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R... wellness centers and other health associations worldwide. He is a pioneer in the formal training of the prescription of exercise for health and Pilates method in physiotherapy in Spain. His programs have been accredited by professional colleges of physiotherapy, universities and by the National Continued Training department of the Ministry of Health. He begun his pre-doctoral program initiating clinical trials on diabetes type II in 2009. His research focused on the exercise and life style for promoting health,

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