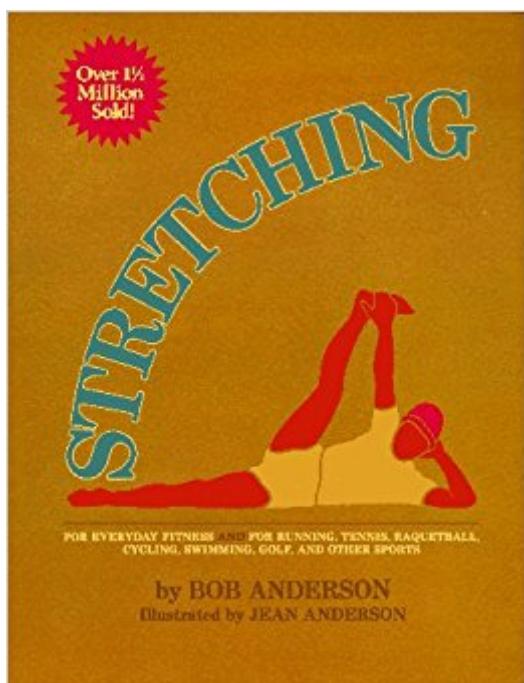


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# Stretching For Everyday Fitness And For Running, Tennis, Raquetball; Cycling, Swimming, Golf, And Other Sports



## Synopsis

The book Stretching was first published in 1975 when fitness awareness was in its infancy. Stretching has since sold over two million copies in the USA and has been published in 24 foreign editions worldwide. Now after twenty-one years and with many other books on the market, it has become the most widely-used and recommended book on stretching and its popularity continues to grow each year. The reasons for this may be the book's simple, user-friendly organization, the easy to follow individual stretches and principles, the ample line drawings by Jean Anderson, and the need for every body to stretch.

## Book Information

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Average Customer Review: 4.6 out of 5 stars 196 customer reviews

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## Customer Reviews

When Bob Anderson first published Stretching in 1980, the fitness movement was new to most Americans. The term aerobics had just been coined in 1968, and few people outside bodybuilding circles had heard of Arnold Schwarzenegger yet. Now, fitness is such old hat that it's even had a backlash or two. Lots of the original ideas have been called into question, including the preeminence of aerobic exercise. But flexibility is bigger than ever; Pilates and yoga are two of the fastest-growing fitness programs in the U.S. in the early 2000s. The type of stretching Anderson recommends--called "static," meaning you sit in one place and hold the stretch for a specified amount of time--isn't exactly trendy, but it remains the most accessible way for entry-level exercisers to improve their flexibility. (Or, perhaps more important, to keep from losing whatever flexibility they have as they get older.) Those who already have the version of the book that's been put out by Shelter Publications since 1980 won't find a whole lot that's new in this 20th-anniversary

version. Some of the simple drawings by Anderson's wife, Jean, have been updated to show athletes in sport-specific outfits doing stretching routines, and there are more routines than before. The new edition includes routines for children, stretches to do in front of the TV, and some exercises to do before and after gardening. Plus, the old staples remain--stretching routines for all muscle groups, and pre- and postplay sequences for common sports (football, baseball, basketball) and a few uncommon ones (equestrian, motocross, rodeo). He's also created routines for sports that barely existed in 1980, such as snowboarding, triathloning, and inline skating. The constant in Stretching is ease of use. Anderson doesn't need a lot of complex explanations because the drawings are so easy to follow. He makes it clear that stretching should make you feel better, not worse, and that it's not a competition. Any little bit you can do is better than not doing anything. That's a timeless message, which is why his book has been such an valuable reference for the past 20 years. --Lou Schuler --This text refers to an out of print or unavailable edition of this title.

Stretching is the vital link between the sedentary life and the active life. Stretching helps reverse the "creeping rigor mortis" of getting older. --This text refers to an out of print or unavailable edition of this title.

I purchased this based on my chiropractors recommendation. She strongly encouraged me to read the beginning chapters so that I understood how the book was written and how to interpret the illustrations. (I am still getting through this - I hate instructions!!) I have been a dancer for years, but never had a resource to search for the exact muscle group that I was trying to work when my normal routine did not stretch the right area. My favorite feature is the body diagram (pg 24-25) which acts as a quick reference to select the group of muscles (and corresponding page) that you are looking to stretch. The section that details specific stretches for different activities has been exceptionally handy as I don't always realize all of the muscles a certain activity uses. I just picked up golf and have been using these stretches before and after playing - it has made a noticeable difference in how I feel when I play and most importantly, the next day! Simply great for visual people and when you need a reference for a muscle group that you aren't used to stretching. Highly Recommended!

This book is a great little treasure for those of us who have left our 40th birthdays way behind us. The excercises are gentle and the book is formatted to help you target specific muscles. Also provides rationales and technique advice along with each of hte exercises. It's like having a physical therapist coaching you. I tabbed out the sections that I use the most for quick reference when I need

to stretch. The book is nicely cross-referenced as well.

Very good stretching book. This book was recommended by my doctor and physical trainer. Very good instructions and lots of graphics. The exercises work very well for me, and I no longer get muscle strains at the gym. What I really like about it is that you don't have to go out and purchase a lot of equipment, just some basics. Highly recommended.

Stretching = ooh it feels so good to STRETCH! Bob Anderson [not my uncle - same name but now deceased] uses drawings to depict all kinds of ways to stretch and what kind of stretches are best for various activities. You know if you sit at a computer too long your neck and shoulders can really start to act up. There's a page for Computer, Traveling, Gardening, Sports etc. I'd like to copy the pages to post here and there to remind me to stretch at these stations. Having a spiral bound edition might be better for laying the pages flat but if you're someone whose condition might actually be made worse from exercise [ie fibromyalgia] this book is great to help you keep limber.

This book had lots of ideas for stretching, including for injured people. It was very useful as a soldier with several injured soldiers working for me.

I bought this book for office stretching as I work too many hours in front of a computer screen. The stretching exercises are good and practical, while they can be applied in a variety of different circumstances. I have to note, however, that depending on stretching alone is not wise. Stretching is the starting point for any type of physical exercise, be it walking, swimming, or aerobic-not the end itself. Stelios Nicolaou Author of :"Depression: My Witness, Your Solution" (Five easy Steps to Reprogram your Little, Inner Voice and Set Your Mind Free)

This is an oldie and so much of it is dated material, however I did find some good nuggets in it for stretching in the Cycle class I teach. The different and neat part about the book is that the stretches are categorized by activity, so it is easy to go to the section that interests you. It's black & white line drawings - nothing spectacular, but it gets the job done. It came pretty beat up, but I bought it used so that was to be expected because it's a paperback workbook style book.

I'd asked my massage therapist extrodinaire for a recommendation for a simple, easy to follow, book on stretching for various types of activities. Without hesitation, she went to her bookshelf,

pulled this book down and showed it to me. She was right. It's the best.

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