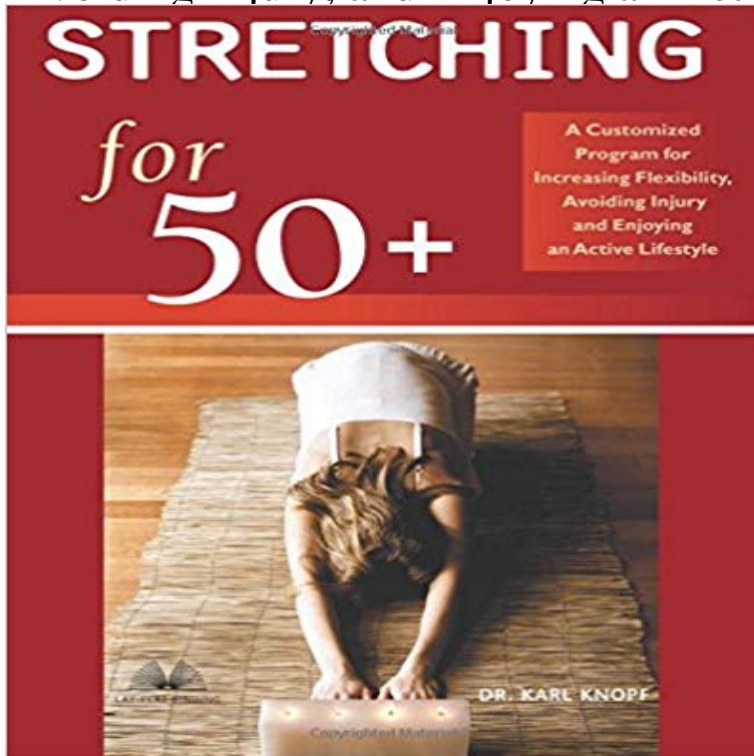


Stretching for 50+: A Customized Program for Increasing Flexibility, Avoiding Injury, and Enjoying an Active Lifestyle



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.

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