

# 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 introduced the concept of aerobics. He is the author of the 1968 book *Aerobics*, which emphasized a point system for improving the cardiovascular system.

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## [Pilates - Wikipedia](#)

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Further reading. Mazzarino M, Kerr D, Wajswelner H, Morris ME (2015). "Pilates Method for Women's Health: Systematic Review of Randomized Controlled Trials".

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