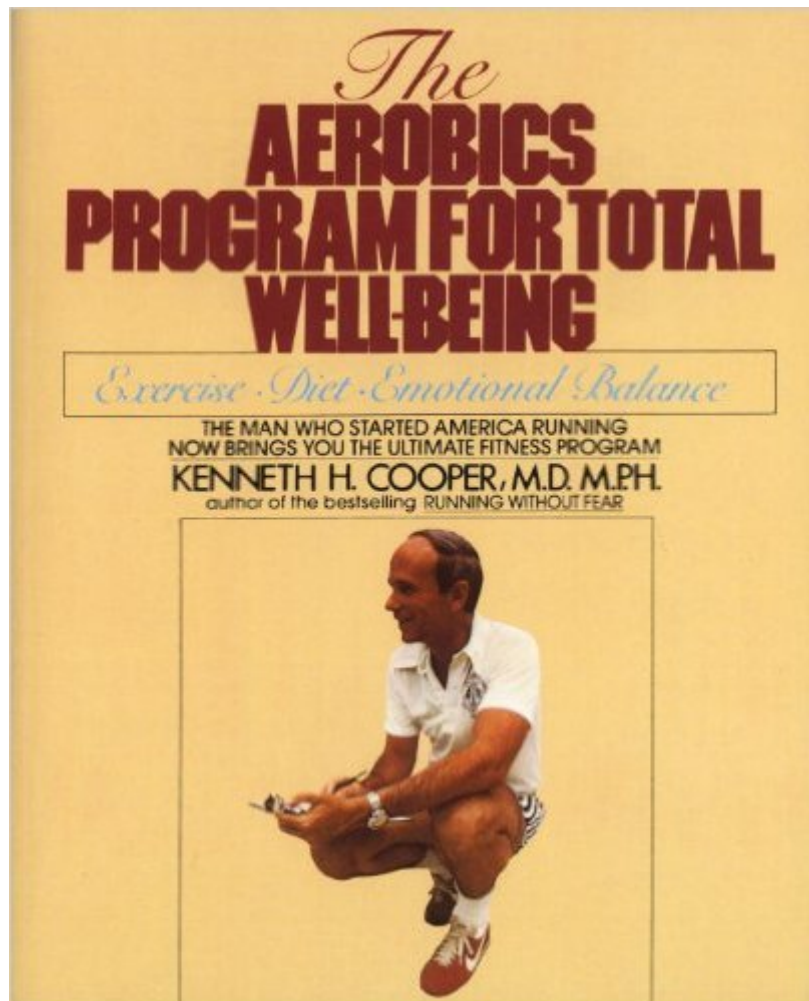


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# Aerobics Program For Total Well-Being: Exercise, Diet , And Emotional Balance



## Synopsis

Kenneth H. Cooper, the bestselling author of *Running Without Fear*, presents a complete program for total well-being--physically, nutritionally, emotionally--that includes dozens of ways to stay fit, three weeks of nutritious menus, guidelines for the twenty-two components of a comprehensive medical exam, and more.

## Book Information

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Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (29 customer reviews)

Best Sellers Rank: #194,499 in Books (See Top 100 in Books) #44 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #2423 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

Everybody says to get some exercise. But how much exercise do you need? Is walking the dog enough? Or do you have to train for marathons? Ken Cooper's aerobics program answers the question and provides you with a means to attain and maintain beneficial levels of physical fitness. Dr. Cooper's research makes the connection between various levels of physical activity and measureable health and risk reduction benefits. Dr. Cooper provides a "points" program which allows you to combine different activities so as to achieve your desired level of fitness. Just about every vigorous physical activity is covered. You'll never be bored and you'll never regret following "The Aerobics Way."

Do you want to be a triathlete ??? How about a septathlete ??? What about a dodecathlete ?? Did you ever wonder how to mix and match different sports activities (running, swimming, bicycling, squash, tennis, stair-climbing, etc.) to produce a precise and repeatable level of fitness ?? I started with "Aerobics", then "The New Aerobics" in the latter 1970's. Every time I pick up this book I start an exercise program again in just a few days. The writing and enthusiasm is infectious !!! Want to

compare your fitness level to the average U.S. army soldier ?? How about comparing yourself to the average Australian army soldier ?? Did you know that you can assess your fitness level in just 12 minutes of time ?? It's all in this book. The author, a U.S. army doctor who designs exercise programs and studies fitness in soldiers, was uniquely qualified to do the research necessary for this book. The best part of this book is a series of tables, roughly 40 pages, that lists sports and a "points" system that allows you to achieve, say, 25 points for running a 12:00 minute 2 miles, but only 10 points if you run in 18:00 minutes. Your goal, after reading this book, is to design and achieve an exercise program that garners 100 points per week, to produce the ultimate level of aerobic fitness ...

I bought 'Aerobics' by this author in 1975 when I was 43 and slipping into the state where I was puffing to tie my shoe laces a friend recommended the book. Without doing anything too drastic in the diet department other than to increase fruit and vegetable consumption and skip fried food, I started off in the Poor category and commenced the running programme by walking the first week for 1 mile, having to make an effort to do so in under 20 minutes on the first day. I followed Dr Coopers directions and was amazed to find how accurate his time estimates were and how well I felt as I reduced from 110 Kgs to 85 Kgs within 5 months. I retired when I turned 69 and now at 73 I have a need to get my arse into gear as my weight has crept up and my cardiovascular system is in dire need of rejuvenating. I note Dr Cooper has fine tuned his work and I am embarking on his cycling programme with confidence

This book has wonderful suggestions for achieving balance in all aspects of one's life, as the title says--"exercise, diet, emotional balance". I found the exercise programs to be particularly useful--he gives explicit guidelines for achieving cardiovascular health, and does not minimize the importance of balancing one's workouts. Whether you're just beginning to exercise or have been exercising for years, you will undoubtedly find useful information in this book.

..Dr. Kenneth Cooper has provided us with the most complete fitness program available anywhere today -- simple guidelines that have been proven over years. Anyone who wants to be fit and well needs this program. As a physical education teacher and a world class athlete I have used Cooper's formulas for fitness excellence for over 35 years.. Don't be confused, Dr. Cooper will lead you and your family to total health in the years ahead.

Dr. Cooper thoroughly explains how your body (mainly the heart and lungs) works. The book is about his studies on aerobic exercises and how it affects the body. He talks a lot about his subjects and their conditions and how aerobics helped rid themselves of their problems. I would say to anyone who is serious about their health, to buy this book. It's for those who are obese, those with heart and lung conditions and even those who have problems sleeping. This book is basically for anyone and everyone. Buy this book and it may help you live longer and healthier.

This book is my exercise "bible". I started with his New Aerobics book in the '70s. This book includes updated research and newer sports, such as Rollerblading. The book is very persuasive about the benefits of exercise. It describes a variety of aerobic activities and provides several exercise programs for each. The Aerobics "points" system is very attractive to a quantitative person like myself. It gives me confidence that I'm getting enough exercise when I combine running, cycling, etc. The system may not be as appealing if you don't want to keep track of your training or measure your fitness. The appendices are reference information that I refer to over and over again.

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