

1. Record Nr.	UNINA9910699175703321
Titolo	Build exercise into your everyday life [[electronic resource]]
Pubbl/distr/stampa	[Bethesda, Md.] : , : National Institutes of Health, , [between 2000 and 2009?]
Descrizione fisica	1 streaming video file (1 min., 25 sec.) : digital, SWF file, sound, color
Soggetti	Cycling 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. "Josephine P. Briggs, M.D., director of the National Center for Complementary and Alternative Medicine, talks about how she has made biking a part of her everyday life."