



Wellness Resources by Topic

Not sure what wellness activities to do to educate your staff on other wellness topics? Use this list to help find resources, Web sites, and programs related to specific wellness topics. Full descriptions for each resource are located in the Lending Library or Wellness Resources and Web Sites located on the weatrust.com Web site. In addition, a Health Educator can offer assistance.

Topics

Complementary and Alternative Medicine
Health Management
Financial Wellness
Health Care Consumerism, Quality, Safety, and Self-Care
Nutrition and Weight Management
Overall Wellness
Physical Activity
Stress Management and Emotional Wellness
Tobacco Cessation
Worksite Wellness Planning

Complementary and Alternative Medicine

Web sites (See Wellness Resources and Web Sites for descriptions)

- WEA Trust, www.weatrust.com
- CVS Caremark, <http://healthresources.caremark.com/topic/home>
- Healthfinder, www.healthfinder.gov
- Herbal Safety, www.herbalsafety.utep.edu
- WholeHealth Network, <http://weatrust.wholehealthmd.com>





Health Management

Books (See Lending Library for description)

- *The Culprit and the Cure*
- *What Healthy People Know*

Web sites (See Wellness Resources and Web Sites for descriptions)

- WEA Trust, www.weatrust.com
- American Cancer Society, www.cancer.org
- American Diabetes Association, www.diabetes.org
- American Heart Association, www.americanheart.org
- American Institute for Cancer Research, www.aicr.org
- American Lung Association, www.lungusa.org
- American Red Cross, www.redcross.org
- Asthma and Allergy Foundation of America, www.aafa.org
- Centers for Disease Control and Prevention, www.cdc.gov
- CVS Caremark, <http://healthresources.caremark.com/topic/home>
- Healthfinder, www.healthfinder.gov
- Health and Human Services, www.hhs.gov
- National Cancer Institute, www.cancer.gov
- National Heart, Lung, and Blood Institute, www.nhlbi.nih.gov
- National Institutes of Health, www.nih.gov
- National Library of Medicine, www.nlm.nih.gov
- WholeHealth Network, <http://weatrust.wholehealthmd.com>

Financial Wellness

Activity Programs (See Lending Library for descriptions)

- Wanna Be a Millionaire?

Health Care Consumerism, Quality, Safety, and Self-Care

Books (See Lending Library for descriptions)

- *Minding Your Mental Health*



Activity Programs (See Lending Library for descriptions)

- Health Trip—Take the Trip of a Lifetime

Web sites (See Wellness Resources and Web Sites for descriptions)

- It's Safe to Ask, WEA Trust, www.weatrust.com
- Agency for Health Research and Quality, www.ahrq.gov
- American Red Cross, www.redcross.org
- Centers for Disease Control and Prevention, www.cdc.gov
- CVS Caremark, <http://healthresources.caremark.com/topic/home>
- Health and Human Services, www.hhs.gov
- National Institutes of Health, www.nih.gov
- National Library of Medicine, www.nlm.nih.gov

Nutrition and Weight Management

Books and Planning Guidebooks (See Lending Library for descriptions)

- *The Culprit and the Cure*
- Getting Active, Practical Handbook to Program Planning
- Managing Weight, Practical Handbook to Program Planning
- *Mindless Eating: Why We Eat More Than We Think*
- *What Healthy People Know*

Activity Programs (See Lending Library for descriptions)

- Colorful Choices
- Health 4 the Holidays
- Health Trip—Take the Trip of a Lifetime
- March Madness
- On the Go!
- Passport: Round Trip to Health
- That '70s Program
- Weight 4 Me

Kits (See Lending Library for description)

- Food Label Savvy Presentation Kit

Posters (See Lending Library for descriptions)

- Do you Need to Lose Weight?



- Portion Distortion
- Savor the Spectrum!
- How Do Your Salads Stack Up?

Videos/DVDs (See Lending Library for descriptions)

- *Healthy Lifestyle*
- *What's New About Vitamins and Phytonutrients?*
- *Smart Supermarket Shopping*
- *Super Size Me*

Web sites (See Wellness Resources and Web Sites for descriptions)

- America on the Move, <http://aom.americaonthemove.gov>
- American Diabetes Association, www.diabetes.org
- America Dietetic Association, www.eatright.org
- CVS Caremark, <http://healthresources.caremark.com/topic/home>
- National Fruit and Vegetable Program, www.fruitsandveggiesmatter.gov
- National Heart, Lung, and Blood Institute, www.nhlbi.nih.org
- Shape Up America, www.shapeup.org
- WholeHealth Network, <http://weatrust.wholehealthmd.com>
- Wisconsin Beef Council, www.beeftips.com
- Wisconsin Department of Health & Family Services, www.dhfs.state.wi.us

Overall Wellness

Books

- *The Culprit and the Cure*
- *What Healthy People Know*

Activity Programs

 (See Lending Library for descriptions)

- Health 4 the Holidays
- HealthTrip—Take the Trip of a Lifetime
- Make Your Move (CD)
- Spring Training
- 12 Days of Fitness

Posters

- Do You Need to Lose Weight?



