

1. Record Nr.	UNINA9910713515603321
Titolo	Go4Life exercises Side leg raise
Pubbl/distr/stampa	[Bethesda, Md.] : , : National Institute on Aging, National Institutes of Health, , 2012
Descrizione fisica	1 online resource (1 video file (2 min., 4 sec.)) : sound, color
Soggetti	Physical fitness for older people - United States Exercise for older people - United States Muscle strength Internet videos. Video recordings.
Lingua di pubblicazione	Inglese
Formato	Videoregistrazione
Livello bibliografico	Monografia
Sommario/riassunto	Trainer Sandy shows Irene that you can do Go4Life exercises anywhere, even the kitchen.