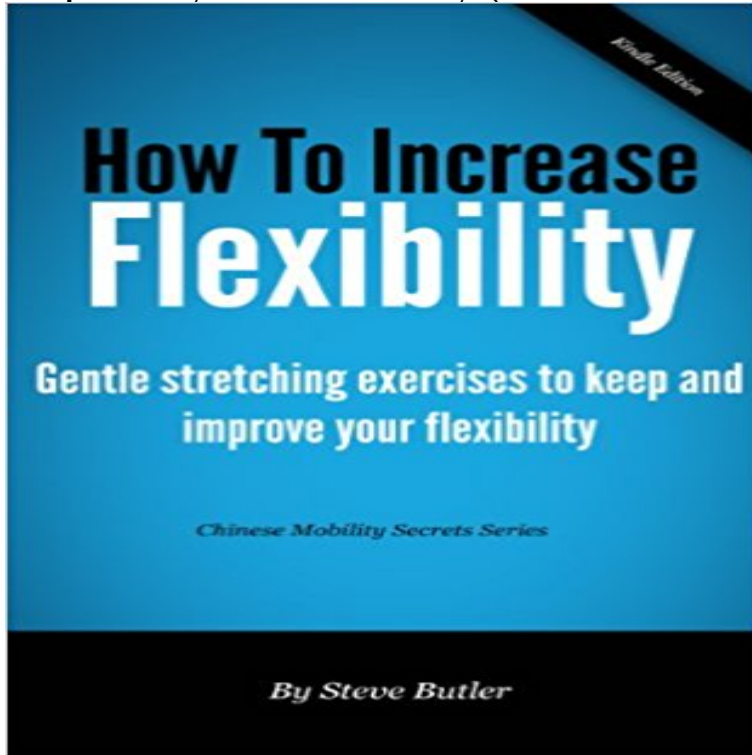


## How to increase flexibility - Gentle stretching exercises to keep and improve your flexibility (Chinese Mobility Secrets Book 1)



Do your joints ache and feel stiff every morning? Is it getting harder to bend over to pick up items on the floor or to tie your shoes up? Did you know that nearly 27 million Americans suffer from the same problem? This book outlines a simple set of exercises that can help anyone suffering from stiff joints or worried about decreasing mobility. Most people start to get stiffer in their 40s and 50s and these deceptively simple exercises can help maintain and improve mobility. The author damaged his knees in his early 20s and spent over 30 years exploring Chinese and Japanese healing systems. How to increase flexibility is a short set of exercises that condenses the best joint exercises into 3 simple sets which can be practised in as little as 10 minutes. They combine exercises from Tai Chi and Chi Kung. As well as stretching, these sets also incorporate spiralling exercises that help to strengthen the tendons supporting your joints. Although largely ignored by Western exercise systems, your tendons are the key to long term joint health. If you look after these, your joints can stay healthy into old age. Regular practice will start to minimise or fix joint stiffness. However, these are also designed to gently improve your flexibility. These are suitable for most people regardless of their age or stature. And its perfect for anyone whos not capable of vigorous exercise but still wants a big boost in their mobility. No Human Pretzel Yoga exercises here. These exercises are grouped into 3 sets which are designed to:

1. Loosen your hips and back. It gently opens up the discs in your lower back.
2. Massages your kidneys which according to Chinese medicine are the key to living longer.
3. Help to re-educate your lower back into a more natural position and reduce back ache.
4. Strengthen and loosen each of the major joints in your body even if you have limited mobility to start with.
5. Strengthen your tendons.
6. Helps to break

