

(LATIN
JAZZ)(JIMMY FRISAURA)
TAKE FIVE

- PAUL DESMOND

♩ = 118

[A] (10 CHORUS)

Handwritten musical score for "Take Five" by Paul Desmond. The score is written on ten staves in treble clef with a key signature of three flats (Bb, Eb, Ab). The tempo is marked as 118 beats per minute. The first staff is marked with a box 'A' and '(10 CHORUS)'. The music features various chords and melodic lines, with some notes marked with 'x' for grace notes. The chords are: Eb-, Bb-7, Eb-, Bb-7, Eb-, Bb-7, Eb-, Bb-7, Eb-, Bb-7, C-7b5, F-7b5, Bb-7, Eb7, Ab-7, Db7, Gbmaj7, Gbm, Ab-/Cb, Cbmaj7, Bb-7, Eb-7, Ab-7, Db7, F-7b5, Bb7#5.

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 gezondheidsquoti nt 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 Century Practice: Tuberculosis, yellow fever, and miscellaneous. General index. 1900** Thomas Lathrop Stedman, 1900
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Charles Darwin, 1891

Tropical Agriculture Peter Lund Simmonds, 1889

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