

1. Record Nr.	UNINA9910715576203321
Titolo	Message from the President of the United States, returning to the House of Representatives the act entitled "An Act for the Preservation and Repair of the Cumberland Road," with his objections thereto. May 4, 1822. Read, and ordered to lie on the table
Pubbl/distr/stampa	[Washington, D.C.] : , : [publisher not identified], , 1822
Descrizione fisica	1 online resource (3 pages)
Collana	House document / 17th Congress, 1st session. House ; ; no. 126 [United States congressional serial set] ; ; [serial no. 69]
Altri autori (Persone)	MonroeJames <1758-1831.>
Soggetti	Executive-legislative relations Federal government Implied powers (Constitutional law) Buildings - Repair and reconstruction Roads Maintenance Repairing Legislative materials.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Batch processed record: Metadata reviewed, not verified. Some fields updated by batch processes. FDLP item number not assigned.

2. Record Nr.	UNINA9910793461303321
Autore	Bradley Michael J.
Titolo	Introducing the core : demystifying the body of an athlete // editor, William C. Meyers [and six others] ; guest writer, Michael J. Bradley ; illustrator Rob Gordon
Pubbl/distr/stampa	Thorofare, NJ : , : SLACK Incorporated, , [2019] ©2019
ISBN	1-63091-517-3 1-63091-516-5
Descrizione fisica	1 online resource (679 pages)
Disciplina	612/.044
Soggetti	Sports - Physiological aspects Athletes - Health and hygiene
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Sommario/riassunto	There is no more important area of the body for an athlete than the core, the region of our body from our chest to our knees. The core is our engine, our hub of activity. Strength there makes life easier for shoulders and knees. It produces speed and explosiveness. Endurance and grit. The core is so important. So why has it remained such a medical mystery? This book will explain that. Introducing the Core: Demystifying the Body of an Athlete traces the arc of the journey from injury to restoration of power to the return to normal life. Dr. William Meyers is the nation's foremost authority on core health. Along with over 40 world-renowned expert contributors, Dr. Meyers explains how the core functions through stories from his work in locker rooms, the operating room, and the playing fields of elite athletes, giving readers a thorough understanding of the core's widespread influence on athleticism and the human anatomy.