

CommonHealth VCR Video Inventory-

Please contact Wellness@dhrm.virginia.gov to request a video

Topic	Video Name/Duration	Author	Quantity	Duration	
Stress/Humor	Laughing at Stress-	Loretta Laroche	9	22 minutes	
	Managing Stress through Humor	Loretta Laroche	3	50 mins	
	Humor Your Stress	Loretta Laroche	4	60 mins	
	Relax you only Live Once	Loretta Laroche	4	60 mins	
	Get a Life	Loretta Laroche	2	60	
	How Serious is This?	Loretta Laroche	1	80 mins	
	Humor Works	Gesell	1	45 mins	
	Becoming a Humor Being	Steve Rizzo/ Drew Carey	1	40 mins	
	I'd rather laugh	Richman	1	60 mins	
	Parenting with Humor	Loretta Laroche	1	66 mins	
	Too much of a good thing is Wonderful	Barreca	1	60 mins	
	Stress	Short Circuiting Stress	Elliot	4	17 mins
Stress Hurts- Wake up call for		ABC News	5	15 mins	
Worry		Hallowell	1	71 mins	
Living with Stress		Fenwick	2	15 mins	
Survival Tips for caregivers		AARP	1	24 mins	
Enrichment	Create an Abundant Life	Cheryl Richardson	3	70 mins	
	Stand Up for your Life	Cheryl Richardson	2	72 mins	
	Simple Choices Powerful Changes	Ornish	1	70 Mins	
	Live long Live Well	Pritikin	1	78 Mins	
	The Healing Power of Love/Intimacy	Ornish	1	70 mins	
Nutrition	Enjoy Eating	VA	8	6 mins	
	Food Additives		1	24 mins	
	Food Borne Illnesses		1	20 mins	
	Shop Healthy Cook Healthy	Fenwick	1	15 mins	
	Diet Nutrition and Cancer	American Cancer Research	1	30 mins	
	Restaurants fast food and parties	Fenwick	1	18 mins	
	Healthy Aging	Stanford Research	1	25 mins	

	Fast Food Survival	Learning Seed	1	22 mins
	Healthy Eating for life	Fenwick	1	13 mins
	Supermarket Persuasion	Learning Seed	2	24 mins
	Drink water for life		1	20 mins
Safety	Office Ergonomics	Long Island Productions	1	11 mins
	Preventing Computer injuries	Stanford Health	1	27 mins
Health				
Allergy	The Body Invaders	Discovery health	1	51 mins
	Allergy Proof your home		1	15 mins
High Blood Pressure	High Blood Pressure Intro to treatment	Fenwick	1	16 mins
	Men Managing Heart Disease	Fenwick	1	33 mins
	Heart disease risk Factors	Fenwick	1	24 mins
	Guide to Controlling Cholesterol	Fenwick	1	14 mins
Women's	Menopause	Fenwick	1	17 mins
	Women Managing Heart Disease	Fenwick	1	33 mins
Weight Control	Overweight and Obesity	Time Life	1	30 mins
DVD	Real Age Makeover	Roizen	1	60 mins
	Smoking getting ready to Quit	Fenwick	1	16 mins
	Nutrition and Exercise	Info Med	1	45 mins
	Why Diets Don't Work	Leutholtz	1	54 mins
	Weighing the Truth about Exercise and weight Control	Bryant	1	34 mins
	The Miracle of being a Woman	Waterhouse	2	60 mins
	How to make Healthy Lifestyle Changes	Fenwick	1	13 mins
	Losing Weight and Keeping It Off	Fenwick	1	13 mins
Exercise	Starting an exercise program	Fenwick	3	13 mins
	Getting Active and Staying active	Fenwick	1	13 mins
	Physical Activity video	American Heart Assoc	1	20 mins
DVD	Perfect Pilates	20/20	1	45 mins
DVD	Standing Pilates	20/20	1	45 mins
DVD	Target specifics with stability Ball	20/20	1	55 mins
	Fitting Fitness In	VDH	1	8 mins