

1. Record Nr.	UNINA9910697056703321
Titolo	Be physically active [[electronic resource]]
Pubbl/distr/stampa	[Bethesda, Md.] : , : National Institutes of Health, , [between 2000 and 2009?]
Descrizione fisica	1 streaming video file (1 min., 40 sec.) : digital, SWF file, sound, color
Soggetti	Falls (Accidents) in old age - Prevention Falls (Accidents) - Prevention Physical fitness for older people Exercise for older people Documentary films. Streaming videos.
Lingua di pubblicazione	Inglese
Formato	Videoregistrazione
Livello bibliografico	Monografia
Note generali	Open captioned. Title from HTML source (viewed Apr. 16, 2010). "Video courtesy of School of Health Sciences, Seattle Pacific University"- Introd. HTML screen. Accompanied by transcript in HTML format.
Sommario/riassunto	Explains general health benefits derived from exercise, and specific reasons why exercise provides insurance against falls. Provides specific recommendations for weekly exercise goals to prevent falling, especially in old age.