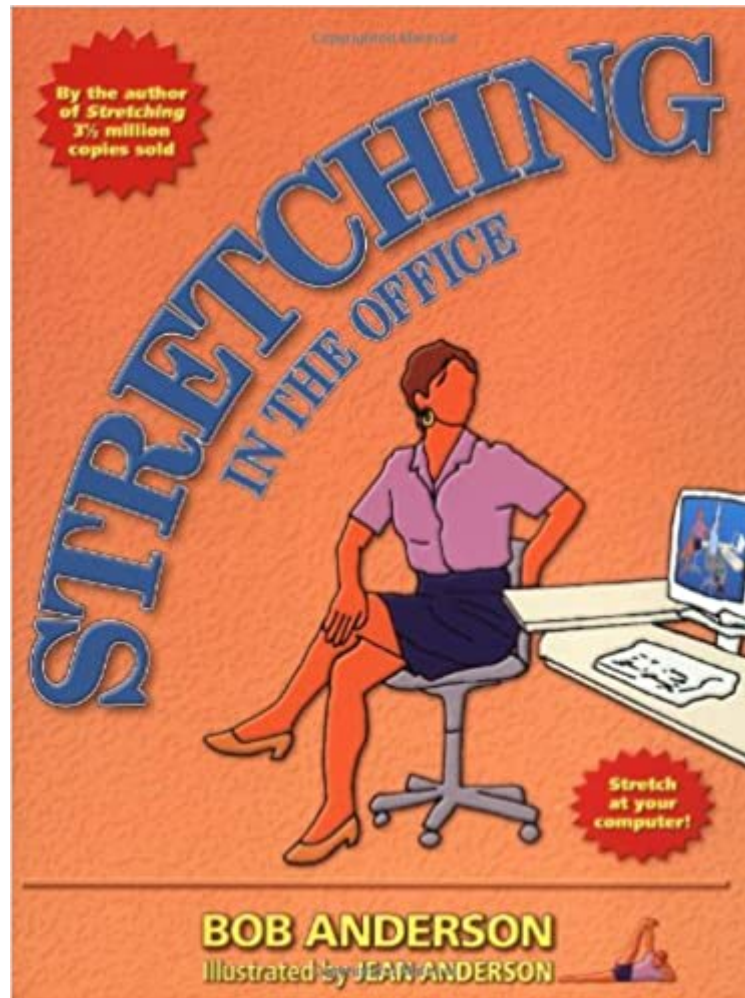




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# Stretching In The Office



## 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)

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Product Dimensions: 7 x 0.4 x 9 inches

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

Average Customer Review: 4.5 out of 5 stars 26 customer reviews

Best Sellers Rank: #349,671 in Books (See Top 100 in Books) #42 in Books > Business & Money > Skills > Secretarial Aids & Training #62 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #63 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention

## Customer Reviews

.."especially appropriate for computer professionals who must sit chained to a monitor and keyboard all day."

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! :)

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.

Like most people who are into physical fitness I had read Bob Anderson's classic book on stretching many years ago. Now that I am at an advanced age with some medical issues and cannot do many of the standing stretches (except in the pool) and decided to purchase this excellent 101 page soft cover (Stretching in the office by Bob Anderson, illustrated by Jean Anderson) book. The introduction covers computer and desk problems, when to stretch, where to stretch, benefits of stretching, how to stretch and go by the feel. There are numerous stretching routines in this fully illustrated book. Almost all of them can be done in an office setting whether standing or seated. Some of these routines include: good morning (startup) stretches, neck and shoulder movements, lower back stretches, stressed out stretches, spontaneous stretches, on the phone stretches, sitting and standing stretches. There is also a section on stretches and movements for repetitive strain injuries. The hand, arm, shoulder and neck stretches are excellent. There is also a section explaining in detail how to do each of the stretches. The end of the book has a section on using the stretch ware material. This is a book for anyone who works at a desk or has physical limitations but desires to achieve more flexibility and just feel better. The illustrations are beautifully drawn and easy to follow. This book along with Bob Anderson's original book on stretching is in my opinion the best books around on the importance of stretching. Rating: 5 Stars. Joseph J. Truncale (Author: Tactical Principles of the most effective combative systems).

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.

This is an awesome book. I could not decide if to take it to work or leave it at home. It is perfect for reminding those of us who sit at a desk how important it is to stretch. I saw this book at my massage therapist office and I went home and order it from . You won't be disappointed.

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.

Good ideas - I use them in the office.

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