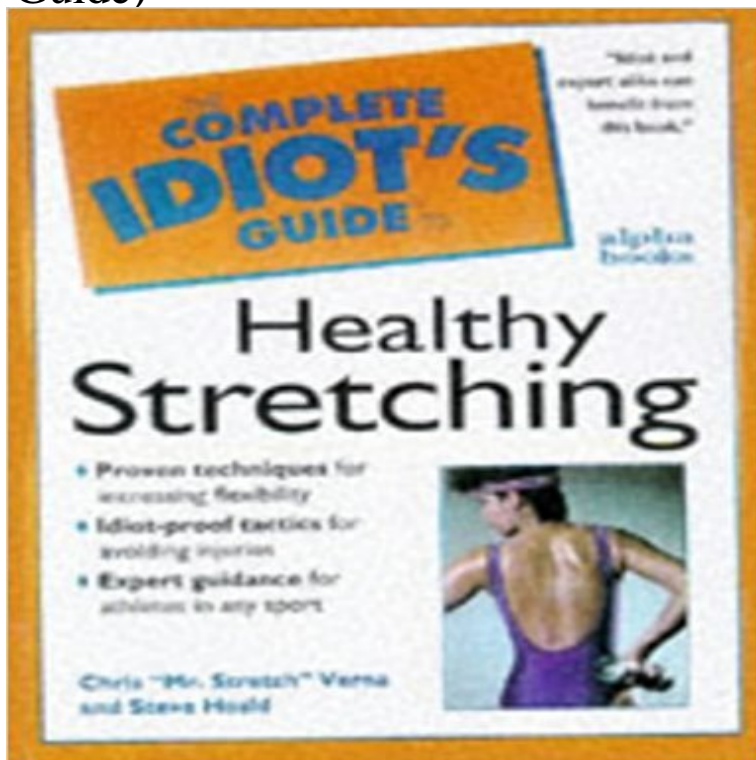


# Complete Idiots Guide to Healthy Stretching (The Complete Idiots Guide)



You're no idiot, of course. You understand the benefits of good nutrition and regular exercise, and you consult your local sports pro to improve your golf swing or your second serve. But when it comes to stretching, you just don't have the time! Don't get bent out of shape yet! The Complete Idiots Guide to Healthy Stretching shows you how to find time for stretching's time for stretching in your daily routine--in the car, at your workplace, in the garden, or at your favorite recreation area. In this Complete Idiots Guide you get:

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