

2nd
Edition

Stretching for 50+

Includes
Over 200
Step-by-Step
Photos

Dr. Karl Knopf

A Customized Program for Increasing Flexibility,
Avoiding Injury and Enjoying an Active Lifestyle

Karl Knopf

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



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Customized Programs for YOUR LIFE STYLE:• Stretching for 50+ can be filled with secure, easy routines for any age. HikingAn easy-to-start system for maintaining a cellular, active, and healthy life style after 50 and beyondJust ten minutes a day of these modified stretches is assured to assist you improve your flexibility without pain or injury. Jogging• Golfing• Biking• Skiing• Swimming• Tennis• Gardening• Find out warm-ups and cool-downs, make use of tools such as a strap, therapy balls and foam rollers, and find out a lot of other fitness tips to keep you moving.



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Outstanding Concise Book of Stretching for Active Oldsters I'm nearly seventy but still a very active outdoors person regardless of arthritis and way too many foot problems. I've got a large number of books on stretching and exercise for knees, feet, shoulders, hips, etc. and half a dozen books on stretching, which I've been doing for nearly thirty years right now. Appropriate warnings concerning specific stretches are given. Highly suggest.. I'm in my 50's and in good shape - I hit the gym everyday - and I was looking to add a versatility element of my exercise routine therefore I purchased this reserve. The abundant photographs showing the various stretches are decreased to nullities because they're printed in what seems to be a 50% gray. Important information on functionality of the extend are obscured. The book would probably be best for senior I was looking for a thing that was more energetic and demanding. Before purchasing this publication, I would strongly suggest you review it at a bookstore or library to find out if you can comfortably use it. With regards to content, it is an excellent compendium of stretching techniques for persons over 50. There exists a short section of guidance and advice e at the beginning, some suggestions for specific stretching programs and then to the stretches themselves. As noted, there are many photos which are hard to use and sufficient instructions for each stretch. EASILY had to recommend one publication to my fellow seniors who wish to stay fit and flexible, that is it. I guess in case you are in your 50's and out of shape, this might be considered a good purchase. But in terms of content material, it's okay. Jerry Must reading for the elderly - and for the others of you too. This is a wonderful book. This is not only good for 50+, great for teenagers with back problems. etc; Have gone to stretch classes, done yoga, go through several books, have observed tapes etc. and , trust me, his publication is far and away the BEST & most COMPLETE work on the topic. No matter your age if you stick to these exercises wisely you will steer clear of the slouch, the stoop and the general structural limitations and weaknesses which come with advancing age. As I approach 70 I wanted to read to create .) We can't perform anything about our genetics but we can use what we're given at birth with wisdom. They were relatively easy stretches for seniors with little experience with stretching. difficult to find recommended exercises in Kindle version This book isn't very useful in Kindle format as the lists for recommended exercises for various problems are shown in images, which are hard to read, and each image references page numbers, whereas the Kindle uses locations. So it's really hard to find the right exercises. as as expected Five Stars Good book in stretching. good for 40+ as well Well. As the consequence of an accident a long time ago I was released to stretching to limber points up, and for days gone by fifteen years (I'll be 90 in several months) I have been diligent in stretching five period per week. I got spine disc injury and that which was suggested here are secure and helped in recovery. When you got injured, you should be really careful. As I approach 70 I needed to read to make sure I'm not over carrying it out and that I could teach other old people the right reasons. But it did helped me when I needed the most. After I recovered, I no more needed it any longer because the stretching is indeed simple. Very informative book - Highly recommended. This is an ideal book for gentle stretching for people like me as I've some spine conditions. Any therapeutic massage do not work for me, but the majority of the exercises exhibited in this publication helped me to get relief. Nevertheless, since my muscle tissues are pretty weak because of life time incorrect postures, I have to take it slowly though. There are numerous other books on stretching that for me personally covered the subject far better. However this is a fantastic publication for stretching. The web result is a visual guide that is difficult to read and comprehend. Great Book! There are many additional books on stretching that for me personally covered the subject much better. The book may possibly be

good for seniors that are beginning a stretching program. Nice book I have used this publication to create several routines. I found the exercises to become much too easy. Stretching is indeed important once we age and I love the directions in this book. The are clear. Four Stars Very helpful for someone my age (87). Ought to be Stretching for 60+ The title is incorrect: it should be Stretching for 50+. Though targeted at a 50+ viewers, the sort is thin, small and about an 80% grey rather than solid black. Now easily would just stick to it. Nothing actually pushed me very considerably in terms of feeling a good extend. I would think before ordering any various other books from this writer or publishing imprint due to the very low creation quality and poor style. Maybe I'll break this book out in about a decade if I've slowed down some. Five Stars Great investment. Safe and sound, effective stretches very responsibly written. And if you're over 60 and do the exercises regularly you should have some fall safety (and remember that falls will be the common fatal disease of the elderly. Solid content material – and absolutely abominable production standards In terms of its design and the looks of photos and print on the page, that is a definite one-star.. I know if it's safe for 50+ it is safe for me aswell. The book does an excellent job of within the basics The book does an excellent job of within the basics, particularly for stretching you can do anywhere, home, accommodation, etc. It's an excellent reference as well. Also, the book spends a lot of time telling you what not to do, which I found frustrating.



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