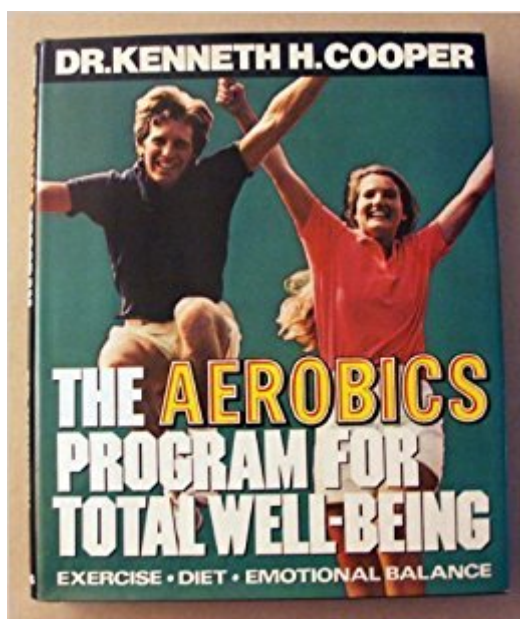


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# The Aerobics Program For Total Well-Being: Exercise, Diet, Emotional Balance



## Synopsis

Kenneth H. Cooper, the bestselling author of *Running Without Fear*, presents a complete program for total well-being--physically, nutritionally, emotionally--that includes dozens of ways to stay fit, three weeks of nutritious menus, guidelines for the twenty-two components of a comprehensive medical exam, and more. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Kenneth H. Cooper, MD, MPH, is recognized internationally as the "father of aerobics" and is the leading spokesman for the preventative medicine movement. A graduate of the University of Oklahoma School of Medicine and the Harvard University School of Public Health, he introduced the term "aerobics" to the world with his bestseller *Aerobics*. Soon after publication of this major work, he founded the Cooper Clinic, the Cooper Aerobics Center, and the Cooper Institute for Aerobics Research in Dallas. During his career, Dr. Cooper has authored many books, which have sold more than 30 million copies, including *The Aerobics Program for Total Well-Being*, *Aerobics for Women* (with Mildred Cooper), *The Antioxidant Revolution*, *Preventing Osteoporosis*, *Overcoming Hypertension*, *Kid Fitness*, and *Controlling Cholesterol*. --This text refers to an out of print or unavailable edition of this title.

If you don't know Kenneth Cooper and his work and you are interested in your health--it is high time you meet, and this is the book you need!

This book served me as a guide and inspiration for major life changes through the 1980's. Over the

last 8-10 years I had not only lost the book but had lost the motivation it provided. I immediately reread it on receipt and have been slowly moving my eating and exercise habits back to that which had served me so well. I would strongly recommend Dr Cooper & his philosophy to anyone who is serious about taking control of their life. Hard work that pays tremendous dividends.

Great book on how to get in shape. from eating to exercise.

I liked it very much.

Perfect

Great book.

25 years ago used this information on selected exercises

Dr. Cooper's concept of Aerobics has been in and out of my life style since I read his first book back in the early 70's. I highly recommend it to everyone.

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