Main Title: Stott Pilates. Walk on to weight loss [videorecording (DVD)]
Author: Stott-Merrithew, Moira
          O’Clair, P. J.
Collation: 1 videodisc (DVD) (107 min.) : sd., col. ; 4 3/4 in.
Series Title: Walking Pilates series
Notes: "Get fit and reach your weight loss goals with a power-packed
        Walking Pilates workout"--Container.
        DVD includes extras.
        "199085."
Summary: Instructor Moira Merrithew and trainer PJ O’Clair lead viewers
         through a 52-minute walking workout that is designed for
         every shape and level of skill. This invigorating workout, which
         includes step-by-step guidance, will help you maintain a
         healthy weight.
Call Number: 613.7192 STO

Main Title: Walk slim [videorecording (DVD)] : the easy way to lose
weight in 30 days
Author: Snowdon, Les
         Humphreys, Maggie
Collation: 1 videodisc (DVD) (ca. 57 min.) : sd., col. ; 4 3/4 in.
Notes: "DVD6189"
        Based on the bestselling book written by Les Snowdon and
        Maggie Humphreys.
Summary: " Fed up with faddy diets and boring exercise plans which
         simply don’t work? Then get ready for Walk Slim, the easiest
         and safest way to lose weight, get fit and stay fit for life. The
         simple to-follow regimen combines regular walking with a
         healthy and balanced diet to help you cut your weight, increase
         your fitness and, most importantly, change your lifestyle so you
         can enjoy improved health for life. The DVD details a 30-day
         programme which will encourage you to get up on your feet and
         gradually increase your walking routine until you are comfortably
         moving at a brisk pace for up to an hour. There’s also essential
         nutritional advice to help you eat right – there’s no calorie
         counting or boring food, just simple advice on creating tasty,
         nutritious meals rich in fruits and vegetables. Walk Slim isn’t
         like those so-called ‘quick fix’ diets, which promise instant
         results, but soon see you piling on the pounds again. This is the
         foundation of a lifetime of health and fitness, a sensible way of
         staying fit and boosting your energy." --Container.
Call Number: 613.7176 WAL
Main Title: Stott Pilates. Simple stretches [videorecording (DVD)]
Author: Stott-Merrithew, Moira
O'Clair, P. J.
Collation: 1 videodisc (DVD) (99 min.) : sd., col. ; 4 3/4 in.
Series Title: Pilates-infused yoga series
Notes: "198538"
  Difficulty level: 2.
  Copyright 2005 Strathisla Entertainment.
  "Merrithew Entertainment"--Container.
Credits: Producer, Jake Werner ; director, Wayne Moss.
Summary: Close your eyes, breathe deeply and learn to connect your
  mind, body and soul. This program blends the best of both
  yoga and Pilates into a gentle sequence of stretching,
  breathing and relaxation. PJ O'Clair guides you through this
  gentle sequence of stretching and breathing exercises. This
  workout is a flow of poses based on ancient yoga traditions
  coupled with the contemporary stabilization principles of
  STOTT PILATES. These stretches will leave you feeling calm,
  focused and renewed.
Call Number: 

Main Title: Stott Pilates. Standing tall [videorecording (DVD)]
Author: Stott-Merrithew, Moira
Collation: 1 videodisc (DVD) (96 min.) : sd., col. ; 4 3/4 in.
Notes: "198533"
  Difficulty level: 1.
  Copyright 2005 Strathisla Entertainment.
Credits: Producer, Jake Werner ; director, Wayne Moss.
Performers: Instructor, Moira Merrithew ; featuring Darcy McMurray.
Summary: If lower back pain and neck tension are affecting your quality
  of life, this program can help you. With concentrated effort,
  you'll learn to lengthen your spine, correct your posture and
  stand up strong and tall. Let Moira lead you through a
  stretching, strengthening and streamlining workout that
  activates the mind and the body towards optimal back care.
Call Number: 613.7192 STO

Main Title: Stott Pilates. Strong & streamlined [videorecording (DVD)]
Author: Stott-Merrithew, Moira
Merrithew Entertainment
Collation: 1 videodisc (DVD) (147 min.) : sd., col. ; 4 3/4 in.
Notes: "198528"
  Difficulty level: 4.
  Catalogued from the container.
  Copyright 2006 Strathisla Entertainment.
Credits: Producer, Jake Werner; director, Wayne Moss.
Performers: Presented by Moira Stott-Merrithew, Beth Evans and Max
  Positano.
Audience: Rating: E.
System Details: NTSC.
Summary: An intense total body workout.
Call Number: 613.7192 STO

