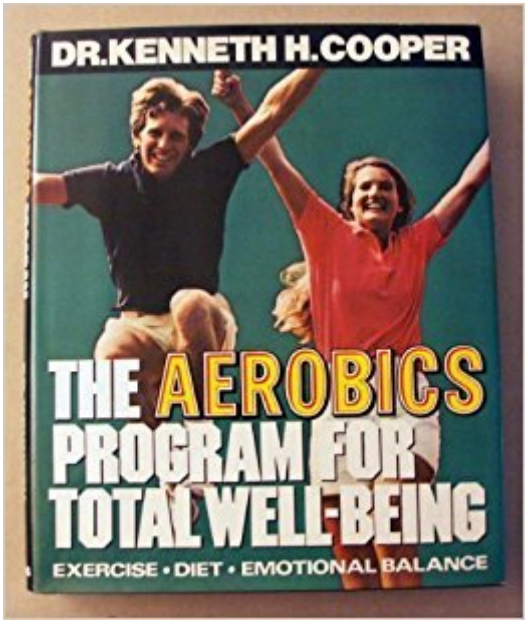
Ebook Directory
the best source of ebook

The book was found

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



PDF
Adobe
DOWNLOAD EBOOK

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

Hardcover: 320 pages

Publisher: M Evans & Co; Unknown edition (December 1982)

Language: English

ISBN-10: 0871313804

ISBN-13: 978-0871313805

Package Dimensions: 8.9 x 7.6 x 1.2 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.4 out of 5 stars 30 customer reviews

Best Sellers Rank: #656,133 in Books (See Top 100 in Books) #98 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics

Customer Reviews

Kenneth H. Cooper, MD, MPH, is recognized internationally as the Ã¢â ¬Å“father of aerobicsÃ¢â ¬Â• and is the leading spokesman for the preventative medicine movement.Ã Â A graduate of the University of Oklahoma School of Medicine and the Harvard University School of Public Health, he introduced the termÃ Â aerobicsÃ Â to the world with his bestsellerÃ Â 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, includingÃ Â The Aerobics Program for Total Well-Being,Ã Â Aerobics for WomenÃ Â (with Mildred Cooper),Ã Â The Antioxidant Revolution,Ã Â Preventing Osteoporosis,Ã Â Overcoming Hypertension,Ã Â Kid Fitness, andÃ Â 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.

Download to continue reading...

The Aerobics Program for Total Well-Being: Exercise, Diet, Emotional Balance Aerobics Program For Total Well-Being: Exercise, Diet , And Emotional Balance Emotional Intelligence: Why You're Smarter But They Are More Successful(Emotional intelligence leadership,Emotional Quotient,emotional intelligence depression,emotional intelligence workbook) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet

cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes,ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1)

Contact Us

DMCA

Privacy

FAQ & Help