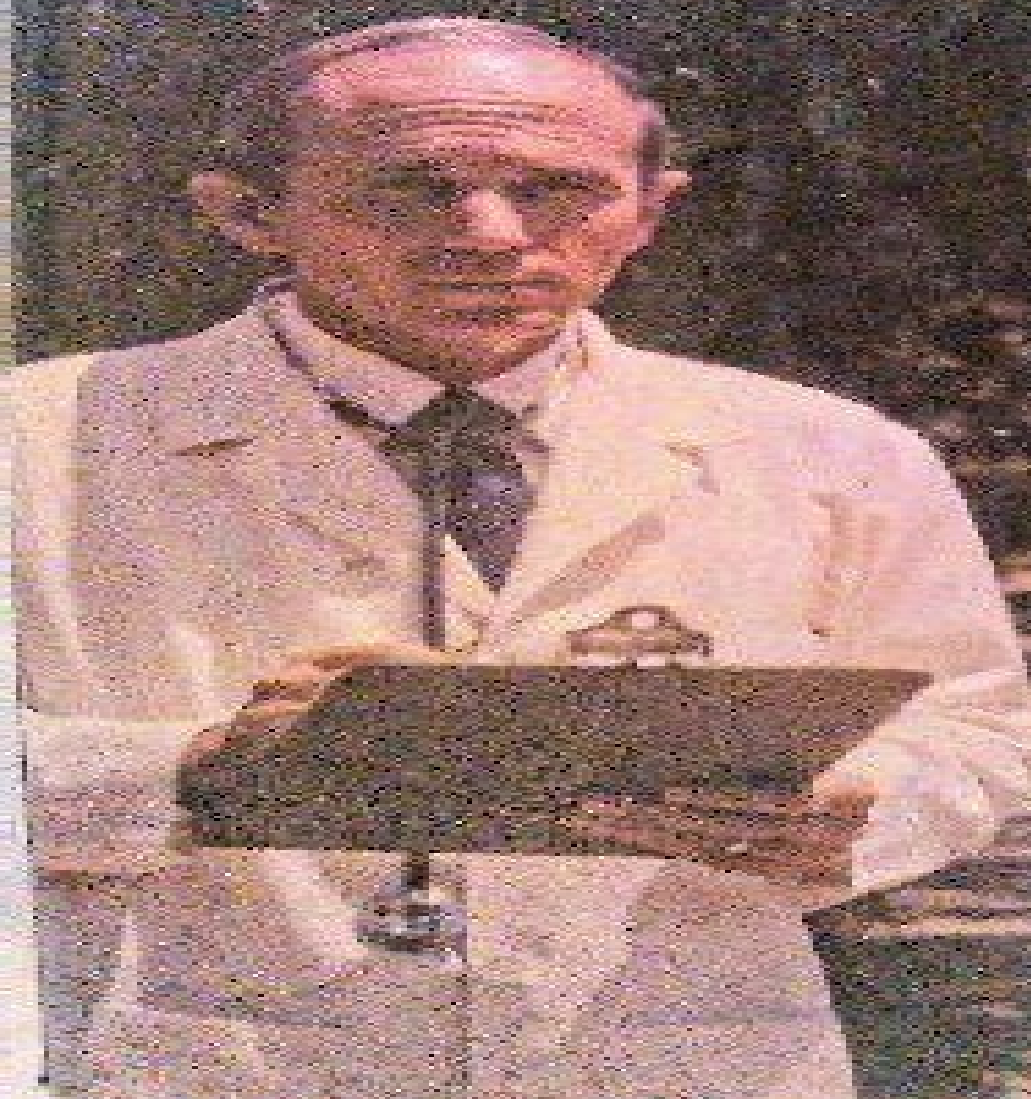


**Kenneth H. Cooper** M.D., M.P.H.

# the aerobics way

NEW DATA ON THE WORLD'S MOST POPULAR  
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# The Aerobics Way New Data On The Worlds Most Popular Exercise Program

**Kenneth H. Cooper**





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