Main Title: Stott Pilates. Walk on to total fitness [videorecording (DVD)]
Author: Stott-Merrithew, Moira
O'Clair, P. J.
Collation: 1 videodisc (DVD) (89 min.) : sd., col. ; 4 3/4 in.
Notes: "Walk your way to a better body"--Container.
  DVD includes extras.
  "199086"
  Closed-captioned.
Summary: Instructor Moira Merrithew and trainer PJ O'Clair lead viewers
  through a simple, 34-minute high-energy workout that helps to
  boost energy levels, burn calories, and improve overall
  cardiovascular fitness.
Call Number: 613.7192 STO
Main Title: Stott Pilates. Basic pilates [videorecording (DVD)]
Author: Stott-Merrithew, Moira
Edition: 2nd Ed.
Collation: 1 videodisc (DVD) (66 min.) : sd., col. ; 4 3/4 in.
Notes: 30 minute workout contains 27 exercises.
       Necessary equipment: exercise mat.
       Level of difficulty: 1 (on a 5 scale).
       Extras: Stott Pilates five basic principles; 5-minute bonus workout; Work out with music only; Check out Stott Pilates equipment; Learn about instructor training.
       Closed captions for the hearing impaired.
Credits: Directed by Wayne Moss.
Performers: Instructor, Moira Merrithew.
Call Number: 613.7192 STO

Main Title: Stott Pilates. Pure vitality [videorecording (DVD)]
Author: Stott-Merrithew, Moira
Collation: 1 videodisc (DVD) (141 min.) : sd., col. ; 4 3/4 in.
Credits: Producer, Jake Werner; director, Wayne Moss.
Summary: Combines yoga and Pilates knowledge to stretch, strengthen and elongate. Focuses on controlled movements and rhythmic breathing.
Call Number: 613.7192 STO

Main Title: Stott Pilates. Revive workout [videorecording (DVD)]
Author: Stott-Merrithew, Moira
Imprint: [North Ryde, N.S.W.] : DV1 [distributor], c2002
Collation: 1 videodisc (DVD) (103 min.) : sd., col. ; 4 3/4 in.
Notes: "198531"
       Difficulty level: 2.
       Catalogued from the container.
Credits: Producer, Jake Werner; director, Wayne Moss.
Performers: Presented by Moira Stott-Merrithew, Tanji Gore-Jones and Max Positano.
Audience: Rating: E.
System Details: Region 4, PAL.
Summary: Suitable for an afternoon break or to energise. Refreshing, fast paced & stress relieving.
Call Number: 613.7192 STO

Main Title: Stott Pilates. The secret to a strong back [videorecording (DVD)]
Author: O'Clair, P. J.
Stott-Merrithew, Moira
Collation: 1 videodisc (DVD) (96 min.) : sd., col. ; 4 3/4 in.
Notes: Title from container.
       "Workout 36 min"--Container.
       Bonus features: five basic principles, bonus workout, music only track, learn about Stott Pilate equipment, learn about instructor training.
       Closed captions for the hearing impaired.
Credits: Instructors: PJ O'Clair, Moira Merrithew.
Performers: Instructor, having trouble finding subjects to ta
Main Title: Jamie's ministry of food [videorecording (DVD)]
Author: Oliver, Jamie, 1975-
Collation: 1 videodisc (DVD) (ca. 192 min.) : sd., col. ; 4 3/4 in.
Performer: Presented by Jamie Oliver.
Summary: "After campaigning for better food in schools, Jamie has realised that the country faces a far bigger problem - a lack of knowledge about food and how to cook it is leading to a growing health crisis. Taking the wartime 'Ministry of Food' as his inspiration, Jamie embarks on a food revolution, aiming to get every household in the UK cooking fresh food every day"--Container.
Call Number: 641.5 JAM

Main Title: Good & bad food guides [videorecording (DVD)]
Author: Wright, Ian, 1965-
McCormick, Megan
Shapiro, Justine
Pilot Productions, Inc
Collation: 1 videodisc (DVD) (ca. 106 min.) : sd., col. ; 4 3/4 in.
Series: Planet food collection
Summary: This entertaining guide takes you all over the world showing you the most unusual and exotic food on offer. Be prepared to expand your culinary horizons! Our intrepid hosts try everything from piranha in Peru to worms in Zimbabwe and from camel burgers in Morocco to fruit bat in Micronesia. Featuring award-winning guide Ian Wright and Globe Trekker favourites Megan McCormick and Justine Shapiro this program shows you food you shouldn't miss and dishes you'd be wise to avoid!
Call Number: 641.59 GOO

