

## Pathfinder: Wellness

<b>Magazines</b>	<ul style="list-style-type: none"><li>• Fitness Magazine</li><li>• ESPN</li><li>• Sports Illustrated</li><li>• Kickoff</li></ul>
<b>Books: Nonfiction (Dewey Decimal No)</b>	<ul style="list-style-type: none"><li>• 790 Sports</li><li>• 610 Wellness</li><li>• 640</li><li>• 250 Leadership</li><li>• 300 &amp; 350</li><li>• 640 - 650</li></ul>
<b>Internet Resources</b>	<ul style="list-style-type: none"><li>• <u>Internet Public Library of Sports Pathfinder</u> (<a href="http://www.ipl.org/div/subject/">http://www.ipl.org/div/subject/</a>)</li><li>• <u>Learn CPR</u> (<a href="http://depts.washington.edu/learncpr/">http://depts.washington.edu/learncpr/</a>) Illustrated CPR guides for adults, children, and infants.</li><li>• <u>Food and Nutrition Information Center</u> (<a href="http://fnic.nal.usda.gov/nal_display/index.php?tax_level=1&amp;info_center=4">http://fnic.nal.usda.gov/nal_display/index.php?tax_level=1&amp;info_center=4</a>) Directory of resources from the federal government.</li><li>• <u>Nutrition</u> (<a href="http://www.nutrition.gov/nal_display/index.php?info_center=11&amp;tax_level=1">http://www.nutrition.gov/nal_display/index.php?info_center=11&amp;tax_level=1</a>) Resources for good nutrition and health safety including school lunch.</li><li>• <u>National Institutes of Health</u> (<a href="http://www.nih.gov/">http://www.nih.gov/</a>) Information on medical and health issues as well as symptoms and diagnosis.</li></ul>