists, and public health crusaders who are combating the special interests of Big Pharma and informing the world on how an aggressive pharmaceutical mass marketing campaign for the new drug OxyContin misled doctors and the public into our current crisis of death and addiction.

Title: Dr. Neal Barnard's Cookbook for Reversing Diabetes: 150 Recipes Scientifically Proven to Reverse Diabetes Without Drugs

By: Neal D Barnard MD

Description: Dr. Barnard offers thorough explanations about the scientific relationship between nutrition and diabetes, and identifies the ingredients in the book by their vitamins, nutritional properties, and health power in a simple and easy to understand way.

Title: Eat to Beat Illness

By: Dr. Rupy Aujila

Description: Dr. Aujila provides the latest research on how food impacts every system of your body. He explains the connection between nutrition and disease and reveals the specific ingredients proven to boost prevention and wellbeing and reverse symptoms.

Title: Energizing Superfood Juices and Smoothies

By: Shauna R. Martin

Description: With over 40 unique and delicious combinations of vegetables, fruits, herbs, and spices, you can make these yummy green juices and smoothies right in your own kitchen, anytime you want.

Title: Food Fix

By: Dr. Mark Hyman

Description: Pairing the latest developments in nutritional and environmental science with an unflinching look at the dark realities of the global food system and the policies that make it possible.

Title: Healthcare Choices: 5 Steps to Getting the Medical Care You Want and Need

By: Archelle Georgiou

Description: Whether you are addressing a life-threatening illness, self-managing a minor ailment, selecting a doctor, or buying insurance, Georgiou's roadmap shows you how to be an active participant in your care.

Title: The Inflammation Spectrum

By: Will Cole

Description: *The Inflammation Spectrum* is about learning to love your body enough to nourish it with delicious, healing foods. You'll find insightful quizzes and empowering advice to put you on a path toward food freedom and overall healing, once and for all.

Title: The Lyme Disease 30-Day Meal Plan: Healthy Recipes and Lifestyle Tips to Ease Symptoms

By: Lindsay Christensen

Description: Start your changes at the dinner table with convenient list of the foods you should (and shouldn't) be eating, plus a delicious selection of healthy recipes. You can also learn how to go beyond your diet and discover the positive effects that detoxing, meditating, and exercising can all have on your health.

Title: The Mayo Clinic Diabetes Diet

By: Donald D Hensrud MD

Description: *The Mayo Clinic Diabetes Diet*, is divided into two phases — Lose It! and Live It! — designed to help at-risk individuals prevent and control diabetes by losing weight quickly and safely, and then maintaining that weight loss.

Title: The Mayo Clinic Guide to Raising a Healthy Child

By: Angela Mattke MD

Description: This book is intended to be a companion manual for navigating those early to middle childhood years, offering encouragement and trusted advice from some of the best experts around, and helping your family find success.

Title: The Mayo Clinic Guide to Self-Care

By: Martha P Millman

Description: Learn how to recognize serious problems so that you'll know when to contact your health care provider and when to call 911 or your local emergency number.

Title: The Medical Check-up Book

By: Dorling Kindersley, Inc.

Description: Be proactive in managing your health by learning more about how it is measured. Discover what factors influence medical tests, and what lifestyle changes you can make to keep fit and healthy for longer.

Title: Medical Medium Thyroid Healing: The Truth behind Hashimoto's, Graves', Insomnia, Hypothyroidism, Thyroid Nodules & Epstein-Barr

By: Anthony William

Description: Empowering readers to become their own thyroid experts, explaining including what's going on with inflammation, autoimmune disease, and dozens more symptoms and conditions, then offers a life-changing toolkit and many new recipes to rescue the thyroid and bring readers back to health and vitality.

Title: Modern Flexitarian

By: Dorling Kindersley, Inc.

Description: *Modern Flexitarian* features 100 healthy, adaptable veg-based recipes alongside quick twists and suggestions that give you the freedom to enjoy meat, fish, or dairy from time to time.

Title: Outdoor Medicine: Management of Wilderness Medical Emergencies (Adventure Skills Guides)

By: Patrick Brighton

Description: Whether it's illness, injury, or life-or-death conditions, author Patrick Brighton, M.D., FACS, is there to lend his experience in assessing and managing backcountry emergencies.

