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The Aerobics Way: New Data on the World's Most Popular Exercise Program

Cooper, Kenneth H.

Note: This is no the actual book cover

The Aerobics Way

Mey Irtz



The Aerobics Way:

The Aerobics Way Kenneth H Cooper, MD, MPH, Kenneth H. Cooper, 1982-11 **The Aerobics Way** Kenneth H. Cooper, 1980 *Aerobics Program For Total Well-Being* Kenneth H. Cooper, 2013-12-04 From the medical authority whose previous bestsellers *Aerobics* *The New Aerobics* *The Aerobics Way* and *Aerobics for Women* have sold more than 12 million copies comes an exciting new and comprehensive concept for total fitness Millions have benefited from Dr Cooper's famous aerobic exercise programs He has revolutionized the way Americans get in shape and stay in shape Now he presents a complete program for total well being physically nutritionally emotionally Discover for yourself why it is the most effective enjoyable and medically sound approach to a lifetime of energy and good health A program designed to bring physical and emotional health and vitality to every area of your life including the 7 benefits of integrated aerobic exercise including reduced risk of heart disease the 4 types of exercise that have been most radically re evaluated in terms of aerobic exercise the 3 dozen ways to stay fit and the 4 steps to making it fun 3 complete weeks of nutritious menus guidelines for the 22 components of a comprehensive medical exam so you can work with your doctor to evaluate your level of fitness plus the aerobics way to diminish physical and emotional stress enhance your sex life and more *The Aerobics Way* Kenneth H. Cooper, 1977 *The Psychological Effects of Aerobic Fitness Training* David G. McDonald, James A. Hodgdon, 2012-12-06 Numerous provocative studies on the psychological effects of aerobic fitness training are available today and more are appearing almost on a daily basis This book reviews and evaluates the research and it asks and attempts to answer significant background questions What are the various motivating factors that have contributed to the emergence of the national fitness movement What are the public health considerations concerning the relationship between physical fitness and coronary heart disease What exactly do we mean by physical fitness especially aerobic fitness This book contains essential in depth data for everyone interested in the most solid and reliable information on the psychology of aerobic fitness

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