

1. Record Nr.	UNINA9910695546703321
Titolo	Young at heart [[electronic resource] ] : healthy eating & physical activity across your lifespan
Pubbl/distr/stampa	[Bethesda, MD] : , : [National Institute of Diabetes and Digestive and Kidney Diseases], , [2002]
Descrizione fisica	24 pages : digital, PDF file
Collana	NIH publication ; ; no. 02-4993
Soggetti	Physical fitness for older people Older people - Health and hygiene
Lingua di pubblicazione	Inglese
Formato	Multimedia
Livello bibliografico	Monografia
Note generali	Title from title screen (viewed Feb. 8, 2007) "WIN, Weight-control Information Network"--Cover. "October 2002"--P. [4] of cover.
Nota di bibliografia	Includes bibliographical references (pages 18-19).