Title: The Scouting Guide to Wilderness First Aid

By: Boy Scouts of America

Description: With this full-color guide scouts, leaders, and everyone else can learn CPR or the proper techniques for treating broken bones, burns, sprains, and more.

Title: Skipper's Medical Emergency Handbook

By: Dr. Spike Briggs

Description: *The Skipper's Medical Emergency Handbook* is designed to assist all who go to sea—whether on a day excursion, a holiday cruise, or an even longer trip. It will provide practical advice, boost confidence, solve problems, and minimize danger for all on board.

Title: A Little Book of Self Care: Sleep: Harness the Power of Sleep for Optimal Health and Well-being

By: Petra Hawker

Description: Reset your sleep patterns to suit your lifestyle and draw on practical techniques to overcome common sleep disruptors, including stress, jet lag, and shift work.

Title: Smart Plants

By: Julie Morris

Description: Morris's 65 mouthwatering, beautifully illustrated recipes make it easy to incorporate these powerful foods into your daily diet.

Title: State of the Heart

By: Haider Warraich M.D.

Description: *State of the Heart* traces the entire arc of the heart, from the very first time it was depicted on stone tablets, to a future in which it may very well become redundant. While heart disease has been around for a while, the type of heart disease people have, why they have it, and how it's treated is changing.

Title: Staying Alive: The Signs That You Have to See a Doctor Right Now (and the Ways to Avoid Having to See One Again)

By: Matthew Hahn M.D.

Description: *Staying Alive* is the ultimate medical survival guide for the twenty-first-century patient. The book details what most effectively saves patients' lives and keeps them well. With advice on taking advantage of available preventive care and changing your lifestyle to avoid these emergencies in the future.

Title: Strengthen Your Back: Exercises to Build a Better Back and Improve Your Posture

By: Dorling Kindersley, Inc.

Description: *Strengthen Your Back* provides easy-to-follow exercises that improve mobility, flexibility, core stability, and strength to help treat an existing condition or reduce chances of future injury.

Title: Stretching for Beginners: Improve Flexibility and Relieve Aches and Pains with 100 Exercises and 25 Simple Routines

By: Natasha Diamond-Walker

Description: Movement is life—and stretching is an easy way for you to increase your flexibility, ease aches, and generally improve your quality of life. This easy-to-follow guide shows you how stretching long and slow can help you find fast pain relief and enhance your range of motion.

Title: Sugar Brain Fix: The 28-Day Plan to Quit Craving the Foods That Are Shrinking Your Brain and Expanding Your Waistline

By: Dr. Mike Dow

Description: *The Sugar Brain Fix* also uses the secret of gradual detox to bypass withdrawal symptoms. Sugar and bad fats release serotonin and dopamine, respectively. Dr. Mike's program will show you how to manufacture these feel-good chemicals without addictive foods.

Title: Sweet Potato Soul: 100 Easy Vegan Recipes for the Southern Flavors of Smoke, Sugar, Spice, and Soul : A Cookbook

By: Jenne Claiborne

Description: From decadent pound cakes and ginger-kissed fruit cobblers to smokey collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

Title: Total Gut Balance: Fix Your Mycobiome Fast for Complete Digestive Wellness

By: Mahmoud Ghannoum Ph.D.

Description: Ghannoum outlines fast changes for fostering healthy fungi as well as 7- and 20-day diet plans, with more than 50 dietician-tested recipes, to cultivate a thriving mycobiome and methods for tweaking your lifestyle for long-term gut health.

Title: Official US Army Physical Fitness Training Guide

By: Department of the Army

Description: A tremendous wealth of information on fitness and exercise in the military -- from flexibility to weight training, grass and guerilla drills to obstacle courses, this is the fitness "bible" of the United States Army.

Title: Ultimate Veg: Easy & Delicious Meals for Everyone

By: Jamie Oliver

Description: Sharing simple tips and tricks that will excite the taste buds, this book will give you the confidence to up your vegetable intake and widen your recipe repertoire, safe in the knowledge that it'll taste utterly delicious.

Title: Vegetable Kingdom: The Abundant World of Vegan Recipes

By: Bryant Terry

Description: The book is organized by ingredient, making it easy to create simple dishes or show stopping meals based on what's fresh at the market. Bryant also covers the basics of vegan cooking, explaining the fundamentals of assembling flavorful salads, cooking filling soups and stews, and making tasty grains and legumes.

