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Hans P. Kraus is the author of *Six Exposures* (3.00 avg rating, 1 rating, 0 reviews, published 1999) and *The Y's Way to a Healthy Back* (0.0 avg rating, 0 register

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Lower back pain treatment, back pain exercise

Say Goodbye to Back Pain is based upon the YMCA's Healthy Back Program also known as The Y's Way to a Healthy Back. Alexander Melleby, M.S.,

Alexander melleby collage video

Qualifications: Former director of health and physical fitness programs for the 33 YMCA's of New York City. The national director of "The Y's Way To A Healthy Back".

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creator of the exercise system presented by the YMCA as The Y's Way to a Healthy Back. Alexander Melleby, M.S., Say Goodbye To Back Pain

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Melleby, Alexander. Y's way to a healthy back. Published. Richmond, Vic. : Heinemann Australia, 1983. The Y's way to a healthy back. Piscataway, N.J. :

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Dr. Kraus donated his program to the YMCA, which began offering it as The Y's Way to a Healthy Back. Under the direction of Alexander Melleby, M.S.,

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The Alexander YMCA in downtown Raleigh is hosting a bench press competition for Y members ages 16 years and Y Guides; 5210 Y Healthy Hero; Give Back. Annual

Back pain program used by jfk

M.D. and Alexander Melleby, M.S. Mr. Melleby was the former National Director of the YMCA's Healthy Back Program known as "The Y's Way to a Healthy Back."

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ALEXANDER MELLEBY, M.S. was the National Director of the "Y's Way to a Healthy Back" program and served in this capacity from 1976 until 1986. He received his M.S. in

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The pain treatment & wellness center - information

This information was used to develop and implement a program for the YMCA called The Y s Way to A Healthy Back in the USA and Alexander Melleby,

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