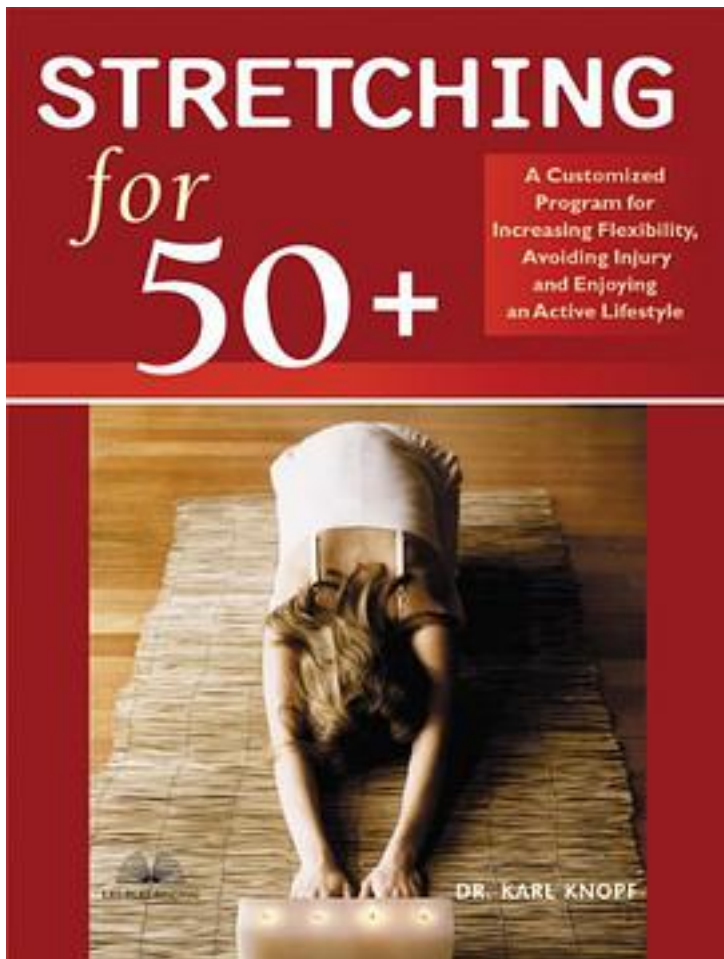


Stretching for 50+



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IMPROVE YOUR FLEXIBILITY WITH THE GENTLE, BEGINNER STRETCHES ILLUSTRATED IN THIS BOOK Designed to meet the unique needs of the 50+ person, the carefully modified stretches in this book are easy to learn and safe to perform at any age.

Illustrated with step-by-step photos and explained with clear captions, the stretches in Stretching for 50+ can reverse years of muscle tightening, helping you perform daily activities without pain and enjoy sports and leisure activities without injury. Stretching for 50+ offers customized programs for: Back pain Arthritis Knee problems Long Drives Desk fatigue Shoveling snow Golf Jogging Tennis Swimming Skiing Gardening To help assist you, many of the movements in Stretching for 50+ use a chair, block, strap, pillow or blanket. The author also includes tips, cautions and techniques for properly performing each stretch.

作者介绍:

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