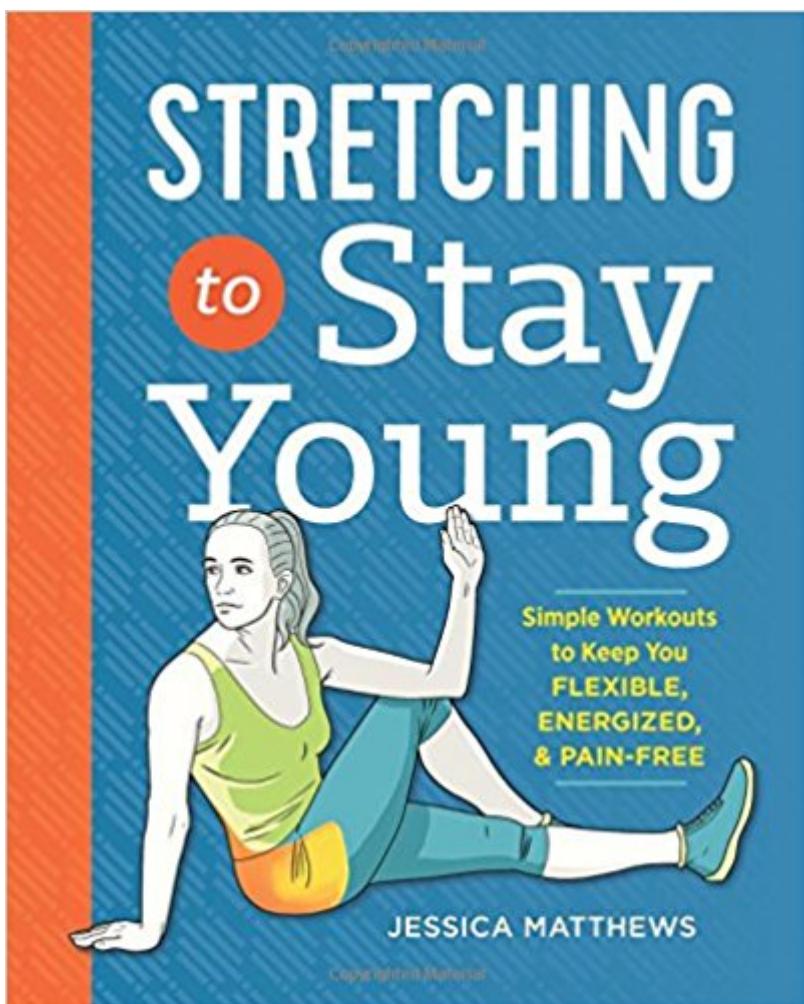


The book was found

# Stretching To Stay Young: Simple Workouts To Keep You Flexible, Energized, And Pain Free



## Synopsis

Discover how the practice of stretching can increase your flexibility, strengthen your body, and renew your youth with Stretching to Stay Young. As we age, our bodies move less and less. And the less we move, the tighter our muscles and joints become. But this isn't our natural state—in fact, our bodies were designed for movement. Stretching is a gentle, simple activity that anyone can do. Doctors often prescribe stretching to patients to alleviate ongoing aches and pains, as well as improve range of motion and flexibility. Those who enjoy an active lifestyle find that regular stretching improves athletic performance and decreases the risk of injury. Jessica Matthews knows how important stretching is. Her work as a seasoned yoga instructor, exercise physiologist, and graduate-level health educator has impacted thousands of lives, and has made her a leading and trusted expert in the health and fitness industry. In Stretching to Stay Young, Jessica meets you at your current level of stretching ability and guides you step-by-step through each stretch, arming you with the confidence you need to progress into deeper levels of stretching for enhanced flexibility and strength over time. Stretching to Stay Young is your all-in-one guide to creating a stretching regimen that is tailor fit to your specific needs. In these pages you'll find: Detailed illustrations that provide visual aids for the correct positioning of your body; Easy-to-understand explanations of the cutting edge research behind each stretch and how it works; Change it up—tips for modification that allow you to increase or decrease intensity level while stretching; The most current, up-to-date information on the basic how-to's of proper stretching; Beginning to end guidance—from preparation to self-customization, Stretching to Stay Young delivers stretching options that consider your current issues and the lifestyle you want to lead. No matter your age or level of activity, Stretching to Stay Young will take the confusion out of starting and put the enjoyment into stretching.

## Book Information

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## Customer Reviews

â œJessicaâ ™s ability to translate cutting-edge science into practical information people can use is truly refreshing and much needed when it comes to stretching. I appreciate the multi-modal approach to flexibility training that this book provides, including offering ways in which to modify each of the stretches and movements to allow readers to tailor their stretching experience to meet their unique personal needs and ability levels.â • "Cedric Bryant, Ph.D., FACSM, chief science officer for the American Council on Exercise (ACE)â œJessica has imbued years of experience as a credentialed yoga teacher of teachers into this approachable, purposeful guide to stretching techniques for readers of all ages. I recommend this thoughtfully-written book from a teacher we can trust, which simplifies flexibility training for almost anyone." â "Lawrence Biscontini, MA, Movement Specialist, Author and Award-Winning International Fitness Educatorâ œI've worked with Jessica as a peer, colleague and friend over the past 10 years. Her knowledge, creative mind and dedication to the world of health and fitness are just a few of the things I love about her. Her book is worth the read. She lays it all out from the science, to the different techniques and the actual workouts. I will recommend this to anyone who wants to stay injury free, move better, and feel better too!â • "Chris Freytag, Founder of Get Healthy U and Get Healthy U TV â œAs an avid exercise enthusiast, Jessica has elevated my pre and post workout stretching with her passion and flexible approach to wellness.â • "Dan Bouzide, Founder and President of WellnessMats

Jessica Matthews, M.S., Certified Yoga Teacher (E-RYT-500) is a Kinesiology Professor at Point Loma Nazarene University and Professor of Yoga Studies at MiraCosta College in San Diego, California. She serves as Senior Advisor for Health and Fitness Education for the American Council on Exercise (ACE) and a Contributing Editor for SHAPE magazine. She regularly contributes to media outlets including CNN, Yoga Journal, Health magazine, NPR, The Wall Street Journal and The Washington Post.

I LOVE this book!! So easy on so many levels! Easy to read, easy to understand, easy to find what muscles you should be stretching for whatever ailment you're experiencing! I thoroughly enjoy

incorporating self-myofascial release into the routines too - I love my foam roller! A book that everyone, regardless of your fitness level, can benefit from! Even more so for people experiencing pain - Jessica gets you stretching to feel better!

Excellent range of stretches for all types of bodies and age ranges. Diagrams are very clear. Well worth the purchase.

I have already used this book to address some health issues. I move much better and have less pain.

Good information and exercises.

Quite Helpful

As Ordered

This compact guide to stretching is easy to understand, well illustrated and explained, and is conveniently organized by muscle groups and body areas to be targeted. One of the best guides I have found for daily exercise and flexibility.

Very well explained, easy to follow. Glad that I bought it...

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