

Cerritos College Library

In the Wilford Michael Library & Learning Resource Center

HEALTH, NUTRITION, AND FITNESS

Your search for information on **Health, Nutrition, and Fitness** can include books, periodicals, online databases, and authoritative Internet resources.

Books

Use the **Library Catalog** located on the Cerritos College **Library Home Page** to find books on your topic that are available in the Cerritos College Library. Books can provide a broad overview of a topic or in-depth information. You can search for books by *Author, Title, Subject, or Keyword*.

Listed below are some *Library of Congress Subject Headings* used in the catalog for books relating to *health, nutrition, and fitness*. Use these terms to *Search by Subject*. Remember, this list is by no means conclusive.

Diet
Emotions. Social aspects
Exercise
Health
Health attitudes

Interpersonal relations
Longevity
Mental health
Nutrition
Physical fitness

Relaxation
Self-care, health
Sleep
Stress management
Vitality

Selected Reference Books

Reference books are a good starting point for your research because they help you become better acquainted with your topic. Listed below are some reference books that may be useful in your research.

The Encyclopedia of Vitamins, Minerals, and Supplements

REF QP771 .E53 2004

Diet and Nutrition Sourcebook

REF RA784 .D542 2006

The Encyclopedia of Exercise, Sport and Health

REF GV567 .B78 2004

Encyclopedia of Human Nutrition

REF QP141 .E526 2005

Adult Health Concerns Sourcebook

REF RC82 .A38 2008

Stress-Related Disorders Sourcebook

REF RA785 .S78 2002

Bowes & Church's Food Values of Portions Commonly Used

REF TX551 .P385 2005

Fitness and Exercise Sourcebook

REF GV436 .F53 2007

Encyclopedia of Foods: A Guide to Healthy Nutrition

REF TX349 .E475 2002

The Encyclopedia of Nutrition and Good Health

REF RA784 .R646 2003

The Merck Manual of Health & Aging

REF RA777.5 .M47 2004

Finding Magazine, Journal and Newspaper Articles

Journals and magazines usually provide the most current information on a topic. Journal articles are more scholarly or professional while magazine articles tend to be shorter and more general. Newspaper articles,

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while not usually scholarly or professional, can give you the most current news and some additional facts on your topic.

To find articles on your topic, use one of the online databases listed below. These databases usually provide full-text articles on almost every topic. They are available via the ***Library Home Page***. Conduct your search in these databases by using subject headings and keywords similar to those you used to locate books.

Online Databases for health, nutrition, and fitness:

CQ Electronic Library
EBSCOhost
Gale Databases

NewsBank
Proquest Newspapers
Salem Health

For remote access to the library databases, login to the ***Library*** using your Cerritos College ID number.

See the ***Database Page*** or handout for a complete description of the Cerritos College Library online resources.

For historical research, the Library also has print indexes that must be used to find older articles, generally anything published before 1985.

Internet Sites

The Internet can be a valuable source for supplementing the information you have gathered from books and periodicals. It is important that you evaluate the information you get from the Internet to determine if it is reliable and useful to your research. A few Internet sites that may be useful are listed here.

Food, Nutrition, & Fitness: USA.gov

<http://www.usa.gov/Citizen/Topics/Health/Food.shtml>

FirstGov for Consumers: Health

<http://www.consumer.gov/health.htm>

Be Physically Active Each Day

<http://www.healthierus.gov/exercise.html>

Aim...Build...Choose...for Good Health

<http://www.health.gov/dietaryguidelines/dga2000/document/contents.htm>

National Women's Health Information Center

<http://www.womenshealth.gov/>

Nutrition.gov

http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1

CDC A-Z Index Health Information

<http://www.cdc.gov/az/a.html>