

For Immediate Release

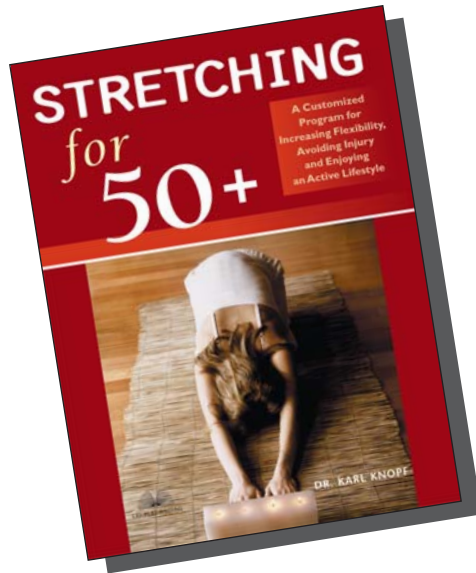
Over 200 photos

# Stretching for 50+

A customized program for increasing flexibility, avoiding injury and enjoying an active lifestyle.

by Dr. Karl Knopf

- learn proper technique
- release stress
- improve mental focus
- increase range of motion



\$13.95  
ISBN 1-56975-445-4  
128 pp, 7 1/2 x 10 1/4  
200 black-and-white photos  
Health

## About the Author

Dr. Karl Knopf is the author of five previous books and is a frequent radio and TV guest. He has consulted the State of California, Stanford University, Time Life Medical, Richard Simmons and the PBS series "Sit and Be Fit." He lives in Sunnyvale, California.

Ninety-six million Americans are now over the age of 50, with an additional 4.4 million turning 50 each year. Dr. Karl Knopf has created a book that gives aging baby boomers flexibility throughout their later years.

*Stretching for 50+* is based on the belief that individuals over 50 can do most of the same things as 20- and 30-year-olds. The book shows how to maintain and improve flexibility by incorporating additional stretching into one's life. Covering all the muscle groups of the body, the author offers specially designed programs catering to every level of fitness.

Among the book's exclusive features are the "supereasy" variations designed for the 60-and-older crowd or individuals with limited mobility. By incorporating helpful props such as a chair, sofa, or elastic strap, these stretches are a safe way to begin gaining flexibility and are the perfect stepping stone to the book's other stretches.

Contact Person: Publicist  
510/601-8301 Fax: 510/601-8307  
E-mail: publicist@ulyssespress.com  
P.O. Box 3440 Berkeley, California 94703-3440



Ulysses Press