Presentations (See Wellness Resources and Web Sites for description)

- Wisconsin Beef Council

Videos (See Lending Library for description)

- *Healthy Lifestyle*

Web sites (See Wellness Resources and Web sites for descriptions)

- Centers for Disease Control and Prevention, www.cdc.gov
- Healthfinder, www.healthfinder.gov
- Health and Human Services, www.hhs.gov
- National Wellness Institute, Inc., www.nationalwellness.org
- The National Women's Health Information Center, www.4women.gov
- The Wellness Councils of America, www.welcoa.org

Physical Activity

Books and Planning Guidebooks (See Lending Library for descriptions)

- *The Culprit and the Cure*
- *Getting Active, Practical Handbook to Program Planning*
- *Keeping Fitness Simple*
- *What Healthy People Know*

Activity Programs (See Lending Library for descriptions)

- Exercise America—Get Fit on Route 66
- Exercise America—National Parks
- Fitness 500
- Health 4 the Holidays
- Health Trip—Take the Trip of a Lifetime
- Let's Get Physical (CD)
- Make Your Move (CD)
- On the Go!
- Passport: Round Trip to Health
- Spring into Motion
- Spring Training
- Step by Step: Walking Your Way to Wellness
- Step into Spring
- 10K-A-Day



- That '70s Program
- Turkey Trot
- 12 Days of Fitness
- Walk into Winter
- Walktober: Fall Fitness Program

Poster (See Lending Library for description)

- Do you Need to Lose Weight?
- 50 Ways to Put Physical Activity into Your Life

Videos/DVDs (See Lending Library for descriptions)

- *Healthy Lifestyle*
- *Scott Cole's Discover Tai Chi for Beginners—Workout Essentials*
- *Tai Chi for Health Yang Long Form*
- *Yoga Journal's Yoga for Beginners*
- *Yoga Journal's Yoga for Stress*

Web sites (See Wellness Resources and Web Sites for descriptions)

- America on the Move, <http://aom.americaonthemove.gov>
- CVS Caremark, <http://healthresources.caremark.com/topic/home>
- Shape Up America, www.shapeup.org
- The President's Challenge, www.presidentschallenge.org
- The Wisconsin Governor's Challenge, www.wisconsinchallenge.org
- WholeHealth Network, <http://weatrust.wholehealthmd.com>
- Wisconsin Department of Health and Family Services, www.dhfs.state.wi.us

Stress Management and Emotional Wellness

Books and Planning Guidebooks (See Lending Library for descriptions)

- *Inquire Within: 24 Visualizations for Creativity and Growth*
- *Minding Your Mental Health*
- *Managing Stress, Practical Handbook to Program Planning*

Activity Programs (See Lending Library for descriptions)

- HealthTrip—Take the Trip of a Lifetime



Kits (See Lending Library for descriptions)

- Detour from Stress
- The Stress Profiler

Presentations (See Wellness Resources and Web Sites for description)

- Wisconsin Women's Health Foundation Every Woman's Journaling Workshop

Videos/DVDs (See Lending Library for descriptions)

- *Healthy Lifestyle*
- *Healthy Relationships*
- *Healthy Stress*
- *RELAX! You Only Live Once*
- *The Joy of Stress*
- *Scott Cole's Discover Tai Chi for Beginners—Workout Essentials*
- *Tai Chi for Health Yang Long Form*
- *Yoga Journal's Yoga for Beginners*
- *Yoga Journal's Yoga for Stress*

Web sites (See Wellness Resources and Web Sites for descriptions)

- CVS Caremark, <http://healthresources.caremark.com/topic/home>
- Stress Profiler, www.stresstop.com
- The National Women's Health Information Center, www.4women.gov
- Wisconsin Women's Health Foundation Every Woman's Journaling Workshop, www.wwhf.org

Tobacco Cessation

Planning Guidebooks (See Lending Library for description)

- Quitting Smoking, Practical Handbook to Program Planning

Web sites (See Wellness Resources and Web Sites for descriptions)

- WEA Trust, www.weatrust.com
- American Lung Association, www.lungusa.org
- CVS Caremark, <http://healthresources.caremark.com/topic/home>
- Tobacco Control Resource Center for Wisconsin, www.tobwis.org
- Wisconsin Tobacco Quit Line, www.WiQuitLine.org



Worksite Wellness Planning

Planning Guidebooks (See Lending Library for descriptions)

- Health Promotion for All: Strategies for Reaching Diverse Populations at the Workplace
- Health Promotion Ideas that Work
- Healthy, Wealthy, and Wise: Fundamentals of Worksite Health Promotion
- The Healthy Workplace—Health Fairs for Your Wealthfare
- Wellness Councils of America (WELCOA) Practical Handbooks to Program Planning: 50 Great Ideas for Working Well (five different handbooks)
 - Getting Active
 - Managing Stress
 - Managing Weight
 - Quitting Smoking
 - Practicing Self-Care

Web sites (See Wellness Resources and Web Sites for descriptions)

- Centers for Disease Control and Prevention, www.cdc.gov
- National Wellness Institute, Inc., www.nationalwellness.org
- The Wellness Councils of America, www.welcoa.org
- Wisconsin Department of Health & Family Services, www.dhfs.state.wi.us