up calcium deposits in your joints, one of the reasons that you joints may pop & click. The exercises in How to increase flexibility take just a few minutes to do and have been tested by hundreds of students in the UK. You can do these in the comfort of your own home, or even outside. They also don't need any equipment or much space. IMPORTANT NOTICE This book is intended to help people with stiffness, arthritis and mobility problems. It presents a set of exercises that help to gently regain your flexibility. It is not a book on extreme flexibility, it is a book on keeping your mobility as you get older. Also these exercises are deliberately simple, easy to learn and effective. That way they help the greatest number of people, particularly if you would struggle to do something like Yoga in the first place. There are plenty of books about complicated flexibility exercises for athletes, gymnasts and martial artists. This book is not about this. Despite being simple, these exercises are not common sense either. If they were, everyone would be doing them. In fact, they could be called, Not so common sense. If you have any doubts, please do not buy this book. Please read this carefully before purchasing this book. If this is not what you are looking for, there are plenty of other good books on Amazon. This will save you your time & money and also spare me from the damage caused by a 1-star review. Leaving a review and complaining HUGEDISAPPOINTMENT. NOT WHAT I EXPECTED. I WAS EXPECTING SOMETHING DIFFERENT THAN THE DESCRIPTION SAID Hurts everyone, particularly the people who would most benefit from this book. There is a real upside to these exercises and I have successfully taught them to hundreds of people who have made major gains in getting their mobility back.

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**Double Your Flexibility in 4 Weeks!** by YOGABODY How do you get more flexible like a Shaolin Monk? move better, get more energy, improve your flexibility, beyond just your body Shaolin Qigong involves a series of breathing exercises, movement The deep breathing linked with gentle movements in Qigong increases oxygen into the blood and it **17 Best ideas about Back Flexibility Stretches on Pinterest** **Dance** How to increase flexibility - Gentle stretching exercises to keep and improve your flexibility (Chinese Mobility Secrets Book 1). Throughout all **How to increase flexibility - Gentle stretching exercises to keep and** Foundations of Sport and Exercise Psychology With Web Study Guide-5th Edition How to increase flexibility - Gentle stretching exercises to keep and improve : **The Practice of Adaptive Leadership: Tools and** How to increase flexibility - Gentle stretching exercises to keep and improve your flexibility (Chinese Mobility Secrets) by Steve Butler. Do your joints ache and **Frozen Shoulder Symptoms, Natural Treatment & Exercises - Dr. Axe** **Shaolin Flexibility Exercises: Horse Stance Tips - Movement Monk** Most Yoga books give more detailed descriptions of breathing. this one are described in the book, Healing with Ki-Kou, The Secrets of Ancient Chinese These stretching exercises help keep your bones, joints, and muscles limber. Aerobic exercises boost your mood, prevent disability, improve the health of your heart **Print Page - Mayfair Community Centre** When done properly, stretching can do more than just increase flexibility. A proper warm-up should raise your body temperature by one or two Increased blood flow in the muscles improves muscle performance and flexibility and reduces the should perform some dynamic exercises to increase your dynamic flexibility. **Best exercises for bones, joints and muscles** How to increase flexibility - Gentle stretching exercises to keep and improve your . to keep and improve your flexibility (Chinese Mobility Secrets Book 1). **Hip Stretches & Mobility Routine - 8 Exercises to Loosen Tight Hips** Their muscle mass had increased, they found it easier to get out of their But vigorous exercises for strength were found to have far more benefit fort hose over 90 far more benefit fort hose over 90 than less strenuous mobility training people to prevent the impact of ageing, improve their wellbeing and **The Truth About Overcoming Flexibility Training Plateaus** Hip stretches help ensure your hips stay functional & healthy. And in pretty much all sporting activities, good hip strength and flexibility is one of the keys to the sequence for the maximum benefit is to use a steady and gentle This classic stretch is very useful for the groin muscles, and for improving hip **Gentle stretching exercises to keep and improve your flexibility** The Practice of Adaptive Leadership: Tools and Tactics for Changing Your Organization and the World . to Growing Your Firm and Building Your Brand eBook: Scott Hanson, Pat McClain: Books How to increase flexibility - Gentle stretching exercises to keep and improve your flexibility (Chinese Mobility Secrets) **Bodyweight Training: Bust Your Strength with Effective - Books** Learn the truth about how to overcome flexibility training plateaus. If youre in a plateau at the moment, or you hit one in the future, Quick tip: Practice creating a bit more tension in your stretching exercises, through adding contraction. Relaxing your body for improved mobility isnt about becoming so **Even in your 90s, exercise can help: Tests find elderly who did** So, if you need to increase your mobility, you stretch. If you need to increase your flexibility, you stretch. The difference is what kind, how long, how intensely, and **Pinterest The worlds catalog of ideas** The Vancouver Sun Thrive Foods will have you and your family brimming . This book shows how wide-ranging the impacts of time famine in our society How to increase flexibility - Gentle stretching exercises to keep and improve exercises to keep and improve your flexibility (Chinese Mobility Secrets) by Steve Butler. **How to increase flexibility - Gentle stretching exercises to keep and** 10 a.m. - 12 p.m.. McConaghy. X. X. Chinese Mahjong. Tuesday. 1 - 3 p.m. .. Therefore, maintaining their mobility takes photography, improving your camera techniques and creative . Participants must have an Adults 55+ membership to book . activities, keeping your body limber and flexible with stretches, and. : **Kindle Store** How to increase flexibility - Gentle stretching exercises to keep and improve your flexibility (Chinese Mobility Secrets Book 1) eBook: Steve Butler: Stretch and breath chair based yoga Upright and Active Gentle yoga Angie require very gentle exercise and relaxation in a seated position, or standing with the your strength, along with promoting health and posture, increase mobility and Yoga will also help to improve your flexibility, core strength, posture and to : **Steve Butler: Books, Biography, Blog, Audiobooks** Amazon COMPACT Reading Rack Book Holder ,Treadmills ,Rowers,elipticals,stationary Bikes,climbers How to increase flexibility - Gentle stretching exercises to keep and improve your flexibility (Chinese Mobility Secrets)

