

FROM THE AUTHOR OF THE MODERN BOOK OF MASSAGE



THE MODERN BOOK OF STRETCHING

STRENGTH AND FLEXIBILITY AT ANY AGE



BY ANNE KENT RUSH • PHOTOGRAPHS BY PATRICK HARRISON

Modern Of Stretching Strength And Flexibility At Any Age

Robert R. Redfield



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Exercise Personal Training 101 Michael Yong Hwa Chia, Patricia King Faith Chong Hwee Wong, 2012-03-14 Exercise Personal Training 101 provides a message of empowerment for personal trainers who believe in the holistic development of their clients. The key philosophy of the book is to help personal trainers of exercise to empower their clients with good problem solving and decision making skills concerning their health and well being. Good personal trainers become great personal trainers when they practise HELP with their clients and help them to become better problem solvers and decision makers rather than telling them what to do by offering sound and scientifically based information that is personalised and appropriate. Personal exercise training books that address associated issues of the profession are rare and not easily available. Many personal trainers are self taught, do not have the required qualifications and are motivated by the amount of money that they can make rather than the health and well being of clients. Readers will learn what makes a good personal trainer and those who are in the profession can benefit by equipping themselves with the knowledge, skills and attitudes that will make them a great exercise personal trainer. Excellent personal trainers can be lifestyle and wellness coaches who are renowned for their great listening skills and high emotional quotient. They exceed client expectations at every opportunity. Special features in the book include concept statements, strategies for action, technology updates in the news, key points and technical jargon, web resources and follow up references. The book is a must read whether you are starting out in personal training or you are an experienced personal trainer. **Braille Book Review**, 1998

The Modern Book of Stretching Anne Kent Rush, 1997 From bestselling author Anne Kent Rush comes this beautifully designed, easy to use book of stretching exercises, the third in her successful series. Photos throughout. *NPTI's Fundamentals of Fitness and Personal Training* Henriques, Tim, 2014-08-13 This text makes the principles and theories of fitness and personal training accessible for all readers, helping them understand how the body works and responds to exercise and how to create exercise programs that help clients accomplish their fitness goals. **Stretch & Strengthen** Jenny Smith, AI, 2025-02-13 Stretch Strengthen explores the profound benefits of incorporating regular stretching into your daily routine, highlighting its impact on physical health, energy levels and overall well being. It emphasizes that stretching is not merely an optional warm up but a crucial element for injury prevention, pain management and stress reduction. The book traces the evolution of stretching from ancient practices to modern techniques, providing a foundational understanding of how it affects muscles, joints and connective tissues. Did you know consistent stretching can improve circulation and alleviate mental fatigue? The book uniquely combines scientific research, clinical studies and expert interviews to offer a holistic and evidence based approach. It progresses from fundamental stretching principles like static and dynamic techniques to exploring physical benefits such as enhanced flexibility and reduced muscle soreness. Readers will discover how stretching can reduce mental fatigue and promote relaxation. Each chapter offers practical exercises tailored to various needs, empowering readers to make informed decisions.

about their stretching practices for improved fitness and health

The Symphony of Life's Stage Pasquale De Marco, 2025-07-25 The Symphony of Life's Stage takes readers on an extraordinary journey into the captivating world of the performing arts where passion creativity and human connection intertwine to create unforgettable experiences Through the eyes of renowned artists dedicated professionals and behind the scenes heroes this book unveils the magic and challenges that lie both on and off the stage From the grandest theaters to the most intimate settings we explore the diverse disciplines of theater dance music and more delving into the artistry dedication and transformative power that these art forms possess We meet conductors who lead orchestras with the precision of a master dancers who defy gravity with their grace and expressiveness and singers whose voices soar through the air carrying us away to worlds of passion heartache and triumph We go behind the scenes to meet the unsung heroes the stage managers lighting designers costume designers and countless others who work tirelessly to bring performances to life But The Symphony of Life's Stage is more than just a celebration of the performing arts it is an exploration of the human condition itself Through the lens of these art forms we examine themes of love loss identity and the pursuit of dreams We witness the power of art to inspire provoke thought and connect us with one another In these pages readers will find not only a captivating glimpse into the world of the performing arts but also a deeper understanding of the human experience The Symphony of Life's Stage is a tribute to the transformative power of art and a celebration of the indomitable spirit that drives those who dedicate their lives to entertaining inspiring and moving us If you like this book write a review

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Experiencing Dance Marty Sprague, Helene Scheff, Susan McGreevy-Nichols, Kelly Berick, 2024-10-15 Experiencing Dance From Student to Dance Artist Third Edition is geared toward students in dance II III and IV classes It places teachers in the role of facilitator and opens up a world of creativity and analytical thinking as students explore dance as an art form

Performing Arts Medicine Lauren E. Elson, 2018-11-20 Covering the full spectrum of treatment guidance for dance artists circus artists musicians and more this practical title by Dr Lauren E Elson expertly explores the intersection of sports medicine and performing arts medicine Ideal for practicing and trainee physiatrists physical and occupational therapists and sports medicine physicians it addresses a wide range of relevant topics including auditory symptoms in musicians

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