Title: Virusphere: From Common Colds to Ebola Epidemics--Why We Need the Viruses That Plague Us

By: Frank Ryan

Description: Ryan explains the role of viruses in the evolution of life, revealing how viruses have changed us at the most intimate level, helping to make us quintessentially human.

Title: We Are the Luckiest: The Surprising Magic of a Sober Life

By: Laura Mckowen

Description: Here, in straight-talking chapters filled with personal stories, McKowen addresses issues such as facing facts, the question of AA, and other people's drinking. Without sugarcoating the struggles of sobriety, she relentlessly emphasizes the many blessings of an honest life, one without secrets and debilitating shame.

Title: What Patients Say, What Doctor Hear

By: Danielle Ofri M.D.

Description: Patients, anxious to convey their symptoms, feel an urgency to "make their case" to their doctors. Doctors, under pressure to be efficient, multitask while patients speak and often miss the key elements. Dr. Ofri reveals how better communication can lead to better health for all of us.

Title: What You Must Know About Strokes: How to Recover from a Stroke and Prevent another Stroke

By: Amytis Towfighi M.D.

Description: The many challenges of dealing with a stroke are great—for patients as well as their loved ones. The road back is not always easy. Understanding what is happening and what treatment options are available is crucial.

Children's Books

Title: Nutrition and Your Body (set)

By: Adobo Publishing Company

Description: Your Body on Carbohydrates, Dairy, Gluten & Caffeine.

Title: Fearless Food: Allergy-Free Recipes for Kids

By: Katrina Jorgensen

Description: Let's get cooking with more than 100 allergy-free recipes for kids! Fun, delicious and easy-to-make breakfasts, snacks, sides, main dishes and desserts avoid the Big-8 food allergens whenever possible.

Title: My First Aid Guide to Asthma and Allergies

By: Joanna Brundle

Description: Do you know what to do if one of your friends injures themselves or becomes ill? Whether your friend has bumped their head or broken a bone, this series will teach you how to keep them safe and how to get help.

Title: My First Aid Guide to Fainting and Seizures

By: Joanna Brundle

Description: Do you know what to do if one of your friends injures themselves or becomes ill? Whether your friend has bumped their head or broken a bone, this series will teach you how to keep them safe and how to get help.

Title: My First Aid Guide to Bumps and Breaks

By: Joanna Brundle

Description: Do you know what to do if one of your friends injures themselves or becomes ill? Whether your friend has bumped their head or broken a bone, this series will teach you how to keep them safe and how to get help.

Title: My First Aid Guide to Cuts and Bleeding

By: Joanna Brundle

Description: Do you know what to do if one of your friends injures themselves or becomes ill? Whether your friend has bumped their head or broken a bone, this series will teach you how to keep them safe and how to get help.

Title: From Accident to Hospital

By: Anastasia Suen

Description: Learn about the chronological timeline of events just after an accident is discovered to the time it takes to transport the victim(s) to the hospital. 9-1-1- operators, police, EMTs and paramedics, and emergency room staff are all described with the duties they perform.

Title: My Friend Uses Leg Braces

By: Kaitlyn Duling

Description: In My Friend Uses Leg Braces, beginning readers are introduced to different characters who use leg braces, how using leg braces may affect their actions, and how we can be good friends to people who use leg braces.

Title: My Friend Has Autism

By: Kaitlyn Duling

Description: In My Friend Has Autism, beginning readers are introduced to different characters who have autism, how autism may affect their actions, and how we can be good friends to people who have autism.

Title: My Friend Has Down Syndrome

By: Kaitlyn Duling

Description: In My Friend Has Down Syndrome, beginning readers are introduced to different characters who have Down syndrome, how Down syndrome may affect their actions, and how we can be good friends to people who have Down syndrome.

Title: My Friend Is Deaf

By: Kirsten Chang

Description: In My Friend is Deaf learn how deaf people communicate through sign language, and encourage readers to befriend deaf members of their community.

Title: My Friend is Blind

By: Kirsten Chang

Description: In My Friend Is Blind, beginning readers are introduced to different characters who are blind, how blindness may affect their actions, and how we can be good friends to people who are blind.

