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THE ORCHESTRA CONDUCTOR S SECRET TO HEALTH LONG LIFE: CONDUCTING AND OTHER EASY THINGS TO DO TO FEEL BETTER, KEEP FIT, LOSE WEIGHT, INCREASE ENERGY, AND LIVE LONGER (PAPERBACK)



Wiley, 1997. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A Simple Fitness Program that s Music to Your Years A study conducted by the Metropolitan Life Insurance Company shows that orchestra conductors live 38 percent longer than the general population. The reason is simple--conducting is good cardiovascular exercise. In this book, Dr. Dale Anderson has adapted the conducting motion into a fun and easy upper-body fitness program that will help you: Strengthen heart...

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- Authored by Dale L Anderson
- Released at 1997



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