



RX for Quilters: Stitcher-Friendly Advice for Every Body

Susan DeLaney Mech

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Research confirms that simple sewing tasks lower your heart rate and blood pressure. Quilting and other stitching activities offer relaxation, calming rhythms, and healthy benefits. This manual offers advice on how to care for your body so that your stitching life can be comfortable and pain-free. It discusses how to avoid common injuries to your hands, wrists, neck, shoulders and back, and how to improve fitness and manage weight with real-world tips on healthy eating and simple daily exercise. The author also addresses how hormonal shifts, pregnancy, ageing, and personal injury or illness can affect your stitching.

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A lot of people always spent their free time to vacation as well as go to the outside with them family members or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity here is look different you can read a book. It is really fun for you. If you enjoy the book which you read you can spent the entire day to reading a book. The book RX for Quilters: Stitcher-Friendly Advice for Every Body it is rather good to read. There are a lot of people who recommended this book. They were enjoying reading this book. In case you did not have enough space to develop this book you can buy the particular e-book. You can m0ore simply to read this book from the smart phone. The price is not to fund but this book offers high quality.

Sharon Baker:

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