

# Using local resources can assist your pursuit of healthy living

## *Moving Grays Harbor*

By Maryann Welch

I am constantly on the lookout for resources that will assist in improving or maintaining my health and level of physical activity. One day I realized that, in addition to the gym, there is one key that helps me in many ways to stick with my goals – my Timberland Regional Library card. Actually, I take advantage of their many free offerings at the Montesano, Aberdeen, and Hoquiam branches as well as on-line at [www.TRL.org](http://www.TRL.org). Let me count the ways the library is valuable in pursuit of health and fitness:

1. DVDs or videos. When visiting a TRL branch I am able to browse through selections on the shelf for movies that help while away an hour's walking workout on my treadmill. I usually am successful in finding something of interest; however, if there are titles I specifically wish to view, I can order those on-line from a long list.
2. Novels. After years of watching movies during treadmill workouts, I have discovered that I am able to read while walking on the treadmill. This new practice has greatly increased the number of books I read and I have found that a good book can

make the time fly. The choices of titles are seemingly endless both on branch shelves and on-line, although I am generally happy with the selections available at our local branches.

3. Audio books. I have long used books on tape or CD to occupy me during long solitary walks on logging roads. These are available at libraries and, in addition, card holders can download talking books to iPods or MP3 players for free. Although I don't listen to music while walking or exercising, for those who do there are many selections available to borrow or download from the website as well.
4. Exercise DVDs and videos. I have been able to "test drive" a range of workouts and techniques, from yoga to "Buns of Steel", in the privacy of my home, by borrowing from the library. I have at least one title checked out at any given time to fill in as a home workout for days I may not make it to the gym. It can be fun to try different regimes from time to time and I always pick up some useful tips.
5. Fitness and nutrition books. Browsing through or reading books that promote healthy habits is an avenue for me to keep my goals fresh as well as glean new information. I am not one to ascribe to any one program or regimen, but I have found that reviewing what's available out there in literature is both interesting and inspirational.
6. Cookbooks. I love to cook. Recently I committed to incorporating more beans and

whole grains into our diet. There is a large collection of cookbooks on my kitchen shelf with no room for additions. The library offers a large selection of cookbooks covering every cooking topic imaginable. A new enjoyable activity for me is to visit a branch of TRL and browse the cooking section. At home, I love to sit and page through the books looking for healthy recipes I have not yet tried.

In visiting with Aberdeen Librarian, Christine Peck, she shared yet another way the library can be a resource for being physically active. While planning for a trip, Chris was able to find information regarding hiking opportunities at her destination both through the website and through reading travel books.

Chris further shared that the library's website is a portal for access to a large number of data bases with information on any health-related topic. Data bases offered through the TRL website have been pre-screened by librarians.

Health and fitness can be attained on so many individual levels and through so many different avenues and activities that the possibilities are endless. Perhaps you are someone who can benefit from the free local resources that abound at our regional libraries. You have to supply the motivation, of course, but the resources are there for the sharing. I encourage you to check it out and see what the library can do for you.

*If you have questions about becoming more active or have information about free or low-cost activity in the area, contact the health department at 532-8665 ext. 483, e-mail us at [moving@co.grays-harbor.wa.us](mailto:moving@co.grays-harbor.wa.us) or visit our web site at [www.healthygh.org](http://www.healthygh.org)*