

**KEEPING PHYSICALLY FIT.
COMMON-SENSE
EXERCISES FOR THE
WHOLE FAMILY**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649027705

Keeping Physically Fit. Common-Sense Exercises for the Whole Family by William J. Cromie

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WILLIAM J. CROMIE

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KEEPING PHYSICALLY FIT



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THE MACMILLAN CO. OF CANADA, LTD.

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KEEPING PHYSICALLY FIT

COMMON-SENSE EXERCISES FOR THE
WHOLE FAMILY

BY

WILLIAM J. CROMIE

Instructor in Physical Education, University of Pennsylvania;
Director of the Summer School Courses in Physical
Education, University of Pennsylvania;
Author of "Medicine Ball Exercises,"
"Single Stick Exercises," etc.

WITH ILLUSTRATIONS

New York

THE MACMILLAN COMPANY

1916

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Set up and electrotyped. Published January, 1916. Reprinted
March, October, 1916.

PREFACE

IN 1909 "The Saturday Evening Post" published an article on "Fifteen Minutes Daily Invested for Health," and in 1911 "The Outlook" printed a paper "Investing for Health."

The commendatory letters, together with those seeking advice and additional information, as a result of these two manuscripts, from all parts of the United States and many foreign countries, has impelled me to write a series of articles on "Common-sense Exercise for Every Member of the Household." These, together with an article on physical fitness, were written and published in "The Outlook." The chapter on "Deep-breathing" was published in "Life and Health."

After the publication of these papers they were extensively enlarged and revised and are now included in this volume in order that they may have a wider circulation and more permanent form.

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