

# The Aerobics Way New Data On The World S Most Popular Exercise Program.pdf

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## [Kenneth H. Cooper - Wikipedia](#)

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*Kenneth H. Cooper (born March 4, 1931, Oklahoma City) is a doctor of medicine and former Air Force Colonel from Oklahoma, who pioneered the benefits of doing aerobic exercise for maintaining and improving health. He is the author of the 1968 book Aerobics, which emphasized a point system for improving the cardiovascular system. The popular mass market version was The New Aerobics (ISBN 0-553 ...*

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