Annotated Bibliography

My field site is the Colby Fitness Center at the Recreational Sports Center here at Purdue. The people who work out there are my subculture. This subculture includes anyone who works out to try and better their physical fitness or well being. In studying this subculture I decided to base my final paper on the benefits of living the lifestyle of my subculture. I would also like to describe what it takes to be part of the healthy subculture, and what these people do to maintain their physical activity.

The article says that the basic laws of a healthy lifestyle have been around since the ancient Greeks. It says that a healthy lifestyle starts with the children, who need to get into good habits early. It also cites sleep as another important factor in a healthy lifestyle.

“Benefits of Exercise.” WholeFitness.com. 9 November 2004
This was a very useful source because it lists specific benefits of exercise. It says that exercise can add years to your life, and improve cardiovascular health. It also mentions how exercise can prevent diabetes, osteoarthritis, osteoporosis, and some back problems. The other benefits it mentions are weight loss, and emotional and psychological benefits.

This is a large reference volume that gives information about the fundamentals of fitness and exercise. It says how to live a fitness lifestyle, as well as maintaining a fitness program. It also gives advice for different groups of people including those with medical conditions.


This is about how children are not eating healthily in the US. I am including this in my sources to show how unhealthy most children are eating. It also has some substitutions for what to feed a child to help them have a healthier lifestyle.


This article mentions how important exercise is in a healthy lifestyle. It states that diet is important, but will never be enough without exercise. It also gives some statistics about the US, and says that fitness must start with adults, not their children. The author of this article thinks that knowledge needs to be spread and lists a few helpful exercises.


This is an online article about how easy it is to start an exercise program. It goes over the parts of a complete exercise program. Also, it tells how to pick what exercises are right for each individual. I think this would be useful to my paper to show how people get started with their healthy lifestyle.


This is an article that discusses the foods that are important for weight loss. I picked this article because weight loss is often very important to the members of the subculture. They eat these types of foods and I thought it would be useful to have a source that gives the best ones.


Purdue University Libraries, W. Lafayette IN. 1 November 2004.

This source discusses the aspects of a healthy lifestyle. It goes over issues with appearance, what lifestyle habits are important. It also mentions the importance of nutrition and how it can improve wellness. The article also discusses the mental part of a healthy lifestyle, and gives tips on stress management.


Purdue University Libraries, W. Lafayette, IN. 1 November 2004.

This article says that just running or just lifting weights is not enough to attain a high level of physical fitness. It suggests that people include many different forms of exercise in their program. It says that everyday activities can be incorporated into a workout plan.