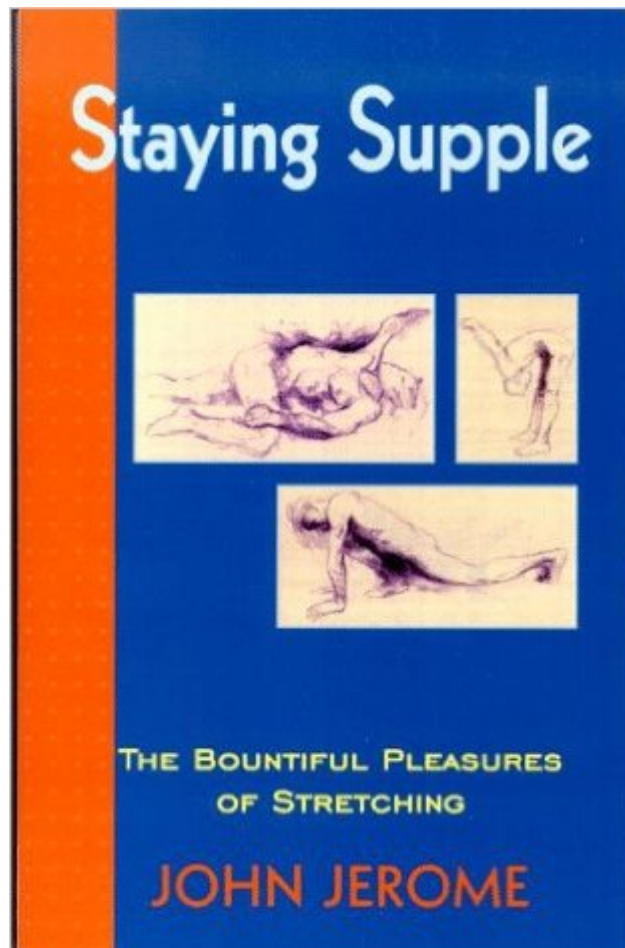


The book was found

Staying Supple: The Bountiful Pleasures Of Stretching



Synopsis

The intelligent athlete's (or nonathlete's) stretching book--the foundation of a healthy life.

Book Information

Paperback: 160 pages

Publisher: Breakaway Books; Reprint edition (January 1, 1999)

Language: English

ISBN-10: 1891369032

ISBN-13: 978-1891369032

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 7 ounces

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #1,056,323 in Books (See Top 100 in Books) #115 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #1391 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#)

Customer Reviews

This is a fantastic book. It's very readable, relatively short, physically small and attractive, and it provides a uniquely sensible point of view on stretching. The truth about any kind of exercise, and you'll hardly ever hear anyone say this, is that it's fun. If it's NOT fun, you're screwed. You either won't do it, or you will suffer when you do, or some combination of the two; so you have to find a balance of exercises that you can enjoy doing, that will bring you the benefits you want. Maybe you just don't like barbell squats, so you do deadlifts and bodyweight squats. Maybe you can't stand treadmills and elliptical trainers, but you can't run because of some joint problem, so you learn how to speedwalk for your cardio fitness. This book addresses how to work that out for yourself, in the realm of flexibility. There's a lot of good scientific and medical information too, in a very digestible form, but the book is basically aimed at the experience of stretching, how to do it in a way that's natural, safe and enjoyable. Whatever you want to accomplish with exercise, some kind of stretching or flexibility training has to be part of it. Jerome points out that stretching is part of living, even if you don't exercise. You get up from your desk, or out of the car, and you stretch, right? So the book is outstanding for giving you the proper perspective on stretching, and I highly recommend it-- but for me there's a glitch when it comes to actually applying it. Here's the problem I have with it: there's just one chapter (out of 10) and about 30 illustrations of actual stretches. That's OK in itself. Then, the illustrations are vague, sort of blurry drawings.

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