



Fresh Start: The Stanford Medical School Health and Fitness Program

John W. Farquhar, Stanford Medical School

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This book emphasizes that fitness brings tremendous benefits to health—and also that fitness is one factor over which we have control. Written by physicians and researchers at Stanford University, it offers practical guidance that will help the average person start and maintain an exercise regime, gaining a sense of well-being, an excellent way to control weight, and the ability to stay active as we age. Self-tests and exercise routines for different levels of fitness are included.

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