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Stephanie Kaiser manages the wellness center at the National Institute for Fitness and Sports. She studied physical education, kinesiology, and She studied physical education, kinesiology, and More about Stephanie Kaiser

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right stretching may end up in greater well-being; better variety of movement; and an extended, more fit lifestyles, although, if performed improperly, it might probably result in pointless ache and harm.

Idiot's Guides: Stretching: Melanie Roberts MS, Stephanie ...

Stephanie Kaiser, MS, is the lifestyle program coordinator, NIFS Mini-Marathon program co-coordinator, and a health

fitness specialist at the National Institute for Fitness and Sport (NIFS). Stephanie works with individuals of all ages and abilities, and her specialties include working with runners participating in the NIFS Mini-Marathon Training Program and the Go-Girl Triathlon Training Program.
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Get this from a library! [Stretching](#). [Melanie Roberts, (Fitness researcher); Stephanie Kaiser] -- Stretching is relaxing and revitalizing, and helps increase your flexibility and range of motion. But stretch the wrong way and you could be doing yourself more harm than good! This guide teaches you