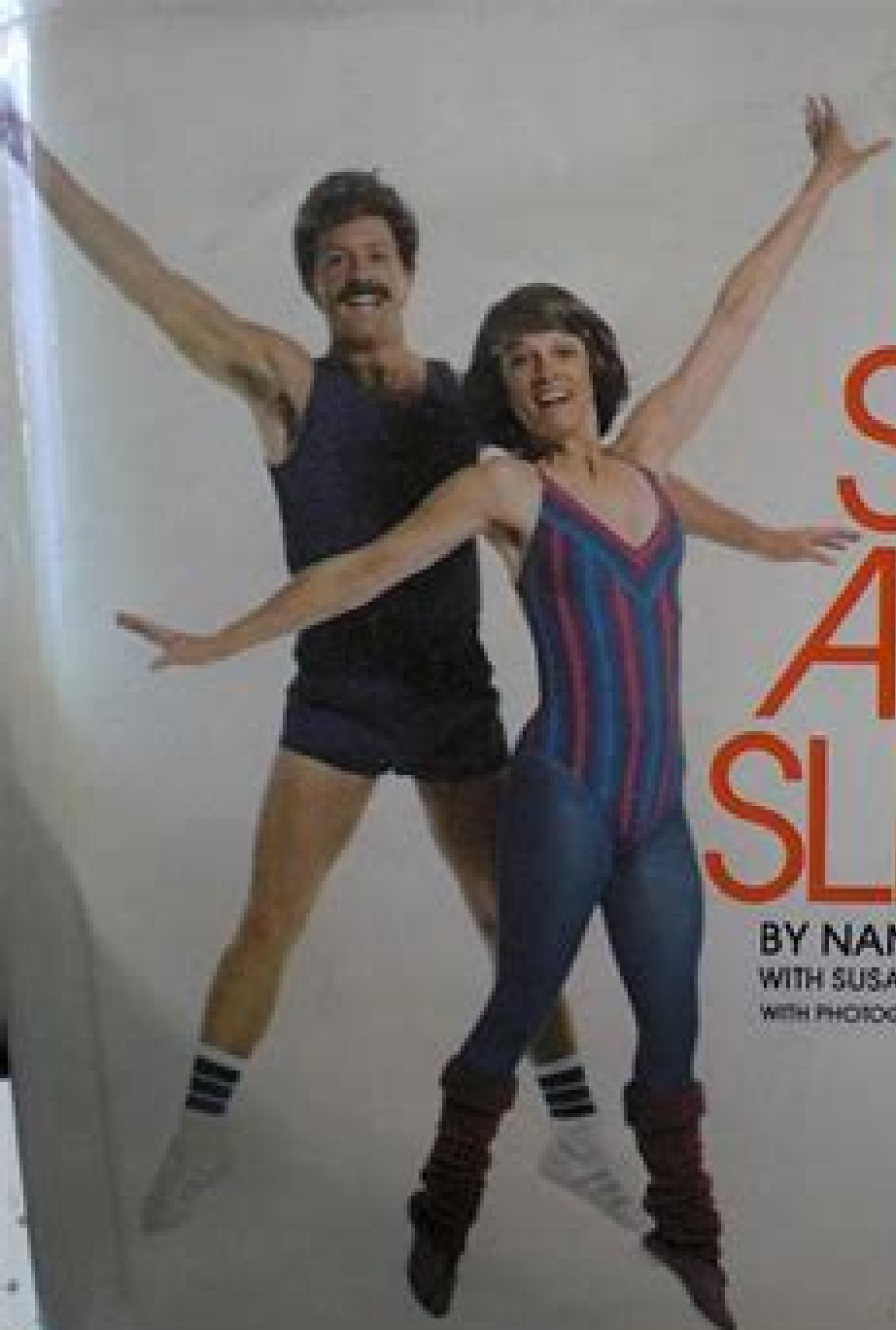




# NANCY STRONG'S AEROBIC SLIMNASTICS

BY NANCY STRONG

WITH SUSAN HAAS LENCI

WITH PHOTOGRAPHS BY NANCY WAYMAN

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# Nancy Strongs Aerobic Slimnastics

