Keynoter Brody: Healthy librarians help patrons be healthier

Golden years aren't golden if they are tarnished by the agonies of failing health.

That was the message at the Thursday keynote session from Jane Brody, the author and *New York Times* health columnist.

Brody told librarians that they play a crucial role in selecting books that don't cater to the nutritional quackery that sometimes is hawked by publishers.

Librarians have a duty to practice good habits themselves, Brody said. It makes them more credible when helping library customers select a book on nutrition.

Whether working in a library, a firehouse, a farm field or anywhere else, it is crucial for everyone to exercise, Brody said. And, after the beginning, exercise becomes pleasantly habit-forming.

"Exercise does not take time," Brody said. "It makes time."

Brody posed 15 questions to the 1,100 librarians and other library advocates in her audience -- including "Are you on a diet?" and "Are you chronically tired?"

"Yes" answers indicated a need to permanently improve eating habits and bolster exercise routines, she said.

"Fad diets are like girth control," Brody quipped. "They don't work."