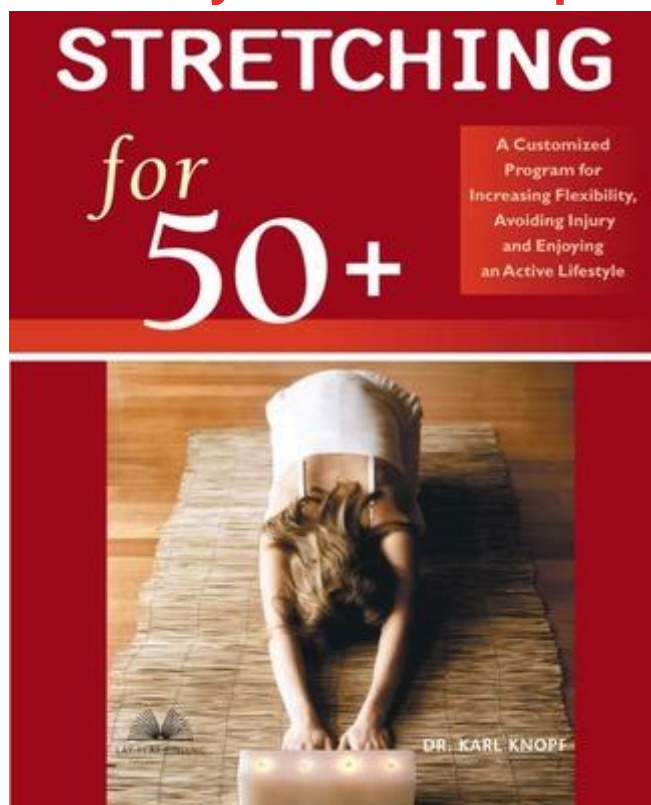


Stretching For 50+: A Customized Program For Increasing Flexibility, Avoiding Injury, And Enjoying An Active Lifestyle - Karl Knopf



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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. Author: Knopf, Karl Publisher: Ulysses Press Illustration: N Language: ENG Title: *Stretching for 50+: A Customized Program for Increasing Flexibility, Avoiding Injury, and Enjoying an Active Lifestyle* Pages: 00128 (Encrypted EPUB) On Sale: 2009-06-01

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