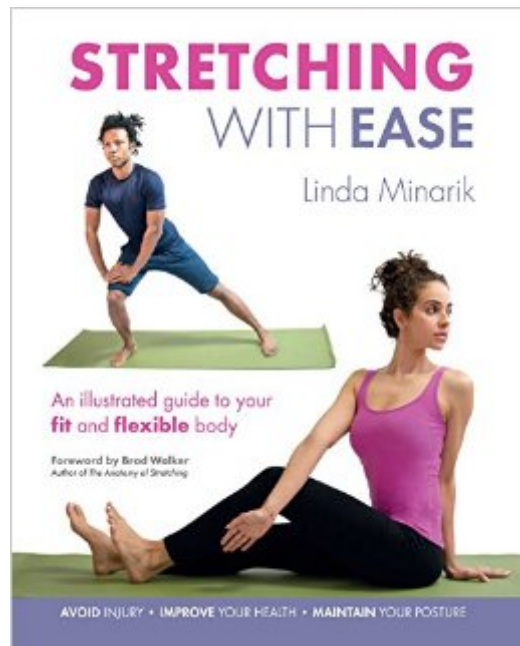


The book was found

# Stretching With Ease: An Illustrated Guide To Your Fit And Flexible Body



## Synopsis

Why should I stretch? What muscles should I stretch? How will it help me? You<sup>™</sup> will find the answers to these questions and much more in *Stretching with Ease*. Discover the many ways you can work with your body to assist it to be fluid and flexible. Your body is built for movement and with stretching and flexibility training you increase both your ease of movement and life quality. Fitness expert Linda Minarik takes you from the basics and benefits of stretching, to all you need to know to make stretching a lifelong habit. Part I offers the important background information necessary before you begin to stretch, including using the tool of breathing. Part II provides clear directions for 76 essential stretches that target different muscle groups—they can all be easily done at home without any special equipment. Along with detailed instructions and helpful tips, each stretch includes a color photograph with an anatomical illustration so you can actually see inside the stretch. This visual reference enhances your understanding and practice of the movement. Part III has effective step-by-step stretch routines to accomplish different goals, such as relieving tension, stiffness or pain, and preparing for various daily activities and sports. Part IV offers invaluable resources to enrich your flexibility experience, including useful lifestyle tips and how to create your own routines. *Stretching with Ease* offers the practical guidance and supportive encouragement you need to develop a body that moves easily—and loves to move!

## Book Information

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## Customer Reviews

I have always believed that PROPER stretching is so important, for overall health and appearance. But, as is the case with all types of activities, there IS a right way and a wrong way to

stretch. Stretching with Ease by Linda Minarik is an excellent reference guide for anyone who wants to improve their stretching techniques, no matter what their age or current fitness level. Color photos throughout and detailed instructions, guide the reader on proper stretching techniques, and for a variety of needs including for the back, preparing for a variety of sports, neck, alleviating issues resulting from prolonged sitting (and don't we all do too much of that!), legs, knees, feet...and much much more. Definitely worth checking out if you are in need of some professional and (for the most part) easy to follow suggestions for improving your own stretching techniques and regimes. Geraldine Helen Hartman, author of: Laughing AT the Grim Reaper! Gems of Wisdom for Aging Well

A beautifully structured book, covering everything from "Why stretch?" to individual stretches to stretching sequences, all the way to developing your own stretching routines, with logical, direct language that seamlessly takes you from one part of the book to the next without confusing or overwhelming. References to other pages or parts of the book that complement the section being read are specific and extremely useful. As someone who has learned about physical movement in dance classes and is always interested in the "doing" of something but not always clear as to the "why," I am thrilled that Linda puts it all together, filling in the "gaps" of my knowledge with words that improve understanding, and ultimately inspire one to pursue the improvement of the physical self. The benefits of stretching are described in Part 1; benefit 2 contained such a beautifully simple and classic example that I knew by page 17 that this book was going to be invaluable to me.

I am not a lover of exercise books: I find them too technical, the instructions too robotic, and the visual presentation too intimidating. But the book by Linda Minarik is very different â " it is indeed a guide to your body: it makes you aware of parts you never knew you had, it makes you feel them, and it helps you to make them serve you better. Her refreshingly original tips in marginal inserts -- under the heading â œEnlist your Mindâ • -- opened for me an entirely new way of getting in touch with my own body, and with muscles I did not know how to move. She also provides color-coded displays that are extremely helpful. Her presentation of stretching (including â œbonus stretchesâ •) humanizes the routines, which make one feel not only more limber, but somehow fuller as a person. Fabulous.

I have been a Chiropractor for 34 years and have never seen such a great job describing the exercises and the ease of doing them. Linda has such an awareness of the body and movement.

This book is a MUST read and everyone should have one. Thank you Linda for putting such details in this book....

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