



Straighter, Stronger, Leaner, Longer: A Head-to-Toe Strengthening, Stretching, and Pain-Relieving Program

Renee Daniels, Janice Billingsley

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Stop aches and pains with this effective new therapeutic exercise plan.

Who doesn't suffer from chronic aches and pains in the neck, back, shoulders, knees, or elsewhere? In *Straighter, Stronger, Leaner, Longer*, medical exercise specialist and personal trainer Renee Daniels presents her fullbody strengthening and alignment program for rehabilitating injuries and strengthening and toning bodies. She explains why proper alignment is the key to a strong, healthy body, and how our daily habits, from sitting at a desk at work to carrying a baby on one hip all day to spending long hours sitting behind the wheel of a car, can contribute to muscle weaknesses and misalignments, leading to aches and pains.

Straighter, Stronger, Leaner, Longer will help readers find relief by showing them how to assess their own posture and movements, which may be causing pain, and by providing them with a personalized exercise program to treat problem areas.

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