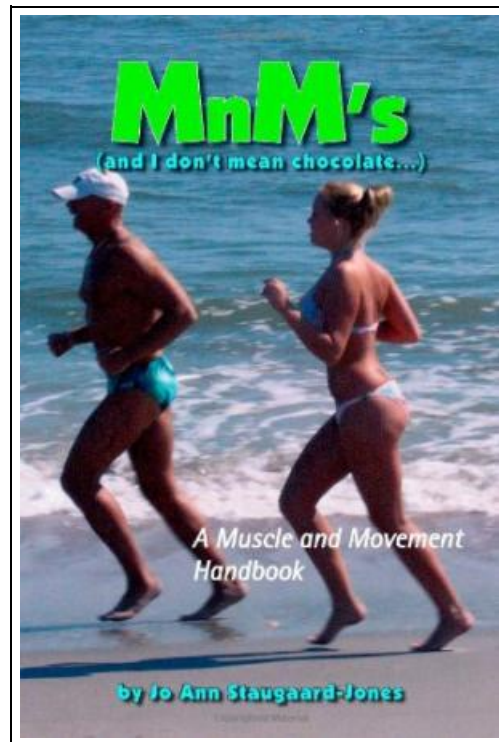# MnM s (And I Don t Mean Chocolate.): A Muscle and Movement Handbook

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Trafford Publishing, Canada, 2005. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.MnM s (And I Don t Mean Chocolate.): A Muscle and Movement Handbook is a book about muscles and movement, a resource for those who would like to know more about the human body and how it works without having to read a cumbersome textbook. Written in a light-hearted yet informative style, the text includes detailed material on location and actions of different muscles. The illustrations and pictures demonstrate invaluable stretch and strength exercises for each joint area, and cover a wide scope of fitness areas: weight- training, Yoga, Pilates, sports, and dance. The book s approach is unique because it can be used a handbook, a portable guide to the correct use of the body. Each chapter centers on a large muscle group, relating it to current concepts and myths in the fitness industry, while giving in-depth information. There is a sense of humor throughout the material; the book is meant to be fun and interesting. The text maintains that a person is capable of conditioning, maintaining, and/or healing oneself without spending thousands of dollars. With knowledge of the body s mechanisms, one can begin to improve their physical as well as mental and emotional health, relieve pain, and increase quality and longevity of life. Specific areas addressed are alignment, injury prevention, rehabilitation, the weekend as well as professional athlete, and conditions such as lower back pain, bursitis, and shoulder, hip, and knee problems. There are an increasing number of people who want to know more about their body and what can be done to improve it, no matter what age and without the fitness hype. This text will appeal to teachers of exercise, fitness enthusiasts, andprofessionals...

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