

A man in athletic wear is running at night. A dog is running alongside him. The background is dark with some blurred lights.

# Athletic Forever

THE KERLAN-JOBE  
ORTHOPAEDIC CLINIC  
PLAN FOR LIFETIME FITNESS

Frank Jobs, M.D., Neal ElAttrache, M.D.,  
and Karen Mohr, P.E., S.C.S., with T. G. Rand  
Forewords by Maggie Johnson and Tommy Lasorda

# Athletic Forever

**Lingsheng Yao**



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