



Asthma & Exercise

Nancy Hogshead, Gerald Secor Couzens

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There are 10 million Americans with asthma--3 million are children--and most are afraid to exercise. Today, thanks to new medical research, we know that exercise can enhance their emotional and physical well-being. Nancy Hogshead shows readers how to take control of their asthma and become fit for life through a variety of exercise programs.

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