

# Video Resources

## Health Promotion Program

### Work Life Staff Alameda (510) 437-2736

#### PHYSICAL ACTIVITY & FITNESS

*Stretching: the Video*  
\* *Heart Healthy Exercise*  
\* *Fitness (9:06)*  
*Passive Stretching Techniques (37:00)*  
*Flex Don't Stretch (51:00)*  
*Core Training: Developing the Weakest Link (67:00)*  
*Kathy Smith's Aerobox Workout*  
*Walking for Health and Fitness (32:00)*  
*Strength Training Without Weights: Upper Body (41:00)*  
*Strength Training Without Weights: Lower body (27:00)*  
*Kathy Smith's Power Step Workout*  
*Basic Training: Low Impact and Strength Training with Ada*  
*Thera-Band: Fit While You Sit*  
\* *The Target Zone Exercise Program (29:00)*  
*Keys to Weight Training For Men & Women (12:00)*  
*The Healthy Heart Walking Tape (audio)*  
*Fitness and Exercise (9:30)*  
*Total Alignment & Stretch*  
*Pure & Simple Stretch (35:00)*  
*Strength Training for Endurance Athletes (70:00)*

#### STRESS MANAGEMENT

*Balancing Work and Home*  
*Coping With Stress in the Real World (24:00)*  
*Manage It! Stress Series*  
\* *Stress Traps*  
\* *Stress Overload*  
\* *Interpersonal Conflict*  
\* *Job Stress*  
\* *Survival Skills*  
*Healthy Ways to Deal With Stress (19:00)*  
*Humor & Stress Management Series:*  
*Laughing Matters*  
*Humor Works (45:00)*  
*Laughing at Stress (22:00)*  
*Humor Risk and Change (20:00)*  
\* *Managing Stress (19:00)*  
\* *Meditation (60:00)*  
\* *Progressive Relaxation Training (20:00)*  
*Workplace Relationships: Meeting the Challenge of Change*  
*Understanding Mental Health Care: Helping Consumers Make Choices*

\* *Instructor kit and handouts included*

#### NUTRITION & WEIGHT MANAGEMENT

\* *Heart Healthy Eating*  
\* *Heart Healthy Shopping*  
\* *Nutrition: Personal Action (12:33)*  
\* *Eating For Life: The Nutrition Pyramid (22:00)*  
*Five A Day The Easy Way (15:30)*  
*Five A Day (9:30)*  
*Understanding the Food Guide Pyramid (57:00)*  
*Weighing the Truth About Exercise and Weight Control (34:00)*  
*Why Diets Don't Work (56:00)*  
*Exercise and Weight Control: Myths and Misconceptions (43:00)*  
\* *Healthy Eating on the Run (10:15)*  
\* *Healthy Eating for the Whole Family*  
\* *Healthy Eating for Healthy Weight (12:25)*  
\* *Weight Management: Personal Action (11:14)*  
\* *Enhancing Food Flavors with Herbs and Spices (13:36)*  
\* *Quick and Easy Low Fat Cooking (13:17)*  
\* *Supermarket Nutrition: Shopping For Good Health (13:36)*  
*The Seven Most Popular Nutrition Myths (10:20)*  
\* *How to Read the Food Label (10:20)*  
*Winning Sports Nutrition (30:00)*  
*US Army Nutrition Connection Series*  
*Building a Performance Diet (12:24)*  
*Nutrition Supplements: The Facts (12:14)*  
*Fluids: Your Key to Performance (11:48)*  
*Getting Started (18:08)*  
*Performance Choices (14:15)*

#### HEALTH RISK REDUCTION

*The Impact of Stress, Exercise, and Lifestyle on the Immune System (23:00)*  
\* *Cholesterol Control (29:00)*  
\* *Do You Have Heart Disease?*  
\* *Congestive Heart Failure*  
\* *Are You at Risk for Heart Attack?*  
\* *Diabetes & Heart Disease*  
*AIDS: No Nonsense Answers*  
*Alcohol Awareness (58:30)*  
\* *Cardiovascular Disease (10:00)*  
*Coronary Artery Disease (*

## **Video Resources (cont'd)**

### **SELF CARE**

- \*Back Fitness (11:17)*
- \*Computer Fitness*
- Women's Health Series:*
  - Menstruation*
  - Contraception*
  - Sexually Transmitted Diseases*
  - Infertility*
  - Pregnancy*
  - After Pregnancy*
  - Menopause*
  - Breast Cancer*
- \* Women and Self Care*
- \* Men and Self Care*

### **TOBACCO CESSATION & SUBSTANCE ABUSE**

- \*Stop Smoking (9:39)*
- Smoke Signals: Cigarettes and Heart Disease*
- \*Smoking: How to Stop (23:00)*
- \*Addictive Patterns*

*\* Instructor kit and handouts included*

### **HEALTHY LIFESTYLES**

- \*Healthy Change (17:00)*
- \*Healthy Lifestyle (15:00)*
- \* Wellness: Personal Action (14:55)*
- \* Living With Health (17:00)*
- \*Healthy Relationships*
- A New Attitude: Keeping a Positive Mental Attitude (72:00)*
- Self Esteem: the Power to be Your Best Motivation and Goal Setting (62:00)*
- Believe in Yourself*
- The Secret to a Satisfied Life Goals (audio)*

*(Revised 6/103)*

# WELLNESS VIDEO REQUEST FORM

Unit: \_\_\_\_\_

Health Promotion Coordinator: \_\_\_\_\_

Phone No: \_\_\_\_\_

- Video Title: \_\_\_\_\_
- Date of Training: \_\_\_\_\_
- Date Video Needed: \_\_\_\_\_

*You may reserve the Wellness Video for two weeks. Allow at least five days for delivery. Videos are sent only by regular mail. No Fed Ex/Overnight shipping! Be sure to request it in time to become familiar with the contents and to make sufficient preparations.*

- Mailing Address:  
Mr. Dan Blaettler  
Health Promotion Program- Work Life Staff  
U.S. Coast Guard ISC Alameda (Bldg 16)  
Coast Guard Island  
Alameda, CA 94501
- Fax This form to:  
Dan Blaettler  
Health Promotion Manager  
Fax: (510) 437-5996

Questions? Call (510) 437-2736

*For Health Promotion Manager*

Date Request Received: \_\_\_\_\_

Date Kit Returned: \_\_\_\_\_

***Thank You for Your Interest In Health Promotion Training!***