

## Book List: Health and Wellbeing DVD

### Ordered by Title

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<b>Title</b>	<b>Author</b>	<b>Year</b>
30 day shred [DVD]	Michaels, Jillian	2009
An introduction to acupressure [DVD]: (Health And Wellbeing Vol. 2)		2008
Aromatherapy [DVD]: well oiled: a complete guide to aromatherapy (Health And Wellbeing Vol.2)		2008
Beginner Tai Chi [DVD]	Luff, Stephen	2008
Billy Blanks' Tae Bo [DVD]: the ultimate collection	Blanks, Billy	2004
Billy's bootcamp [DVD]	Blanks, Billy	2007
Blast off belly fat [DVD]: (10 Minute Solution series)		2008
Bread and baking with Hugh and Gil [DVD]: (River Cottage)		2010
Camilla's cardio dance workout [DVD]		2009
Change your life in seven days [DVD]	McKenna, Paul	2010
Coast to coast [DVD]: Wainwright walks	Bradbury, Julia	2009
Dance it off with Vicky Binns [DVD]	Binns, Vicky	2007
Dance on Broadway (Wii)		2010
Dance your body thin [DVD]: (10 Minute Solution)		2009
Davina [DVD]: super body workout		2008
Discover the spirit of yoga [DVD]: (Health And Wellbeing Vol.1)		2008
Diversity [DVD]: dance, fitness, fusion		2010
Exerbeat (Wii): gym class workout		2011
Fighting fit, fighting fat [DVD]	Walden, Harvey	2009
Fit in 5 to 20 minutes [DVD]: legs, bum and tum attack		2011
Fitness ball workouts [DVD]: (10 Minute Solution)		2006
Gentle Tai Chi [DVD]: (Health And Wellbeing Vol.1)		2006
Get into shape [DVD]: fitness for the over 50's		2009
Giggs fitness [DVD]	Giggs, Ryan	2011
Grow with Joe [DVD]: the kitchen garden	Maiden, Joe	2008
Hoopng: a revolutionary fitness program	Zamor, Christable	2010
Hour of power [DVD]: the ultimate fitness class		2011
I can make you thin: love food, lose weight	McKenna, Paul	2010
I can make you thin [DVD]	McKenna, Paul	2010

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Inch loss yoga [DVD]: Hatha yoga for toning - (Healthy Living Series)	Fulton, Susan; Morgan, David	2007
Indian cooking with Mridula Baljekar [DVD]		2006
Jamie at home [DVD]: series 2 winter recipes	Oliver, Jamie	2007
Jamie at home [DVD]: series 2, summer recipes	Oliver, Jamie	2007
Jamie at home [DVD]: the complete series	Oliver, Jamie	2007
Just dance (Wii)		2009
Just dance 2 (Wii)		2010
Kate's cardio combat [DVD]	Lawler, Kate	2002
Kickbox bootcamp [DVD]: (10 Minute Solution series)		2006
Kundalini yoga meditation for beginners and beyond [DVD]	Brett, Ana; Singh, Ravi	2010
Kundalini yoga to detox and de-stress [DVD]		2007
Massage for all [DVD]: (Health and Wellbeing Vol. 2)		2008
Meditation [DVD]: the key to peace of mind (Health And Wellbeing Vol. 1)		2006
My fitness coach (Wii): cardio workout		2009
My fitness coach - (Wii): get in shape		2009
My fitness coach (Wii): dance workout		2010
Nell McAndrew [DVD]: ultimate challenge, ultimate results	McAndrew, Nell	2004
Nigel Slater's simple suppers [DVD]: series 2	Slater, Nigel	2011
Nigel Slater's simple suppers [DVD]: series 1		2009
Pat Chapman's curry magic [DVD]		2006
Pilates for back and posture [DVD]: (Fit for Life Series)		2004
Pilates for beginners [DVD]: (10 Minute Solution series)	Ambandos, Andrea	2010
Pilates for lower back pain [DVD]		2006
Pilates weight loss workout for dummies [DVD]		2005
Postnatal rescue with Erin O'Brien [DVD]: (The Complete Pregnancy Workout)		2009
Power cycling [DVD]: techniques, instructions, training		2010
Power yoga [DVD]: total body	Yee, Rodney	2005
Prenatal fitness fix with Erin O'Brien [DVD]: (The Complete Pregnancy Workout)		2005

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Prenatal Pilates with Niece Pecenka [DVD]: (The Complete Pregnancy Workout)		2005
Prenatal yoga with Desi Bartlett [DVD]: (The Complete Pregnancy Workout)		2005
Pump [DVD]		
Pump it up! [DVD]: the ultimate dance workout		2004
Quit smoking now [DVD]	McKenna, Paul	2004
Railway walks- [DVD]: with Julia Bradbury	Bradbury, Julia	2009
Rick Stein's far eastern odyssey [DVD]		2010
Rick Stein's French odyssey [DVD]	Stein, Rick	2007
Rick Stein's Spain [DVD]	Stein, Rick	2011
Rosemary Conley's fat attack workout [DVD]: high intensity aerobic fat burning	Conley, Rosemary	2003
Rosemary Conley's five day fat burner [DVD]	Conley, Rosemary	2003
Rosemary Conley's ultimate whole body workout [DVD]	Conley, Rosemary	2005
Slim and salsacise [DVD]	Conley, Rosemary	2004
Strong Body Fit Body: Burn Fat and Build Muscle to help you Lose Weight [DVD]		2010
Strong body, fit body [DVD]	O'Brien, Erin	2010
Swedish massage [DVD]: demonstrated by Georgina Tisdall [DVD]		2006
Tai Chi [DVD]: the 24 forms	Lam, Paul	2001
Teach yourself Indian head massage [DVD]	Lee, Wendy; Hall, Tracey	2003
Ten minute method workouts for back Pain and posture [DVD]		2010
The Bollywood dance workout [DVD]		2007
The essential guide to massage [DVD]		2005
The firm [DVD]: bootcamp maximum calorie burn		2009
The Geoff Hamilton collection [DVD]		2007
The naked chef - [DVD]: series 3	Oliver, Jamie	2006
The naked chef [DVD]: the fantastic first series	Oliver, Jamie	2006
The naked chef 2 - [DVD]	Oliver, Jamie	2006
The ultimate total body workout for men [DVD]	Jocic, Nash	
The Victorian garden series [DVD]		2002

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The Wagamama cookbook [DVD]	Arnold, Hugo	2005
Total fitness in 12 minutes a day, for men [DVD]		2008
Total yoga [DVD]	4Digital Media	2010
Trudie Styler's core strength Pilates [DVD]	Trudie Styler	2010
Ultimate stretch workout [DVD]: Kundalini yoga		2006
Wainwright walks - [DVD]: series one	Bradbury, Julia	2007
Wainwright walks - [DVD]: series two	Bradbury, Julia	2007
Yoga conditioning for weight loss [DVD]: (Fit for Life Series)		2010
Yoga for beginners [DVD]		2008
Yoga for stress relief [DVD]	Benagh, Barbara	2008
Yogalates for weight loss [DVD]		2006
Zumba abs, buns and thighs [DVD]	Zumba Productions	2004
Zumba advanced [DVD]	Zumba Productions	2004
Zumba beginners [DVD]	Zumba Productions	2004
Zumba power [DVD]	Zumba Productions	2004