

**DR. KENNETH H. COOPER**

A photograph of two men jumping joyfully against a teal background. The man on the left is wearing a dark blue t-shirt and light-colored shorts, with his arms raised and a wide smile. The man on the right is wearing a red t-shirt and light-colored shorts, also with his arms raised and a smile. The overall mood is energetic and positive.

# **THE AEROBICS PROGRAM FOR TOTAL WELL-BEING**

**EXERCISE • DIET • EMOTIONAL BALANCE**

# The Aerobics Program For Total Well Being Exercise Diet Emotional Balance

**S Ben Porath**



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