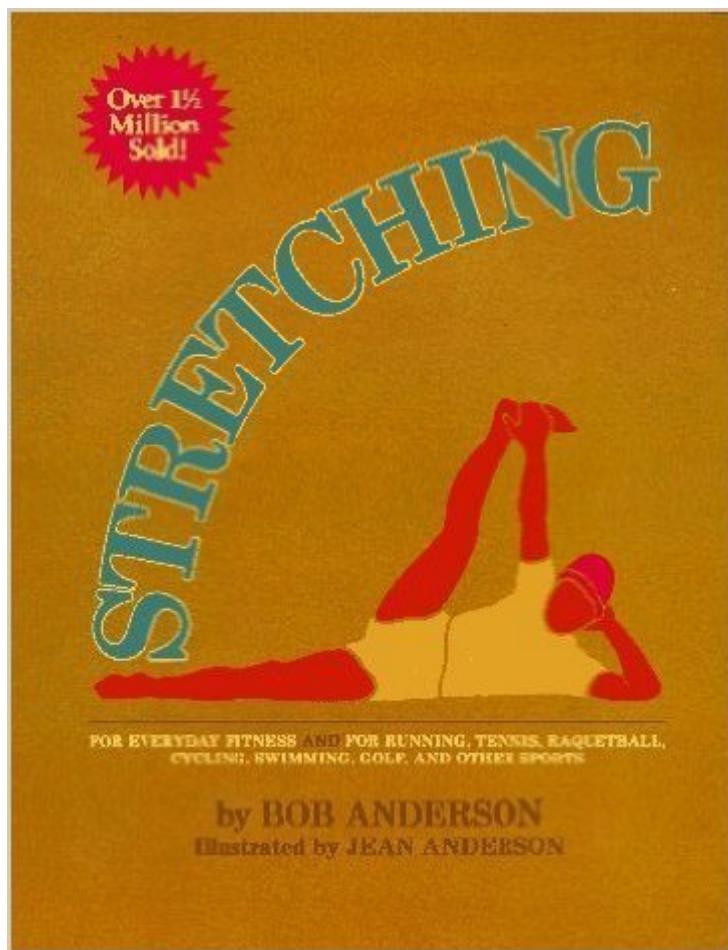


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# Stretching For Everyday Fitness And For Running, Tennis, Racquetball, Cycling, Swimming, Golf, And Other Sports



## Synopsis

Stretching is the fastest growing type of exercise in America today. Stretching helps keep your muscles flexible and ready for movement, improves performance, helps prevent injuries from physical activity and simply makes you feel good. With over 1000 drawings and clear, concise instructions, Stretching will teach you the right way to stretch and help you to begin a regular, life-long program of physical fitness.

## Book Information

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