

(JIMMY FRISANTRA)
TAKE FIVE

- PAUL DESMOND

(NARROW JAZZ)

♩ = 118

[A] (NO CHORUS)

Sheet music for "Take Five" by Paul Desmond. The music is arranged for a single melodic line (likely a soprano or alto saxophone) and consists of ten staves of handwritten musical notation. The key signature changes frequently, indicated by labels above the staves: Eb, Bb-7, Eb, Bb-7, Eb, Bb-7, C-7b5, F-7b5, Bb-7, Eb, Ab-7, D-7, Gbmaj7, Gb7, Ab-7/Cb, Cmaj7, Bb-7, Eb-7, Ab-7, D-7, F-7b5, Bb7b5. The tempo is marked as ♩ = 118. The section is labeled [A] (NO CHORUS). The title "TAKE FIVE" is written in large, bold, capital letters across the top of the music. The copyright notice at the bottom states: "© 1949 (Renewed 1988) Desmond Music Company. All Rights outside the USA Controlled by Derry Music Company."

Take Five

**Ontario. Department of Agriculture
and Food**

Take Five:

The Complete Works John Bunyan,1877 **Annual Report** Ontario. Department of Agriculture and Food,1896

The Lancet ,1894 Take Five Filip De Keyser,Heidi Van de Keere,2021-11-30 Wat kan ik zelf doen om mijn gezondheid beter te maken Veel mensen willen hun gezondheid graag in eigen handen nemen maar algemene adviezen als eet wat gezonder of beweeg wat meer helpen hen niet echt vooruit Dit toegankelijke en inspirerende boek geeft je een helder overzicht van de Big Five van een gezonde leefstijl voeding beweging mindset zingeving en sociale verbondenheid Het onderzoek naar een gezonde leefstijl zette een reuzenstap vooruit na de ontdekking van de blauwe zones plaatsen op de wereld waar mensen gezonder oud worden en waar meer fitte eeuwelingen leven De lessen uit de blauwe zones vormen niet alleen een hefboom om gezond te blijven en ziekte te voorkomen maar evenzeer een sleutel om succesvoller om te gaan met een gezondheidsprobleem De auteurs koppelen deze leefstijlkennis aan concrete acties n stellen samen met jou een haalbaar actieplan op zodat je onmiddellijk aan de slag kunt op een manier die het beste bij jou past Want dat is de essentie van Take Five een leefstijlplan dat je zelf invult en waarvan je het instapniveau zelf bepaalt Neem je gezondheid zelf in handen met het 5 5 5 leefstijlplan 5 leefstijldomeinen 5 zelfgekozen acties 5 minuten per dag Je kunt je gezondheidsquotient trainen en versterken net als een spier Het Take Five plan biedt daarvoor effectieve handvatten Vijf minuten per dag is een eenheid van tijd voldoende voor een zinvolle invulling en toch kort genoeg om geen beslag te leggen op een al te groot deel van je beschikbare tijd Wetenschappelijk onderzoek bij grote groepen heeft aangetoond dat elk uur wandelen gemiddeld vijf uur extra levensverwachting oplevert Hoe je jezelf en de wereld om je heen beleeft speelt zich af in je hoofd Hoe je kijkt is wat je krijgt Leven met bewuste aandacht voor een gezonde mindset is een leefstijl die je kunt trainen Een powernap of een kort middagdutje is geen taboe en kan erg heilzaam zijn Een betekenisvolle invulling van je dag heeft een groter belang dan gezondheid tout court Verbinding met anderen is een basisvoorwaarde voor gezondheid

The Change of Life in Health and Disease Edward John Tilt,1882 **Philosophical Transactions of the Royal Society of London** ,1876 Sermons and

Addresses, Question Drawer and Other Proceedings of the Christian Convention Held in Chicago, September 18th to 20th,

1883 ,1884 **The Works of Francis Bacon** ... Francis Bacon,1878 The Homoeopathic World ,1895 **Twentieth**

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Painting and Decorating ... A. Ashmun Kelly, Frederick Maire, Arthur Seymour Jennings,1893 The Commercial & Financial Chronicle and Hunt's Merchants' Magazine ,1879 **Official Register** Harvard University,1941 **The Nineteenth**

Century and After ,1914 The London Journal ,1873 Journal of Researches Into the Natural History and Geology of the Countries Visited During the Voyage of H.M.S. Beagle Round the World, Under the Command of Capt. Fitz Roy, R.N.

Charles Darwin,1891

Tropical Agriculture Peter Lund Simmonds,1889

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Take Five Introduction

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