Personal Lifestyle Management
Research Resources for HCC 130
Phoenix College Library
http://www.phoenixcollege.edu/library

Magazine, Journal & News Articles

From the Library’s web site select: Articles.

- Academic Search Premier
- InfoTrac OneFile
- MasterFILE Premier

Also try databases that focus on health related topics. From the Library’s web site select: Articles > Health & Medicine.

- CINAHL Plus with Full Text
- Health Source: Nursing/Academic Edition

For newspaper databases, from the Library’s web site select: Articles > News

- Arizona Republic
- National Newspapers (5)

**Note:** When accessing the above article databases from off campus, you will be asked to enter the 13-digit barcode number from the back of your student ID card.

Web Resources

Use a web directory or specialized site to search for your topic:

- [Food and Nutrition Information Center](http://fnic.nal.usda.gov/) – U.S. Department of Agriculture
  Use the search feature, or browse topics. Extensive information, including resource lists and links to food and nutrition related databases.

- [Healthfinder](http://www.healthfinder.gov/)
  Browse or search this guide to health information organized by the U.S. Department of Health and Human Services.

- [Librarian’s Index to the Internet](http://lii.org/)
  A searchable directory of websites on various topics that are selected for quality information.
- **Mayo Clinic: Healthy Living**
  [http://www.mayoclinic.com/health/HealthyLivingIndex/HealthyLivingIndex](http://www.mayoclinic.com/health/HealthyLivingIndex/HealthyLivingIndex)
  Links to articles and tools from the Mayo Clinic.

- **Medline Plus: Health Topics**
  Browse by topic. Links to articles from various government, educational, and news sources. Medline Plus is provided by the U.S. National Library of Medicine and the National Institutes of Health.

- **National Center for Complementary and Alternative Medicine: Health Information**
  Information and links on alternative medicine topics from the National Institutes of Health's National Center for Complementary and Alternative Medicine (NCCAM) website.

- **National Institutes of Health: Health Information**
  Links to a wide variety of health information from the National Institutes of Health. Select “Wellness & Lifestyle” from the quick links. Site is also searchable.

- **Nutrition.gov**
  [http://www.nutrition.gov](http://www.nutrition.gov)
  Nutrition information aimed at the general public, gathered from various U.S. government sources. Provides “reliable information on nutrition, healthy eating, physical activity, and food safety for consumers”

- **University of California, San Diego Medical Center: Healthy Living**
  [http://health.ucsd.edu/healthinfo/](http://health.ucsd.edu/healthinfo/)
  “Monthly articles on overall health improvement, including articles on fitness, nutrition and family living.”