Title: My Friend Uses a Wheelchair

By: Kristen Chang

Description: In My Friend Uses a Wheelchair, beginning readers are introduced to different characters who use wheelchairs, how using a wheelchair may affect their actions, and how we can be good friends to people who use wheelchairs.

Title: Let's Make Yoga Magic

By: Heather Leah

Description: Make yoga magic with the most beautiful and interactive kids yoga book out there! Pull the levers, turn the wheels, and watch as 13 adorable children come to life to act out 13 yoga poses and create other yoga magic.

Title: All About Asthma

By: Megan Borgert-Spaniol

Description: Millions of kids live with asthma. All About Asthma helps kids discover the causes, like exercise or allergies, and how to manage it.

Title: All About Pink Eye

By: Megan Borgert-Spaniol

Description: Pink eye can make your eyes red and itchy. But it doesn't last long. All About Pink Eye helps kids find out what causes pink eye and how to treat it.

Title: The Basics of Cell Life With Max Axiom, Super Scientist

By: Amber Keyser

Description: Follow Max Axiom on an amazing adventure through plant and animal CELLS! In this action-packed graphic novel, the one-and-only Super Scientist discovers the earliest cells on Earth, shrinks to the size of a cell, and swims among molecules.

Title: The Boy's Body Book

By: Kelli Dumham, R.N.

Description: Author and nurse Kelli Dunham covers everything from body changes to planning for college, giving pre-teen boys the answers they need to prepare for puberty and beyond.

Title: Science Comics: The Brain: The Ultimate Thinking Machine

By: Troy Woollcott

Description: How did the brain evolve? How do our senses work in relation to the brain? How do we remember things? What makes you, YOU? Get an inside look at the human brain, the most advanced operating system in the world . . . if you have the *nerve!*

Title: Decoding Genes with Max Axiom, Super Scientist

By: Amber J. Heyser Ph.D.

Description: You never had a science teacher like this! Max Axiom is a super-cool super-scientist. Using powers he acquired in a freak accident. Max demonstrates and explains science in ways never before seen in the classroom. Whether shrinking down to size of an ant or riding on a sound wave, Max can do whatever it takes to make science super cool and accessible.

Title: Doctors

By: Emma Less

Description: In this book, readers will meet the doctors who make sure we stay healthy and happy. Aimed at emergent readers, the text also includes vocabulary specific to this community helper's job, along with colorful action images.

Title: Emergency Care

By: Susan H Gray

Description: Read this book to explore the many advancements that have occurred in emergency care and the role innovation played in their development.

Title: The Girl's Body Book

By: Kelli Dunham, R.N.

Description: Covering body changes, personal hygiene, self-confidence, and leadership, the *Girl's Body Book* helps prepare girls for puberty and beyond.

Title: Nurses

By: Emma Less

Description: In this book, readers will meet the nurses who help make sure we grow well and stay healthy and strong. Aimed at emergent readers, the text also includes vocabulary specific to this community helper's job, along with colorful action images.

Title: Science Comics: Plagues: The Microscopic Battlefield

By: Falynn Koch

Description: *Science Comics: Plagues* takes readers across the microscopic battlefield to get to know the critters behind history's worst diseases. We delve into the biology and mechanisms of infections, diseases, and immunity, and also the incredible effect that technology and medical science have had on humanity's ability to contain and treat disease.

Title: The Surprising World of Bacteria with Max Axiom, Super Scientist

By: Agnieszka Biskup

Description: You've never had a science teacher like this! Max Axiom is a super-cool super-scientist. Using powers he acquired in a freak accident, Max demonstrates and explains science in ways never before seen in the classroom

Title: Survive! Inside the Human Body, Vol. 1: The Digestive System

By: Gomdori Co.

Description: *Survive! Inside the Human Body, Volume 1* begins an epic journey through the human body with a look at the digestive system. This lively, full-color science comic explores Phoebe's insides after she accidentally swallows a microscopic ship.

Title: Survive! Inside the Human Body, Vol. 2: The Circulatory System

By: Gomdori Co.

Description: In this volume, our heroes Geo and Dr. Brain face hostile white blood cells, Phoebe's powerful heartbeat, and a bruise that threatens to suck them out of the bloodstream and leave them stranded forever!

Title: Survive! Inside the Human Body 3

By: Gomdori Co.

