

What Has Dr. Shook Been Reading?

Fitness Stretching

By the Editors of Fitness Magazine with Karen Anderson.

Three Rivers Press (2000)

Endurance, strength and flexibility are three essential elements of physical fitness. *Fitness Stretching* focuses on flexibility. The editors of Fitness Magazine assume readers already have an understanding of endurance (aerobic exercise) and strength (resistance exercise and weightlifting) or that they will seek that information elsewhere.

Flexibility is gained and retained with stretching. It feels good, requires no special equipment, can be done in almost any location and in some cases stretching will remove the cause of back and joint pain.

The editors of *Fitness Magazine* follow the guidelines put forth by the American College of Sports Medicine. They sorted through the various theories and philosophies of stretching and put together this well illustrated guide.

Stretching from head to toe. Back, hips, shoulders, neck, hands and face.

Stretches to match your sport, job, gender and life. Page after page of illustrated directions for stretching while standing, sitting or on the floor. Stretching in water, with an exercise ball, Ballet bar or with a simple pole. *Fitness Stretching* answers questions like: Do I stretch before or after a workout? Will it prevent injury? How do I know if I've stretched too far? Will it make me stronger? And, what is "full range of motion"?

There is a discussion about Yoga and a fabulous description of how stretching, lengthens muscles, lubricates joints, improves posture and balance, and reduces stress.

I strongly recommend *Fitness Stretching* for any home health library. Whether you are an exercise buff or just beginning your journey on the road to physical fitness, you will find *Fitness Stretching* informative and inspiring.

I look forward to reading *The Complete Book of Fitness* and *Pregnancy Fitness*, also by the Editors of Fitness Magazine.

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