

1. Record Nr.	UNINA9910699176803321
Titolo	Are you ever too old to exercise? [[electronic resource]]
Pubbl/distr/stampa	[Bethesda, Md.] : , : National Institutes of Health, , [between 2000 and 2009?]
Soggetti	Exercise for older people Arthritis - Exercise therapy Documentary films. Streaming videos.
Lingua di pubblicazione	Inglese
Formato	Videoregistrazione
Livello bibliografico	Monografia
Note generali	Available as both streaming video (40 sec., WMV file, sd., col.) and downloadable video (40 sec., WMV file, sd., col.) files. Title from title frame. "Stephen I. Katz, M.D., Director, National Institute of Arthritis and Musculoskeletal and Skin Diseases, discusses age, arthritis and exercise and demonstrates his personal exercise program." Accompanied by transcript in HTML format.