

# Books & Learning

## FITNESS FOR TEENS

*Recommended for Ages 12-18*

Physical fitness is about more than getting pumped. Check out these resources for ways to improve concentration, handle stress, and sleep better by investing in your personal fitness.

### Books

[\*The Young Champion's Mind\*](#) by Jim Afremow

[\*Human Movement\*](#) by Carla Mooney

[\*Total Teen\*](#) by Tracy Anderson

[\*You Are Your Own Gym\*](#) by Mark Lauren

### Online Articles

*Gale Virtual Reference Library: Physical Fitness and Exercise*

[tinyurl.com/yadndt4y](http://tinyurl.com/yadndt4y)

This essay from the reference book *Healthy Living* is full of information on the evolution of fitness, how celebrities stay fit, and fitness activities like martial arts, swimming, and frisbee.

*University of Rochester Medical Center: Exercise and Teenagers*

[tinyurl.com/yadrk3ou](http://tinyurl.com/yadrk3ou)

Quick tips for starting a fitness program for teenagers.

### Digital Magazines

*RB Digital: Women's Health & Men's Health*

[tinyurl.com/y76864ty](http://tinyurl.com/y76864ty)

Stay current on the latest fitness trends with these magazines available for free with your library card.

### Streaming Videos on Kanopy

*Essentials of Strength Training*

[lacounty.kanopy.com/video/essentials-strength-training](http://lacounty.kanopy.com/video/essentials-strength-training)

Learn about human physiology and strength training techniques in this 6-video course.