

Stretching for Seniors

author: Robert Balazs

2026-06

Synopsis

author	Robert Balazs
readBy	Jennifer Allton
inLanguage	english

Are your muscles getting tense as you age? Is your range of motion more limited than it once was? Do you sometimes struggle with physical activity? Then *Stretching for Seniors* is for you. As we get older, our muscles get tired, and we struggle to achieve the agility we once had. Luckily, there are solutions! Stretching is important to keep our bodies functioning in optimal health, and the benefits are endless. Properly stretching our bodies is even more critical in our older age, as our range of motion becomes restricted and our bodies become tight. If you want to learn how to stretch your body to maintain your physical health, then you need the invaluable resources in this book. A regular stretching routine helps keep our limbs loose, and our muscles relaxed so we can live fit, active lifestyles. Achieving a limber, well-stretched body improves our posture, relieves aches and pains, prevents muscle and joint ailments, and enhances our mobility and physical fitness. It can even help connect you to your body and enhance mental relaxation and focus. You can achieve a pain-free, high-energy life with the ability to move and do as you please! Inside *Stretching for Seniors*, you will discover:

- The best seated and standing stretches with illustrations for your needs and how to perform them
- Why stretching is essential to our immediate and long-term health
- The tremendous benefits of stretching routinely, even for short periods of time
- How to achieve functional mobility throughout your body with stretching plus all the tips, tricks, and resources to implement your new routine and stick to it

It's never too late to start stretching to get your mobility and high energy back. You can live a full lifestyle of physical activities with ease using simple movement practices. Feel better than you ever have with the exercises in *Stretching for Seniors*!

PLEASE NOTE: When you purchase this title, the accompanying

PDF will be available in your Audible Library along with the audio.

Reader's comments

comment 1:

â€"â€" ()