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Say Goodbye to Back Pain is based upon the YMCA's Healthy Back Program also known as The Y's Way to a Healthy Back. Alexander Melleby, M.S.,

### **Alexander melleby (author of six weeks to a**

Alexander Melleby is the author of Six Weeks To A Healthy Back (2.00 avg rating, 1 rating, 0 reviews) and The Y's Way to a Healthy Back (0.0 avg rating,

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M.D. and Alexander Melleby, M.S. Mr. Melleby was the former National Director of the YMCA's Healthy Back Program known as "The Y's Way to a Healthy Back."

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Dr. Kraus donated his program to the YMCA, which began offering it as The Y's Way to a Healthy Back. Under the direction of Alexander Melleby, M.S.,

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### **The y' s way to a healthy back**

Alexander Melleby The Y's Way to a Healthy Back Category: Backache Publisher: New Win Pub (November 1982) Language: English Pages: 192 ISBN: 978-0832901478

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### **Alexander melleby | zoominfo.com**

ALEXANDER MELLEBY, M.S. was the National Director of the "Y's Way to a Healthy Back" program and served in this capacity from 1976 until 1986. He received his M.S. in

### **Alexander ymca - bench press challenge**

The Alexander YMCA in downtown Raleigh is hosting a bench press competition for Y members ages 16 years and Y Guides; 5210 Y Healthy Hero; Give Back. Annual

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### **Alexander melleby collage video**

Qualifications: Former director of health and physical fitness programs for the 33 YMCA's of New York City. The national director of "The Y's Way To A Healthy Back".

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Melleby, Alexander, An Adult YMCA Physical Fitness Program for Office Buildings, "Y's Way to a Healthy Body "Y's Way to Water Exercise Instructor's Guide

**Say goodbye to back pain collage video**

creator of the exercise system presented by the YMCA as The Y s Way to a Healthy Back. Alexander Melleby, M.S., Say Goodbye To Back Pain

**Six weeks to a healthy back / alexander melleby. -**

Melleby, Alexander. Y's way to a healthy back. Published. Richmond, Vic. : Heinemann Australia, 1983. The Y's way to a healthy back. Piscataway, N.J. :

**Hans p. kraus (author of six exposures) -**

Hans P. Kraus is the author of Six Exposures (3.00 avg rating, 1 rating, 0 reviews, published 1999) and The Y's Way to a Healthy Back (0.0 avg rating, 0 register

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