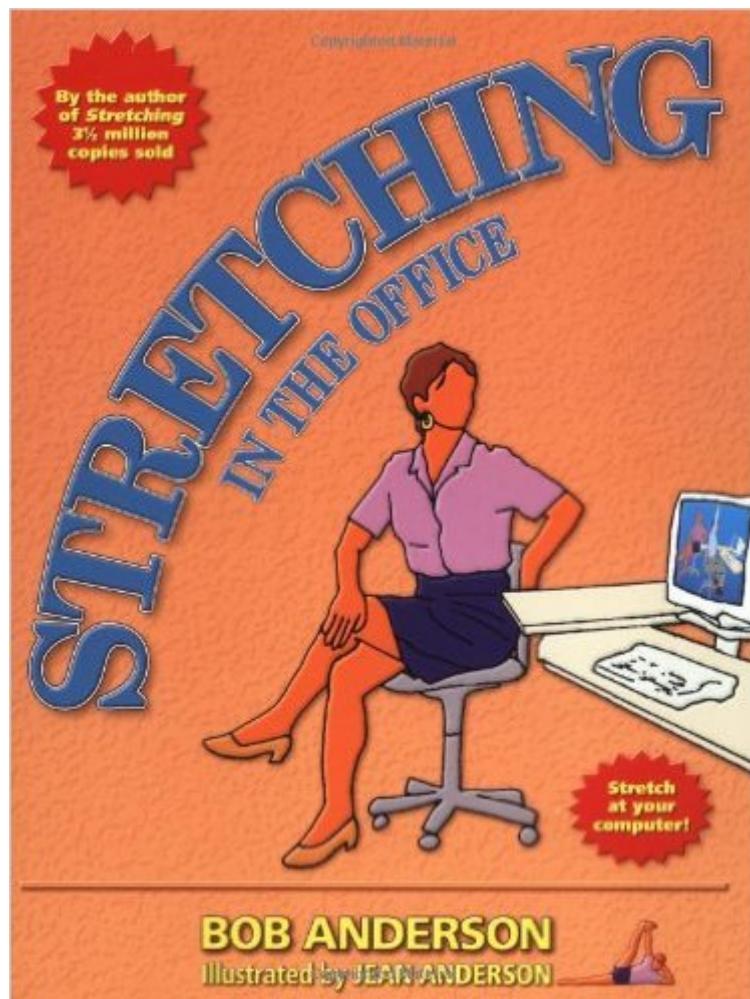


The book was found

# Stretching In The Office



## Synopsis

Staying Loose provides simple stretching routines to make high-tech life healthier. Easy-to-follow instructions and line drawings accompany each stretch. The book also includes tips on creating an ergonomic workstation. • Task-specific stretches that keep you stress-free on the job. • Self magazine • Addresses the dilemma of the ... workday: getting in some exercise when you have no time to work out. • Publishers Weekly

## Book Information

Paperback: 112 pages

Publisher: Shelter Publications; 1 edition (July 8, 2002)

Language: English

ISBN-10: 0936070293

ISBN-13: 978-0936070292

Product Dimensions: 7 x 0.4 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (24 customer reviews)

Best Sellers Rank: #97,159 in Books (See Top 100 in Books) #15 in Books > Business & Money > Skills > Secretarial Aids & Training #27 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #34 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching

## Customer Reviews

These books are the most useful I have found for stretches that make all the difference in joint health. This one is smaller and easy to keep around at the office for ideas on how to use small amounts of time to stretch or how to give relief to a particularly troublesome area which is aching. So easy to find the right exercise or set of exercises.

I recently had an ergonomic assessment completed at work and they gave me a handout with computer desk stretches that I really enjoyed doing. I noticed the stretches were copied from a page out of Bob Anderson's Stretching book and decided to look it up. recommended this book to me as well and I immediately jumped on it. Yes these stretches are basic and you could probably do them without the book, but having a tool like this to help guide you through the stretches is really helpful. It gives you stretching routines and when to do them throughout the day. Overall, I am very happy with my purchase and plan to use it daily. If you have a desk job this is an absolute must! :)

This product was ordered for use in our office. Many employees are finding it very helpful and are using the stretching exercises right at their desks. I highly recommend it!

This is nice book to have around! This really help when you need to show a client what they can do to help themselves. I use this whenever I need to show someone what they can do to help themselves it is also nice to have visuals to help them out. I think that you need permission from the Author to print things. It have nice images as well as showing where the stretch is going to work and what muscles it helps with.

STRETCHING IN THE OFFICE is wonderful to do to learn more and more how to stay RELAXED AND RELEASED IN YOU SITTING IN A CHAIR AT HOME OR IN THE OFFICE YOU WORK IN. I do these work outs all day and all night long.

My 6'8" son is at a desk all day which--even modified for his height--creates stress on his spine so when a fitness friend specifically recommended Anderson's books, I ordered this one on and gave it to him for Christmas. The exercises are easy, diverse and can be done without being distracting. In fact I ordered Stretching for my daughter and Stretching for 50+ for me, too. All arrived on time and in mint condition. Would recommend all three books.

This is a great addition to the Stretching book I already own by these same people. As a massage therapist I like giving stretches to clients that they will actually do! In having this book specifically for people who work in an office environment, I can now give them stretches they can do while at work.

Great book! Well organized with pics and instructions on how to perform each exercise. In addition, there's a 2 page "index of exercises" with pictures, that you can tear out or copy and use it in the office (or wherever) without taking the whole book with you.

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