



Library Notes



On the fast track to information ...

Spring 2006

"Let's get physical!"

Physical fitness and nutrition sources in the Mott Library

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

- John Fitzgerald Kennedy

Pecs appeal. Exercise amount is more important than intensity. Should I use a heart rate monitor? I know that being physically active is vital to good health, but what exactly should I do? Just what do I have to do in order to lead a healthy lifestyle and be "fit"?

Whether playing sports for fun or walking for fitness, most would agree that physical activity is an essential life activity. The Mott Library has a wide variety of sources that answer questions and provide a wealth of information on exercise, fitness and nutrition.



Mott College Fitness Center

Located in The Ballenger Field House and administered by Health Science Division, this is one of the best deals in town! Once you successfully complete one of the four PEAC courses, membership in the Fitness Center is \$25.00 per semester. For more information call Health Sciences at 762-0317.

Online Databases

Health and Wellness Resource Center provides information from a wide variety of sources including full-text magazine and journal articles, pamphlets, medical reference books and links to pertinent web sites.

Professional Collection consists of a diverse range of journals from the field of education. These sources include: *Nutrition Today*, *Research Quarterly for Exercise and Sport*, *Tufts University Health and Nutrition Letter*, *Journal of School Health*, *Physical Educator* and *Journal of American College Health*.

Expanded Academic ASAP Plus

You will find articles from scholarly journals, magazines and newspapers using this database. Very helpful in finding articles on topics including exercise, diet, sports, health issues and nutrition.

These databases are all available both on campus and from home. To

connect to these and many more Mott Library online databases, go to www.library.mcc.edu. Choose "Online Resources."

When connecting from off campus you will be prompted for an ID number. Enter the 14 digit number printed, above the barcode on the front of your Mott ID card.

PALnet (Public and Academic Library network).

A cooperative agency consisting of Mott College, Baker College and Kettering University, PALnet is also the name of the online book catalog used at the Mott Library to locate books. When searching PALnet, remember your initial search includes the holdings of all three libraries. You may then limit your search to the books found at the Mott Library.

To connect to PALnet go to: www.library.mcc.edu. Select "Library Catalog."

On The Wire... Websites of Interest

Fitness in the Yahoo! Directory
<http://dir.yahoo.com/Health/Fitness>

The President's Council on Physical Fitness and Sports
<http://www.fitness.gov/>

Exercise and Physical Fitness from Medline Plus
<http://www.nlm.nih.gov/medlineplus/exerciseandphysicalfitness.html>

Nutrition in the Yahoo! Directory
<http://dir.yahoo.com/Health/nutrition>

