

# Non-Impact Aerobics

By Carlos Rosas



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NIA Non Impact Aerobics Carlos Rosas, Debbie this one starts with a preface about how bad and dangerous traditional high-impact aerobics were and how this is [http://www.videofitness.com/reviewsdb/disp\\_review.php?id=1258](http://www.videofitness.com/reviewsdb/disp_review.php?id=1258)

The Nia Technique was founded in 1983 by Debbie Rosas and Carlos AyaRosas in the San Francisco area. sustained non-impact aerobic conditioning,

[http://en.wikipedia.org/wiki/Nia\\_\(fitness\)](http://en.wikipedia.org/wiki/Nia_(fitness))

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The High-Powered Energizing Workout That Gives You a New Body and a New Life by Carlos Rosas, by Carlos Rosas, Non-Impact Aerobics

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Debbie Rosas . Debbie Rosas is the Non-Impact Aerobics and The Nia Technique. She also collaborated with Carlos AyaRosas to write the Holistic Fitness section of

<https://nianow.com/creators>

Non-Impact Aerobics: The Nia Technique by Debbie Rosas, Carlos Rosas, Katherine Martin. (Paperback 9780380705221)

<http://www.paperbackswap.com/Non-Impact-Aerobics-Nia-Technique/book/0380705222/>

Get this from a library! Non-impact aerobics : get ready. [Debbie Rosas; Carlos Rosas]

<http://www.worldcat.org/title/non-impact-aerobics-get-ready/oclc/15202176>

Jul 21, 2009 Neuromuscular Integrative Action or Non-Impact Aerobics Debbie and Carlos Rosas met when Carlos, who was originally from Mexico City,  
[http://lubbockonline.com/stories/072209/fea\\_467393202.shtml](http://lubbockonline.com/stories/072209/fea_467393202.shtml)

Carlos Rosas. Tweet. people search by Spokeo. CA, Anaheim, 2900 W Lincoln Ave #C204, 92801 Pictures (110)  
<http://waatp.com/people/carlos-rosas/22444022/>

the capacity crowds at a local rec center dancing barefoot with Non Impact Aerobics founders Debbie and Carlos Rosas. Debbie, an aerobics instructor,  
<http://spot.pcc.edu/~lkidoguc/Nia/staCruz.doc>

Carlos and Debbie Rosas. I'm really glad I did Global Unity before I tried the other NIA tapes. It definitely has the best production values and is by far the most  
<http://www.videofitness.com/reviews/nia-nia.php>

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<http://www.alibris.com/Non-Impact-Aerobics-Debbie-Rosas/book/4711294>

(previously Non-Impact Aerobics , now Neuromuscular Integrative Action ) and Carlos Rosas  
<http://www.healersworldwide.com/article/what-is-nia-neuromuscular-integrative-action/>

Non-Impact Aerobics: The Nia Technique. Rosas, Debbie, Rosas, Carlos, Martin, Katherine  
<http://www.abebooks.com/book-search/isbn/0380705222/>

This is a HealthTalk bio for Debbie Rosas. Some Newly Insured Under 'Obamacare' May Have Trouble Finding Doctors  
<http://www.everydayhealth.com/bios/debbie-rosas.aspx>

May 10, 1999 Schwartz is an aerobics Aerobics For The Soul. May 11, 1999 | By Art Carey, Debbie and Carlos Rosas,

[http://articles.chicagotribune.com/1999-05-11/news/9905120091\\_1\\_nia-debbie-and-carlos-rosas-aerobics](http://articles.chicagotribune.com/1999-05-11/news/9905120091_1_nia-debbie-and-carlos-rosas-aerobics)

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Aug 09, 2011 "Nia Through movement we find health." Nia began in 1983 as non-impact aerobics by co-founders Debbie Stewart Rosas and Carlos Rosas that combines <http://jacksonville.com/news/health-and-fitness/2011-08-10/story/health-praise-nias-healthy-movements>

with Debbie Rosas, Non-Impact Aerobics and The Nia Technique. She also collaborated with Carlos Aya Rosas to write the Holistic Fitness section of <http://www.stillandmovingcenter.com/tag/debbie-rosas/>

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