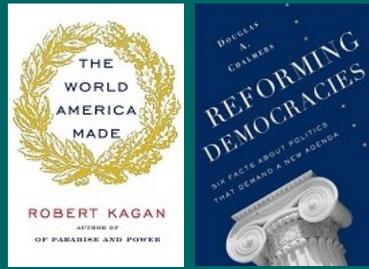


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New at the Library



Looking for more new books? Our new books list is posted each month on the State Library website at: library.ohio.gov/Marketing/Residents/RecentAdditionsToCollection

Keep Your Brain Fit, Too!

Try one of these free relaxation smartphone apps



Listen While You Walk!

Are you participating in the Statewide Walking Challenge?



Download an eAudiobook from the [Ohio eBook Project](#) to your MP3 player or smartphone to keep you company while you walk.

Spring Back Into Fitness

Health & Wellness Resources at the State Library

While the State Library of Ohio might be the first place you'd think to go for government information or research materials, did you know it's also a great starting point for information on getting into better shape for spring and summer? We might not be able to help you get your pedometer working (we'll try though!), but we can provide great health and wellness resources.



MasterFILE is an online collection of popular journals and magazines with many consumer health titles. MasterFILE is accessible to state employees through OhioLINK.



The SportDISCUS database includes journals and magazines on physical fitness, exercise, sports medicine, physical education, nutrition and more.



The Ohio eBook Project

Check out the Ohio eBook Project site. It includes hundreds of eBooks on health, nutrition and fitness that can be downloaded to your computer, tablet or e-reader.



Safari Books Online is not only a great source for eBooks on computer science, information technology and business, the site also includes numerous full text books on health and fitness topics.

Can't find what you're looking for or you'd like us to gather resources for you? We're here to help!

Contact the reference staff by phone at 614.644.7051 or by e-mail at refhelp@library.ohio.gov.



A few of the many health and fitness publications available to you online with your state employee library card.