



Stretching with Ease: An Illustrated Guide To Your Fit And Flexible Body

By Linda Minarik

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Why should I stretch? What muscles should I stretch? How will it help me? You'll find the answers to these questions and much more in *Stretching with Ease*. Discover the many ways you can work with your body to assist it to be fluid and flexible. Your body is built for movement and with stretching and flexibility training you increase both your ease of movement and life quality. Fitness expert Linda Minarik takes you from the basics and benefits of stretching, to all you need to know to make stretching a lifelong habit. Part I offers the important background information necessary before you begin to stretch, including using the tool of breathing. Part II provides clear directions for 76 essential stretches that target different muscle groups—they can all be easily done at home without any special equipment. Along with detailed instructions and helpful tips, each stretch includes a color photograph with an anatomical illustration so you can actually see inside the stretch. This visual reference enhances your understanding and practice of the movement. Part III has effective step-by-step stretch routines to accomplish different goals, such as relieving tension, stiffness or pain, and preparing for various daily activities and sports. Part IV offers invaluable resources to enrich your flexibility experience, including useful lifestyle tips and how to create your own routines. *Stretching with Ease* offers the practical guidance and supportive encouragement you need to develop a body that moves easily—and loves to move!

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Editorial Review

Review

This book is incredibly valuable to me. As I read the book, I felt that it was written just for me. The author keeps it real and, by fully understanding my life's challenges, with her compassion and insights she has made me feel: I can do this. Not only that, but I can choose the stretches I need to address my body's chronic neck pain in a time-efficient manner. The instructions are easy to follow, and I also feel Linda nudging me on in her gentle manner. This book is not like other stretching books that just address the physical aspect of stretching, and that is what attracted me. Linda creates a masterful tapestry by integrating stretching, breathing, and stress reduction with a thread of mindfulness. I love the emphasis on not having to be perfect. Instead, the emphasis shifts toward kindness and patience with my body while I am trying to help it get out of pain and also lower my stress. I highly recommend this book as a partner for self-care. --Rika Keck, NY Integrated Health LLC

After reading Linda's book, not only did I learn more about the proper utilization of a very neglected aspect of fitness--stretching--but also more about the overall importance stretching plays in a fitness-and-wellness program. This book is written in a way that a seasoned professional or someone new to fitness can follow equally well. I plan on utilizing the material presented personally, as well as with my clients. --Greg Peck, NASM-certified Personal Trainer, Senior Specialist, and Women's Specialist. Author of, 'Exercise for the Mind', 'Body and Soul: Pathway to a Better Life', and 'Exercise with the Stars: Maximize Your Star Power'.

Stretching with Ease is a very comprehensive book that covers the basics of how to stretch properly and then demonstrates dozens of stretches in great detail. The extensive instructions on how to perform each stretch and the color coded photographs showing the muscles being stretched make it easy to ensure you're stretching the right way. Great work Linda. --Brad Walker, Stretchcoach.com

Stretching with Ease by Linda Minarik is a thorough account of stretching that offers, in great detail, ways to stretch every part of your body. The book has abundant photos that make it easy to understand, as well as illustrations to help you visualize the actual muscles you are stretching. My favorite part about Linda's approach is that it is not "one-size-fits-all." She appreciates that every body is different and therefore guides you through finding ways to support what will work best for you. Her style is friendly and warm, which makes it feel like she is there with you, giving you a private lesson all your own! —Donna Flagg, creator of Lastics

About the Author

Linda Minarik has been continuously certified in group fitness with the American Council on Exercise since 1993. She also holds teaching certifications in Gyrokinesis® and The MELT Method™. Her other specialties include Aerobic Dance and Water Aerobics. Linda currently teaches group fitness at New York's Health & Racquet Clubs and the Equitable Athletic and Swim Club. Linda pursues the unusual fitness combination of ballet and bodybuilding and is a long-time, serious student of classical dance. She has recently branched out into the study of rhythmic gymnastics. Linda lives in New York City.

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