



June 24, 2018

Wellness and Fitness have different meanings for everyone, that is why what are are presenting here are a list of popular books on the topics of Nutrition and Fitness and non-diet specific healthy snack and meal ideas. Doctors and/or other professionals should always be consulted when starting a diet and exercise plan, although your local library will have plenty of resources to help you as well.



Looking For Something to Do
During the Week?
[Visit Our Events Calendar!](#)



Book Lists

[Nutrition & Fitness](#)

[Healthy Bites](#)

[Fit Families](#)



Booth & Dimock Memorial Library

1134 Main Street, Coventry www.coventrypl.org 860-742-7606