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Kenneth h. cooper

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Cooper aerobics blog

May 04, 2015 By Kenneth H. Cooper, The Cooper Aerobics campus is intellectually stimulating and enhances the learning process and development of cognitive skills.

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Kenneth H. Cooper, MD, MPH, "the father of aerobics," is the president and founder of The Cooper Aerobics Center. Recognized through his writings and research as a

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The concept of aerobics was pioneered in the United States by physician Kenneth H. Cooper and popularized in his books Aerobics (1968) and The Aerobics Way (1977).

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Kenneth H. Cooper (born March 4, 1931, in Oklahoma City [1]) is a doctor of medicine and former Air Force Colonel from Oklahoma, who introduced the concept of

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Kenneth h. cooper (author of the new aerobics) -

Kenneth H. Cooper is the author of The New Aerobics (3.77 avg rating, 26 ratings, 1 review, published 1970), Aerobics Program For Total Well-Being (3.68

Kenneth cooper, m.d., m.p. h. | bio | premiere

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