

1. Record Nr.	UNINA9910699159003321
Titolo	Exercise and osteoporosis [[electronic resource]]
Pubbl/distr/stampa	[Bethesda, Md.] : , : National Institutes of Health, , [between 2000 and 2009?]
Descrizione fisica	1 streaming video file (2 min., 15 sec.) : digital, SWF file, sound, color
Soggetti	Osteoporosis - Exercise therapy Osteoporosis - Risk factors Weight training Exercise for older people Physical fitness for older people Documentary films. Streaming videos.
Lingua di pubblicazione	Inglese
Formato	Videoregistrazione
Livello bibliografico	Monografia
Note generali	Title from title frame. Accompanied by transcript in HTML format.
Sommario/riassunto	Describes beneficial effects of exercise and other osteoporosis treatments even when diagnosis occurs late in life.