

1. Record Nr.	UNINA9910699174503321
Titolo	Exercise with a buddy [[electronic resource]]
Pubbl/distr/stampa	[Bethesda, Md.] : , : National Institutes of Health, , [between 2000 and 2009?]
Soggetti	Exercise for older people Physical fitness for older people Documentary films. Streaming videos.
Lingua di pubblicazione	Inglese
Formato	Videoregistrazione
Livello bibliografico	Monografia
Note generali	Available as both streaming video (30 sec., WMV file, sd., col.) and downloadable video (30 sec., WMV file, sd., col.) files. Title from title frame. Accompanied by transcript in HTML format. "Patricia Grady, Ph.D., Director, National Institute of Nursing Research, suggests exercising with a buddy and demonstrates her personal exercise program."