



**Library Services for the Deaf and Hard of Hearing**  
*Service, Education, and Community for Tennesseans*



**Get Your Workout in Sign Language!**  
(Voice and Open Captions too)  
Gallaudet University

Title

**[Sign 'n Sweat \(https://tndeaflibrary.nashville.gov/library/materials/sign-n-sweat\)](https://tndeaflibrary.nashville.gov/library/materials/sign-n-sweat)**

An instructional exercise video in sign language using aerobics as a form of exercise. Tips on how to find your heart rate before exercising and during the exercise.

Author

Dept. of Physical Education and Recreation, Gallaudet University

Imprint

Washington, D.C. : Gallaudet University, 2013, 1987

Tags

Exercise

Catalog Link

[Sign 'n Sweat](#)

(<https://catalog.library.nashville.org/Record/CARL0000426930?searchId=38875010&recordIndex=1&page=1>)

Sign 'n Sweat

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