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Titolo	Fitness and correct form [[electronic resource]]
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Altri autori (Persone)	RichardMargaret
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 (1 min., 19 sec., WMV file, sd., col.) and downloadable video (1 min., 19 sec., WMV file, sd., col.) files. Title from title frame. Accompanied by transcript in HTML format.
Sommario/riassunto	Explanation by Margaret Richard, popular physical fitness instructor, on the importance of incorporating various kinds of exercise into an exercise regimen and proper body alignment for effective exercises.