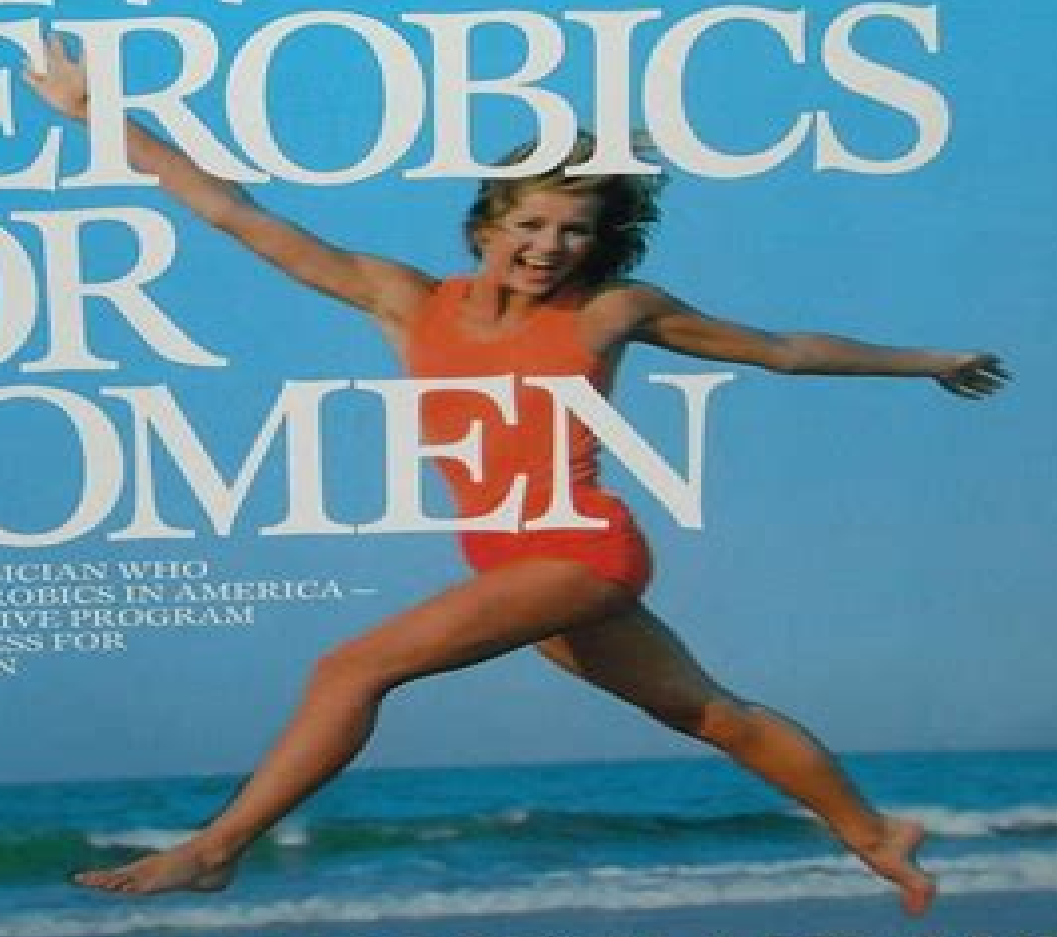


THE

NEW AEROBICS FOR WOMEN

A woman with blonde hair, wearing a bright red leotard, is captured in mid-air, jumping over the ocean waves. She has a joyful expression, with her mouth open as if laughing or shouting. Her arms are outstretched to the sides, and her legs are in a wide, dynamic pose. The background shows a clear blue sky and the ocean with white-capped waves breaking on a sandy beach.

FROM THE PHYSICIAN WHO
PIONEERED AEROBICS IN AMERICA —
A COMPREHENSIVE PROGRAM
OF TOTAL FITNESS FOR
TODAY'S WOMAN

KENNETH H. COOPER, M.D., M.P.H.,
and MILDRED COOPER

New Aerobics For Women

Kenneth H. Cooper, Mildred Cooper



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The New Harvard Guide to Women's Health Karen J. Carlson, Stephanie A. Eisenstat, Terra Diane Ziporyn, 2004-04-30 With complete information on women's health concerns physical and behavioral this A Z reference brings the topics up to date for a new generation of readers

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