



Stretching for 50+: A Customized Program for Increasing Flexibility, Avoiding Injury, and Enjoying an Active Lifestyle (Large Print 16pt)

Karl Knopf

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Based on the belief that individuals over 50 can do most of the same things as 20- and 30-year-olds, 50+ Stretching shows how to maintain and improve flexibility by incorporating additional stretching into one's life. Covering all the muscle groups of the body, the author offers specially designed programs catering to every level of fitness. Among the book's exclusive features are the "supereasy" variations designed for the 60-and-older crowd or individuals with limited mobility. By incorporating helpful props such as a chair, sofa, or elastic strap, these stretches are a safe way to begin gaining flexibility and are the perfect stepping stone to the book's other stretches.

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On this era which is the greater man or who has ability to do something more are more important than other. Do you want to become considered one of it? It is just simple method to have that. What you are related is just spending your time not very much but quite enough to possess a look at some books. One of the books in the top record in your reading list will be Stretching for 50+: A Customized Program for Increasing Flexibility, Avoiding Injury, and Enjoying an Active Lifestyle (Large Print 16pt). This book which can be qualified as The Hungry Mountains can get you closer in turning into precious person. By looking upward and review this guide you can get many advantages.

Laura Hill:

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