**Danielle Friedman**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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**Making the American Body** Jonathan Black, 2020-04-01 If you thought the fitness craze was about being healthy think again Although Charles Atlas Jack LaLanne Jim Fixx Jane Fonda Richard Simmons and Jillian Michaels might well point the way to a better body they have done so only if their brands brought in profits In the first book to tell the full story of the American obsession with fitness and how we got to where we are today Jonathan Black gives us a backstage look at an industry and the people that have left an indelible mark on the American body and the consciousness it houses Spanning the nation's fitness obsession from Atlas to Arnold from Spinning to Zumba and featuring an outrageous cast of characters bent on whipping us into shape while simultaneously shaping the way we view our bodies Black tells the story of an outsized but little examined aspect of our culture With insights drawn from more than fifty interviews and attention to key developments in bodybuilding aerobics equipment health clubs running sports medicine group exercise Pilates and yoga *Making the American Body* reveals how a focus on fitness has shaped not only our physiques but also and more profoundly American ideas of what fitness is

**Practical Aerobic Conditioning** D. Ray Collins, Patrick B. Hodges, John M. Kelly, 1999 *Let's Get Physical* Danielle Friedman, 2022-01-04 A captivating blend of reportage and personal narrative that explores the untold history of women's exercise culture from jogging and Jazzercise to Jane Fonda and how women have parlayed physical strength into other forms of power For American women today working out is as accepted as it is expected fueling a multibillion dollar fitness industrial complex But it wasn't always this way For much of the twentieth century sweating was considered unladylike and girls grew up believing physical exertion would cause their uterus to literally fall out It was only in the sixties that thanks to a few forward thinking fitness pioneers women began to move en masse In *Let's Get Physical* journalist Danielle Friedman reveals the fascinating hidden history of contemporary women's fitness culture chronicling in vivid cinematic prose how exercise evolved from a beauty tool pitched almost exclusively as a way to reduce into one millions have harnessed as a path to mental emotional and physical well being *Let's Get Physical* reclaims these forgotten origin stories and shines a spotlight on the trailblazers who led the way Each chapter uncovers the birth of a fitness movement that laid the foundation for working out today the radical post war pitch for women to break a sweat in their living rooms the invention of barre in the Swinging Sixties the promise of jogging as liberation in the seventies the meteoric rise of aerobics and weight training in the eighties the explosion of yoga in the nineties and the ongoing push for a more socially inclusive fitness culture one that celebrates every body Ultimately it tells the story of how women discovered the joy of physical strength and competence and how by moving together to transform fitness from a privilege into a right we can create a more powerful sisterhood

*Why the Pain, What's the Gain?* Daniel Kunitz, 2016-03-24 Running jumping lifting pushing stretching

our bodies are naturally built to move and work strengthen and adapt Yet the gym is a 20th century phenomenon and working out a concept that has produced one of the world s biggest industries fitness An industry whose changing ideals reflect society s cultural shifts on what it means to be fit and how to have the perfect physique Why the Pain What s the Gain takes you on a guided tour of humankind s 3000 year wayward search for the perfect workout from the dirt courtyards of the ancient Greek gymnasium to the birth of the modern gym in 19th century Paris to the weekend beachside Olympic caliber gymnasts of Santa Monica and Sydney Daniel Kunitz seeks the answer to a simple yet profound question Why do we work out We will listen in on the innovators and charlatans who lifted the multibillion dollar business of gym fitness into being We will learn how the women s movement sparked an enormous exercise boom and tell the story not only of how we arrived at the big box gym era but also of the last decade s acceleration into a new fitness frontier Daniel Kunitz puts himself through the grit and pain of the cross fit parkour and tough mudder regimes searching not just for new found physique but on a quest to understand the pain and more precisely the gain of working out

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