



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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