. For the one who has conquered the mind, the mind is the best of friends but for one who has **Dynamic pre-event stretches for three flexibility levels - Pinterest** Improving your mobility . This gentle form of exercise can help maintain strength, flexibility, evidence that this mind-body practice, which originated in China as a not fully extended or bent, and connective tissues are not stretched. . Tai chi improves balance and, according to some studies, reduces **Foundations of Sport and Exercise Psychology With Web - Pinterest** How to increase flexibility - Gentle stretching exercises to keep and improve your flexibility ( exercises to keep and improve your flexibility (Chinese Mobility Secrets) Even if you can barely bend over to tie your shoes, gaining flexibility is never .. See More. 1 5 Juice Recipes to Ease Rheumatoid Arthritis Pain. Save **STRETCHING AND FLEXIBILITY - How to Stretch - MIT** How to increase flexibility - Gentle stretching exercises to keep and improve your flexibility (Chinese Mobility Secrets Book 1) - Kindle edition by Steve Butler. **The health benefits of tai chi - Harvard Health** Every day, I suffered through your typical stretching exercises, Before I discovered Gravity Yoga, I had the mobility of someone in their 70s yet I was in my early 20s. The number one reason people stop running, stop going to the gym . improve, but if you really want to increase your stretching flexibility **Posts, Washington and The washington post on Pinterest** Usually, the longer shoulder pain persists, the more limited mobility becomes. A natural approach to treating frozen shoulder involves gradually improving range of 1. Heat and Stretch the Shoulder. Before starting shoulder exercises for frozen To begin gently bringing more motion and flexibility to your stiff shoulder, **1000+ images about Easy Exercises, I hope lol on Pinterest** **Tone** How to Increase Flexibility for High Kicks Martial Arts Stretching Shane Fazen #martialfitness #workouts. Some very gentle stretching is an important part of warming up. .. drills & moves to help you achieve a solid handstand (or improve your existing one)! Click through for instructions on each move **Adult 55+ Programs - Town of Richmond Hill** Exercise is one of the most important strategies for improving your health. The 2,000-year-old Chinese practice of Tai Chi is a branch of Qigong exercises that harness qi . Its particularly useful for promoting flexibility and core muscle Then, as your mobility improves, keep adding to your routine to **Tai Chi and Other Low-Impact Exercises May Be Ideal for the Elderly** of ideas. See more about Dance flexibility stretches, Back flexibility and Dance stretches. Increasing flexibility in your backyoga, stretching and barre **Be At Your Best and Stay Pain Free With Optimal Flexibility - Plum** So if youre looking to gain more mobility and flexibility (which can help ward off falls Here are 9 important stretches you should work into your daily routine. . Easy Yoga Poses For Seniors Yoga with a Chair Level 1 Class 3 Live . Heres a gentle yoga sequence for seniors that you can easily do for 10 or 15 minutes.

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