



www.ludingtondailynews.com/wellness/

Win with Wellness is a community-wide effort in Mason County to enhance healthy living through promotion of wellness. It is an ongoing program that will feature a number of opportunities to focus on weight loss, exercise, healthy eating and healthy living habits, as well as education on nutrition and how to accomplish your health goals.

[Physical Activity Resource Guide for Mason County](#)

[Library Resources focusing on exercise, fitness, diet and healthy living -](#)

The library has a large collection of books & videos focusing on healthy living, exercise, diet, and fitness for adults and for children, available for FREE- including a selection of eBooks, eAudiobooks, and eVideos you can download and read, listen to or watch on your computer or portable device, such as the iPhone, iPad/iPod, Droid phone, Nook, Sony eReader, and many others. In addition to the library collection be sure to check out the resources available at the [Health Gateway at www.Mel.org](http://www.Mel.org) - and continue your search at the [Michigan eLibrary - MelCat](#) - with access to the collections of hundreds of Michigan Libraries. Request any book or video and have it delivered to the Ludington or Scottville Library, all for free. HealthFinder.Gov is also an excellent resource for health and wellness information.

Also - check out -[Universal Class](#) an online education resource offering classes covering nutrition, fitness and other health topics.

For downloadable books, audiobooks and videos visit:

www.MCDLibrary.org/Overdrive and enter 'Health' in the search box for a quick review of the available titles.

[Health, Fitness & Exercise books and dvds for kids - Brochure \(pdf\)](#)

[Health, Fitness & Exercise books and dvds for adults - Brochure \(pdf\)](#)