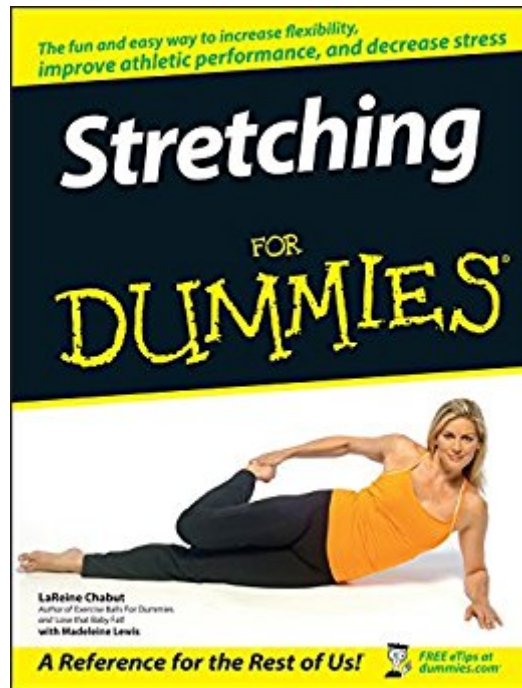


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# Stretching For Dummies



## Synopsis

Did you long ago learn to fear and dread stretching because of overbearing P.E. teachers who forced you to touch your toes? It doesn't have to be that way anymore. Stretching is a powerful tool that can bring you new ease of movement, an increase in your physical capabilities, and deep composure that requires you to do nothing more than breathe. You can always have access to it—and best of all, it's free! *Stretching for Dummies* shows you that stretching is actually easy to do—and reveals how you can reap the amazing benefits of stretching anywhere, anytime. It explains in simple terms how you can stand taller, look thinner, keep stress from getting the best of you, keep your muscles from feeling achy, and nip injuries in the bud. You'll discover: The why's, where's, when's, and how's of letting loose and snapping back How to keep from hurting yourself The benefits of stretching with a partner How to target specific areas: such as head, shoulders, knees, and toes The art of breathing correctly How to use stretching to sooth lower back pain Stretches to start and end your day right Stretches you can do at your desk Stretches for various stages of life—including stretches for kids and seniors This easy-to-use reference also includes a list of ten surprising around-the house stretching accessories, along with ten common aches and pain that stretching can help. Regardless of how old or young you are, *Stretching for Dummies* will introduce you to a kinder and gentler form of flexibility that will reduce that nagging tension and tenderness in your muscles and truly make you feel good all over.

## Book Information

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## Customer Reviews

I bought this book because I really was a stretching dummy. After being pretty sedentary for a few years, I have started working out again. I kept getting tightness in my arms and legs that I couldn't figure out how to stretch away. This book has cured that, showing me specific stretches for each area of tightness. Now I know how to stretch after I work out. I've never felt any tightness that this book didn't address. As a bonus, it even explains why you should be warmed up before you stretch, that you need to hold a stretch for 30 seconds for the most effectiveness, what you need to stretch effectively (a towel wrapped around an extremity will help you stretch what you can't reach), and gives a few specific stretching routines for the office, pregnant women, children, seniors, and those participating in specific sports (basketball, skiing, swimming, and racquet sports). The only actual routine I've used is the office one... mostly I just stretch the muscles I worked. The reason for the four stars is the organization of the book. It does go through by body region, but curiously doesn't include each stretch in that section. For instance, in the "upper body" area, it includes one chest stretch. But it lists two different ones in the "office" stretch. Why didn't it list all of the chest stretches all together so I could easily try all three to see which one worked best for me? I was able to navigate the book much more easily when I realized there was an index in the back. I looked up "chest" and it gave me the page numbers of all the chest stretches. Still, all of the photographs were good, the writing was easy to understand, and it resolved my after-workout tightness issue.

This is my favorite book on stretching and I have read many. The book covers and answers all the questions (why, when, how, how often, etc.). There are more than enough stretches for all parts of the body and they are explained in an easy-to-follow format and accompanied by pictures of real people. Stretching is great for the body and mind and should be done everyday; this book will help you learn how to do it easily and efficiently!

Kindle Edition All of the "Figures" used for illustrating the stretches do not appear in the Kindle edition. Makes it hard to impossible to know if you are doing the stretches correctly Otherwise seems to be a very useful book.. Update: reloaded file, pictures now visible, one star because some pictures are cut off on the right side.

Straight to the point, quickly clears up misconceptions and then proceeds to explain in detail and in an organized sequential manner a great variety of stretching exercises.

I have read this book thru and love applying to my health and fitness program. The book gives detail instructions that are easy to follow.

There's lots of good basic information here on basic stretching when starting a program. Valuable information on why and how to do things correctly so as not to injure or discourage yourself.

Just the type of stretching book I needed to motivate me to be more diligent about this important aspect of fitness. This copy was in good condition with no obvious wear and tear.

I like'd "Stretching for 50+" and this adds the details and techniques. Very thorough, very sensible. I recommend this for any age (I'm 67). Cool beans.

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