

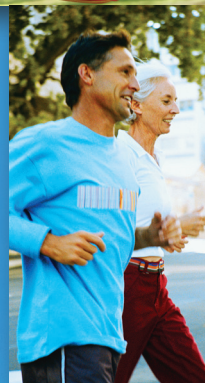
MIND, BODY & SOLE: Libraries Rock!

June 4 – July 28, 2018

Make reading and exercise a part of your day—every day. Both have the power to brighten your spirit, stimulate your imagination and improve your health.

Mind, Body & Sole: Libraries Rock! is a **reading/wellness experience** for the whole family to enjoy. You're more likely to read and exercise if it's convenient--**Mind, Body & Sole** is so easy, it practically runs itself.

Sign up now at your nearest Akron-Summit County Public Library, and receive your Mind, Body, & Sole reading/exercise log and pedometer. Now you're ready to get started! **From June 4-July 28, check off each day you read** on your reading log. As you reach reading milestones, you'll be rewarded with fun incentives and be entered into drawings for great prizes.



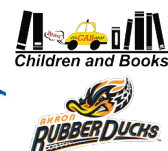
Choose to live active also!

On your exercise log, record each day you participate in a movement activity—running, walking, bicycling, yoga, gardening, outside play, physical therapy, and more. When you have reached **26 days of exercise AND 26 days of reading**, you will receive a **Mind, Body & Sole** T-shirt and have the chance to be entered into our **Grand Prize Drawing**.

Take the first step to a happier, more productive life. Find out more about **Mind, Body & Sole: Libraries Rock!** at akronlibrary.org or contact your local branch library.



#READ26





MIND, BODY & SOLE: Libraries Rock!

A resource list prepared by the
Akron-Summit County
Public Library

Picture Books for Children



A Hop Is Up

Kristy Dempsey
JE

Good Morning Yoga

Mariam Gates
JE

Good Night Yoga

Mariam Gates
JE

Rhoda's Rock Hunt

Molly Beth Griffin
JE

A Morning With Grandpa

Sylvia Liu
JE

Spunky Little Monkey

Bill Martin, Jr.
JE

Yoga Bunny

Brian Russo
JE

Bringing The Outside In

Mary McKenna Siddals
JE

Hop, Hop Jump!

Lauren Thompson
JE

Non-Fiction Books for Children

Exercise!

Katie Marisco
JNF 613.7042 M372e

101 Things For Kids To Do Outside

Dawn Isaac
JNF 796.083 Is73o

Hiking

Allan Morey
JNF 796.51 M845h

Juvenile Audio

Preschool Gym

JCD P9322

Toddler Gym

JCD T636g

Books for Teens

The World of CrossFit

Pete iPrimio
TEENNF 613.7 D59w

Total Teen: Tracy Anderson's Guide to Health, Happiness, and Ruling Your World

Tracy Anderson
TEENNF 613.7043 An551t

Yoga for Your Mind and Body: A Teenage Practice for a Healthy, Balanced Life

Rebecca Rissman
TEENNF 613.7046 R596y

Books for Adults

The Nature Fix

Florence Williams
155.9 W723n

The Big Book of Nature Activities: A Year-Round Guide to Outdoor Living

Jacob Rodenburg
508 R687b

Nature Anatomy: The Curious Parts of the Natural World

Julia Rothman
508 R846n

How To Keep a Naturalist's Notebook

Susan Leigh Tomlinson
508.0723 T659h

How To Raise a Wild Child: The Art and Science of Falling in Love with Nature

Scott D. Sampson
508.076 Sa192

Healing Walks for Hard Times: Quiet Your Mind, Strengthen Your Body, and Get Your Life Back

Carolyn Scott Kortge
613.7176 K85he

The Laws Guide to Nature Drawing and Journaling

John Muir Laws
743.83 L425L

Magazines

Bicycling*

Chop Chop: The Fun Cooking Magazine for Families (Children's)

Clean Eating*

Eating Well*

Experience Life*

Harvard Health Letter Health

Live Happy

Men's Health*

Prevention*

Qi: Journal of Traditional Eastern Health and Fitness

Rodale's Organic Life*

Runner's World*

Shape*

Spirituality and Health*

Tai Chi

Tennis

Veg News*

Vibrant Life

Women's Health*

Yoga Journal*

*Also available as digital magazines through
RBDigital on the Library's website

Databases

Consumer Health Complete Natural Medicines