



*Sheila Cluff's*

# AEROBIC BODY CONTOURING

The New, Low-Impact  
Exercise Program  
for the *Ageless* Body

SHEILA CLUFF with EVA SHAW

"Sheila inspires women to see that the prime  
of one's life can truly be the later years."  
—Kathleen Sullivan

# Sheila Cluffs Aerobic Body Contouring

**Mark Bricklin, Sharon S. Ferguson**



### **Sheila Cluffs Aerobic Body Contouring:**

**Sheila Cluff's Aerobic Body Contouring** Sheila Cluff, Eva Shaw, 1987 A complete fitness plan featuring low impact aerobic dance conditioning rapid weight loss and body toning this guide provides step by step exercises guidelines on appropriate clothing and shoes and a discussion of diet and nutrition basics **Orange Coast Magazine** ,1988-10 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county's luxe lifestyle

**Menopause Without Medicine** Linda Ojeda, 1992 Dr Ojeda broke new ground when she began to study nonmedical approaches to menopause more than 10 years ago Now she has revised and updated her definitive resource incorporating the latest findings about estrogen mood swings and osteoporosis Throughout Ojeda shows how women can enjoy optimal health at any age by making simple inexpensive changes in diet and lifestyle **Quill & Quire** ,1987 Diana's Gift Barbara Bergholz, 1992 The Best Spas Theodore B. Van Itallie, Van Itallie Theodore B, 1989-10 **Orange Coast Magazine** ,1989-01 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county's luxe lifestyle **The Natural Healing and Nutrition Annual, 1989** Mark Bricklin, Sharon S. Ferguson, 1989-02 **Prevention** ,1987 **Spa Management** ,1997 *1712 Shortcuts to Better Living* Cheryl Winters, 1991-04 Numerous experts in the fields of health nutrition child care psychology home repair gardening and retirement give their best advice for any and all personal and household tasks Make the most of your day and your time with this source book of techniques tips and practical wisdom **The Fat Gram Counter** Judith Zimmer, 1987-02 Now revised and updated The Fat Gram Counter is essential in helping you live a healthier and longer life **Rodale's Book of Shortcuts** Cheryl Winters Tetreau, Carol Hupping, 1988 Advice tips and techniques on health fitness food self improvement parenting home management maintenance gardening landscaping retirement and travel This handy reference shows the best way to accomplish a multitude of tasks while saving time and effort **The Cumulative Book Index** ,1989 A world list of books in the English language *Bibliographic Guide to Music* New York Public Library. Music Division, 1990 **The Prevention Index** ,1987 **Library Journal** ,1987 **Bibliographic Guide to Dance** New York Public Library. Dance

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