



Jogging - A Medically Approved Physical Fitness Program for All Ages

William J. Bowerman, M.D. W.E. Harris

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JOGGING can be done by either sex at almost any level of physical fitness or age. IT IS FREE - IT IS EASY
- IT IS RELAXING - IT CAN BE DONE ALONE OR IN GROUPS - IT IS FUN - IT IS GOOD FOR THE
HEART AND LUNGS - THE ORGANS WHICH MAY DETERMINE YOUR LIFE SPAN.

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