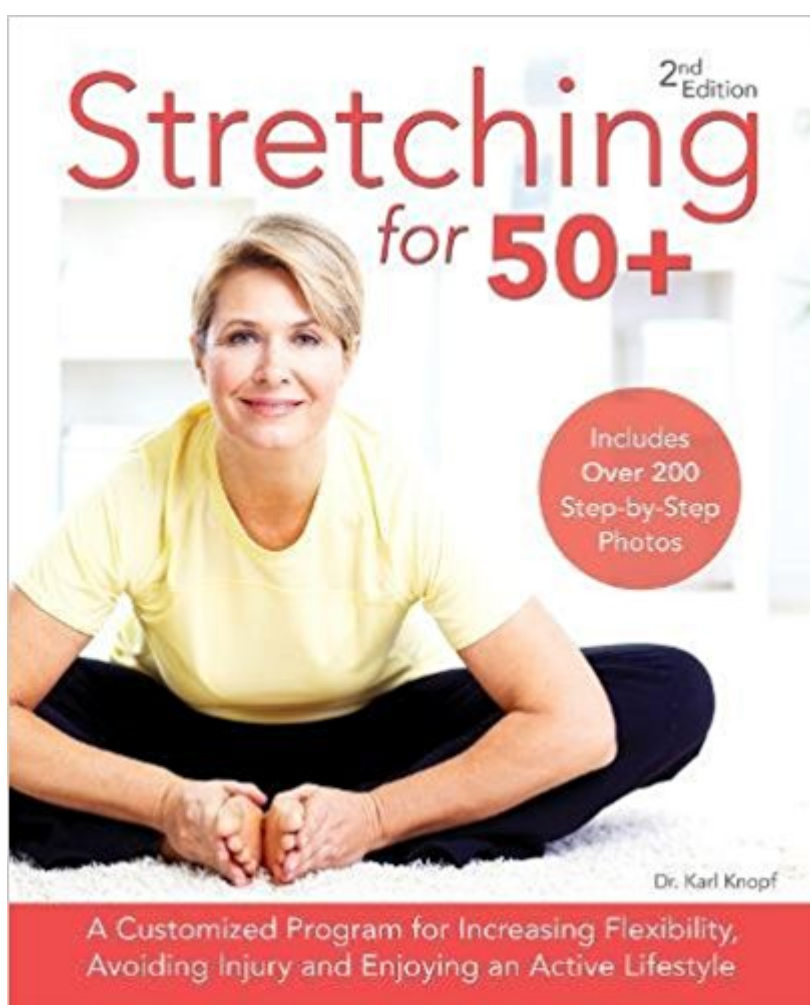


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# Stretching For 50+: A Customized Program For Increasing Flexibility, Avoiding Injury And Enjoying An Active Lifestyle



## Synopsis

An easy-to-start program for maintaining a mobile, active, and healthy lifestyle after 50 and beyond. Just ten minutes a day of these modified stretches is guaranteed to help you improve your mobility without pain or injury. Stretching for 50+ is filled with safe, easy routines for any age. Learn warm-ups and cool-downs, use tools like a strap, therapy balls and foam rollers, and discover plenty of other fitness tips to keep you moving. Customized Programs for Your Lifestyle: Golf, Jogging, Biking, Skiing, Swimming, Tennis, Gardening, Hiking

## Book Information

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## Customer Reviews

Dr. Karl Knopf, or Dr. Karl, as his students used to call him, has been involved in the health and fitness of older adults and the disabled for over 40 years. During this time he has worked in almost every aspect of the industry, from personal training and therapy to consultation. While at Foothill College, Karl was the coordinator of the Adaptive Fitness Technician Program and Life Long Learning Institute. He taught disabled students and undergraduates about corrective exercise. In addition to teaching, Karl developed the Fitness Educators of Older Adults Association to guide trainers of older adults. Currently Karl is a director at the International Sports Science Association and is on the advisor board of PBS's Sit and Be Fit show.

I will soon be 66 with chronic low back pain. This exercise routine has done wonders for me! No "cure" but I did not expect that. OTOH my daily pain level has dropped over time to a very tolerable

level. Take it easy and slow, work your way up to more reps etc., and see what it can do for you.

Oh, yes, there's a stretch for every muscle craving a stretch. Not only that, but also a list of stretches for every ache or pain you might have. Do one or all. Excellent pictures show exactly how to do each one. And none of the stretches are killers if you're over 50. They're all easy to do. [Stretching for 50+: A Customized Program for Increasing Flexibility, Avoiding Injury, and Enjoying an Active Lifestyle](#)

At age 65, after 3 years of knee, hip and ankle pain, a chiropractor recommended that I try stretching. It worked! I stretch every day and the pain goes away. This book contains more details and information on how to stretch correctly and safely than the book I started with, *End Everyday Pain for 50+*. Both books are highly recommended if you want to end pain from years of poor posture, tight muscles, post-surgery, or just a body that's been used to the max.

Considering this book is for the over 50 crowd, what were they thinking!!?? The font is so small, I need a magnifying glass to read it!

Flexibility training is magic for my muscles. Dr. Knopf rates high in the pack of excellent self-help stretchers, including the Whartons, Cooley, Esmonde-White, Martin and Anderson. In my personal experience, stretching as an anti-pain measure is incomplete without strength training, but flexibility is definitely an element of strength at any age. Knopf seems to be clear on the power of flexibility through correct technique in stretching exercises. And he explains medical conditions related to muscle problems in a way my family doctor does not. Wish I had read this book before age 50.

This book is excellent! I have used it to teach nursing students recommended daily Range of Motion exercises for geriatrics, the elderly -- and modifications for different ailments. It explains so much so that you, or your students can safely exercise/ stretch to maintain flexibility and muscle strength! I have used it as a Seniors Recreation Center too. GREAT find!

I found this book to be easy to read and am able to utilize it into my daily routine! I find the stretches to be doable and I truly feel better as I leave each day for work!

I found this book to be full of good stretching exercises that are reasonably easy for me to do and

don't take a lot of time.

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Lifestyle Market Segmentation (Haworth Series in Segmented, Targeted, and Customized Market)  
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