

1. Record Nr.	UNINA9910701798703321
Titolo	Playing volleyball helps me stay active [[electronic resource]]
Pubbl/distr/stampa	[Bethesda, Md.] : , : [National Institutes of Health], , [2011?]
Descrizione fisica	1 streaming video file (2 min., 51 sec.) : digital, SWF file, sound, color
Soggetti	Exercise for older people Physical fitness for older people Older people - Health and hygiene Educational films.
Lingua di pubblicazione	Inglese
Formato	Videoregistrazione
Livello bibliografico	Monografia
Note generali	Title from HTML title bar (viewed Apr. 4, 2012). Accompanied by transcript in HTML format.
Sommario/riassunto	Features the regular volleyball-playing and exercise habits of Dr. Francis S. Collins, Director of NIH, and his NIH colleagues to illustrate the potential health benefits of regular exercise to older persons.