Description: *Vol. 3* concludes our incredible tour of the human body with a wild ride through the nervous system. When Geo and Dr. Brain find themselves inside Phoebe's brain, they must brave shocking electrical signals and navigate a maze of neurons and synapses.

Title: Understanding Obesity

By: Matt Chandler

Description: For young people, leading a healthy lifestyle requires education and empowerment. In *Understanding Obesity*, readers will explore the social aspects and health effects of obesity, the fundamentals of weight gain and loss, and ways to make healthy choices.

Title: Understanding Viruses with Max Axiom, Super Scientist

By: Agnieszka Biskup

Description: Follow Max Axiom on a microscopic adventure into the world of VIRUSES! In this action-packed graphic novel, the one-and-only Super Scientist shrinks to the size of bacteria, discovers ways to stay healthy, and more!

Title: When a Kid Likes Me Fights Cancer

By: Catherine Stier

Description: When a young boy finds out he has cancer, he learns a lot right away. He also learns that having cancer is easier when everyone around him wants to help him fight.

Adult DVD's

Title: Bodystrikes by Powerstrike Volume 1

Description: An intense, total-body cardio workout designed to help you get strong, lean legs. Your own body weight provides all of the power and resistance required!

Title: Bodystrikes by Powerstrike Volume 2

Description: An intense, total-body cardio workout designed to help you get strong, lean legs. Your own body weight provides all of the power and resistance required!

Title: Bodystrikes by Powerstrike Volume 3

Description: An intense, total-body cardio workout designed to help you get strong, lean legs. Your own body weight provides all of the power and resistance required!

Title: Do No Harm: The Opioid Epidemic

Description: This film talks to leading doctors, law enforcement and other experts putting the spotlight on the worst man-made epidemic in our nation's history.

Title: Dr. Andrew Weil Collection

Description: Five of Dr. Weil's landmark programs on health and nutrition in one set. 8 Weeks to Optimum Health, Spontaneous Healing, Eating Well for Optimum Health, Healthy Aging and Guide to Eating Well.

Title: Geri-Fit Greatest Generation Workout

Description: This workout is ideal for older adults that want to regain strength that has been lost thorough the aging process so that functional capacity, range of motion, balance and gait improves.

Title: Geri-Fit Weighted Lunge Workout for Zoomers

Description: Improve the activities of daily living that require strength and stamina. Join a group of older adults ages 60-85 in this advances strength training workout.

Title: Geri-Fit Workout 6032 with Francesca Fisher

Description: These weight training exercises are essential for fall prevention but will also improve range of motion, balance, strength and endurance.

Title: Yoga For Busy Moms: NamaSlay – Key Yoga Poses

Description: Each lesson is intended to give busy moms a chance to slow down and focus on a mind-body connection that they may otherwise neglect with the demands of day to day life.

Title: Perfect 8's The Workout Set One with Jaime Brenkus

Description: A perfect dose of fitness...in the perfect amount of time! This DVD breaks the day into convenient 8 Minute segments.

Title: Perfect 8's The Workout Set Two with Jaime Brenkus

Description: A perfect dose of fitness...in the perfect amount of time! This DVD breaks the day into convenient 8 Minute segments.

Title: Tracy Anderson: TAVA Strong & Sexy Dance Party

Description: Dance cardio content with a low impact, high calorie burning workout. TAVA incorporates strict, streamlined choreography for proven results.

Title: Yoga For Health: Basics

Description: Designed to promote health, wellbeing, beautiful bodies and peace of mind and is set up to be as easy to follow as participating in classes—but with the benefit of doing so in your own home!

Children's DVD's

Title: Fitness 4 Kids Cardio Workout

Description: A 60 minute workout designed especially for kids and teens. Have fun and get fit with no equipment necessary!

Title: Storyland Yoga

Description: Where yoga and storytelling meet! Engage in a story where kids will learn yoga by imitating animals, equally fun for parents and family members.

Audio CD's

Title: Wiggle Jiggle Fitness Fun

Description: A dynamic collection of fitness songs to help kids 4-7 integrate critical development movement patterns and prepare them for easier learning.

Title: Workout Fitness Tunes

Description: Bass pumping dance hit by various artists.

Title: Zumba Fitness Dance Party

Description: Official Zumba Fitness Tracks and Chart Hits.