Main Title: The River Cottage treatment [videorecording (DVD)]
Author: Fearnley-Whittingstall, Hugh
Keo Films
Channel Four (Great Britain)
Collation: 1 videodisc (DVD) (ca. 141 min.) : sd., col. ; 4 3/4 in.
Performers: Written and presented by Hugh Fearnley-Whittingstall.
Audience: Rated PG.
Summary: It is Hugh Fearnley-Whittingstall's dream to escape the urban sprawl and find a place in the country to live off the fat of the land. When he finds River Cottage in the heart of the dorset countryside, he sets about turning his dream into reality, the first casualty to self-sufficiency is the flower bed, which makes way for terracing to maximise growing space for edible crops. Once the vegetables have been taken care of, Hugh sets off in search of livestock.
Call Number: 641.564 RIV

Main Title: Stott Pilates. Armchair pilates [videorecording (DVD)]
Author: Stott-Merrithew, Moira
Collation: 1 videodisc (DVD) (77 min.) : sd., col. ; 4 3/4 in.
Series Title: Active for life series
Notes: "Seated exercises for all ages and abilities"--Container. DVD includes extras. "199083."
Summary: Instructor Moira Merrithew leads viewers through 22 exercises that will help them develop balance, stability and flexibility, and relieve pain and prevent injury. Exercises require an armchair, and optional pillow.
Call Number: 613.70 STO
Main Title: Donna Hay. Fast, fresh, simple [videorecording (DVD)]
Author: Hay, Donna
Imprint: [Collingwood, Vic.] : Distributed by Madman Entertainment, c2011.
Collation: 2 videodiscs (DVD) (390 min.) : sd., col. ; 4 3/4 in.
Notes: Originally broadcast on LifeStyle Channel in 2011.
"LifeStyle"--Container.
In English. English captions for the hearing impaired.
Performers: Donna Hay.
Audience: Censorship classification: G.
Contents: Modern classics -- Fresh spin on old favourites -- Simply summer -- Mealtimes made easy -- Fast flavours -- Taste, tips and tarts -- Standby staples -- Cheat eats -- Dinners updated -- Fresh flavours -- Instant dinners -- Simple suppers -- Modern flavours.
Summary: "Showcases the natural charm and passion Donna brings to the world of cooking. A relaxed and composed cook, Donna shares her tricks and tips of combining fresh and pantry ingredients to create fast and simple dishes, presented in her signature style. This 2 disc set includes all 13 episodes from the popular LifeStyle Channel series"--Container.
Call Number: 641.5 DON

Main Title: Fitball & pilates unite [videorecording (DVD)] / [presented by] Lisa Westlake.
Author: Westlake, Lisa
Collation: 1 videodisc (DVD) (70 min.) : sd., col. ; 4 3/4 in.
Performers: Cast: Presented by Lisa Westlake.
Call Number: 613.71 FIT

Main Title: Fitness for the over 50s [videorecording (DVD)]
Author: Marmorat, Nancy
Collation: 3 videodiscs (DVD) (ca. 227 min.) : sd., col. ; 4 3/4 in.
Variant title: Title on container: Fitness for the over 50s with Nancy Marmorat.
Performers: Instructor: Nancy Marmorat.
Audience: Rated: E (Exempt from classification)
Summary: "Nancy Marmorat?s keep-fit programmes are known around the world. Nancy?s experience coaching people of all age groups has inspired her to devise specially-adapted keep-fit programmes for people aged over 50. This 3-disc set guides you through stretching exercises & gentle gymnastics to increase your flexibility, learn how to strengthen your muscles and discover how just 15 minutes exercise a day can keep you in good shape." --Container.
Call Number: 613.71 FIT

