

# **Swimming For Total Fitness: A Progressive Aerobic Program (Updated)**

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Exercise physiologist Robert A. Robergs says swimming is a good fitness choice for just about everyone, especially those who have physical limitations or who find

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### **Jane Katz (Author of Swimming for Total Fitness) -**

Jane Katz is the author of Swimming for Total Fitness (3.69 avg rating, 16 ratings, 2 reviews, published 1981), Your Water Workout (3.90 avg rating,

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