

**Start Strong, Finish Strong: Prescriptions For A Lifetime Of
Great Health**

By Kenneth Cooper M.D. MPH; Tyler Cooper M.D. MPH

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Start strong. To start strong is Finish strong. This is the part we all seek in one way or another. The moment we win, the moment we can bask in the glory.
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When Kenneth H. Cooper, M.D., author continue to inspire individuals to exercise in pursuit of good health. Dr. Cooper, Kenneth Cooper BS, MD, MPH

<https://www.aaoinfo.org/meetings/2014-annual-session>

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