Main Title: How to break 90 in 90 days [videorecording (DVD)]
Author: Blenkarne, Nigel
Collation: 1 videodisc (DVD) (ca. 81 min.) : sd., col. ; 4 3/4 in.
Performers: Cast: Presented by Nigel Blenkarne.
Summary: "PGA Master Professional Nigel Blenkarne explains everything you need to know to break 90 in a simple, easy-to-understand instructional guide. This is no nonsense training programme full of useful, practical information - not confusing technical jargon. You will learn about keeping the ball in play from the tee, long-game fairway shots, approaching the green and less-than-full shots. We also cover judging distances, scoring in the short game, putting techniques and escaping bunkers safely. There?s sections on golf course management, planning your scores and, for when you get into trouble, how to avoid compounding your errors"--Container.
Call Number: 796.352 HOW
Main Title: Body tone pilates [videorecording (DVD)] / with Rocco Sorace.
Author: Sorace, Rocco
Collation: 1 videodisc (DVD) (ca. 60 min.) : sd., col. ; 4 3/4 in.
Notes: "FF007".
In English.
Performers: Instructor: Rocco Sorace.
Audience: Exempt from classification.
Summary: "Body Tone Pilates with renowned Melbourne trainer Rocco Sorace is the ultimate mind and body workout! Get strong and get fit inside and out! Let this Body Tone Pilates mat based workout help tone your abdominal muscles, strengthen back muscles and improve your posture. Body Tone Pilates is a combination of Eastern and Western philosophies, drawing from diverse exercise styles delivering tremendous results to students who gain muscle while increasing flexibility. Pilates strengthens posture, improves self confidence and well-being through fluid movements that involve control of the mind over muscles. You can select any of three work-outs designed to help you get fit when it suits you. In the first part of the program, Body Tone Fitness Pilates: this 20 minute low impact mat workout had been designed to recharge your mind and body plus tone your muscles. The second part of the program is called Cardio Boxing: this 15 minute fun work out is designed to help you increase heart rate and tone and reduce body fat. The last part of the program is a 30 minute mat based dumbbell Pilates: this exercise session will help you feel centered and balanced. Ending with a blissful stretch and relaxation helps relieve stress and boost feelings of well-being. In addition, the disc includes a bonus workout, 10 minutes of fun interval cardio exercise to help tone and shape your body" --Distributor's website.

Call Number: 613.71 BOD

Main Title: 15 minute express [videorecording (DVD)] / with Lydia Haskell.
Collation: 1 videodisc (DVD) (36 min.) : sd., col. ; 4 3/4 in.
Series: Dance off the inches
Notes: "Take the work out of your workouts and just dance!"--Container.
English soundtrack.
Audience: Censorship classification: E Exempt from classification.
Summary: Welcome to Dance Off the Inches 15 Minute Express! You'll have no trouble finding time for this dance party - in just 15 minutes you can dance your way to a leaner, sexier body while having a great time! Dance leader Lydia Haskell and her friends take you through simple, yet motivating choreography. Each and every move is designed to get you moving and get your heart rate up so there's no time wasted in your efforts. And don't worry if you have two left feet - Lydia breaks down each move and keeps things flowing, yet simple. So are you ready to groove? Do you want to scoot, box step, and shake your hips? This express dance is packed full of fun AND it's super effective, so let's Dance Off the Inches! About Lydia Haskell: A Fitness Professional, wife and mother, she also has an extensive dance background including being a cheerleader for the Arizona Cardinals and Dance Team/Coach for Arizona State University. Her class repertoire ranges from Cardio Dance to Hip Hop to Cardio Salsa.

Call Number: 613.715 FIF
Main Title: Pilates for beginners [videorecording (DVD)]
Collation: 1 videodisc (DVD) (56 min.) : sd., col. ; 4 3/4 in.
Series Title: 10 minute solution
Notes: Title from container.
Bonus feature: create your own custom workout by programming any of the five segments in the order you select.
Performers: Instructor, Lara Hudson.
Audience: Exempt from classification.
Contents: Core basics -- Lower body basics -- Upper body basics -- Total body combo -- Long and limber stretch.
Summary: Everyone can find at least ten minutes in their day to shape up their body with these Pilates workouts.
Language: English
Call Number: 613.7192 PIL

Main Title: Pilates on the ball [videorecording (DVD)]
Collation: 1 videodisc (DVD) (56 min.) : sd., col. ; 4 3/4 in.
Series Title: 10 minute solution
Series: 10 minute solution
Notes: "STZ1119"
In English.
Credits: Produced and directed by Andrea Amgandos.
Performers: Instructor, Lara Hudson.
Audience: Exempt from classification.
Summary: "No time to exercise? We have the solution for you - the 10 minute solution! Everyone can find at least ten minutes in their day, and we've developed 5 innovative Pilates workouts that are just 10 minutes each"--Container.
Call Number: 613.7192 PIL

Main Title: Slim & sculpt pilates [videorecording (DVD)]
Collation: 1 videodisc (DVD) (ca. 55 min.) : sd., col. ; 4 3/4 in. + 1 latex band.
Series Title: 10 minute solution
Notes: "STZ1120"
In English.
Credits: Produced and directed by Andrea Amgandos.
Performers: Instructor, Suzanne Bowen.
Audience: Exempt from classification.
Summary: "No time to exercise? We have the solution for you - the 10 minute solution! Everyone can find at least ten minutes in their day, and we've developed 5 dynamic Pilates workouts that are just 10 minutes each"--Container.
Call Number: 613.7192 PIL