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Subject line: New book with gentle exercises provide natural pain relief

Struggling with a weak core?

Poor posture?

Back pain?

With “Undulation: Relieve Stiffness and Feel Young,” new from Issaquah structural integrator Anita Boser, you'll find dozens of exercises to build strength, reduce joint and muscle discomfort and counteract the effects of aging.

Written for those who want a drug-free approach to aches, pains and strength-building, “Undulation” includes 144 pages of therapeutic exercises that can be used by anyone---any age, any experience or fitness level. Each section of the book covers a specific issue---neck and shoulder pain, low back and hip pain, posture, hypermobility, scoliosis, for example---so it's easy to find the exercises that address your concerns.

Boser, who has used undulation exercises in her practice for 15 years, emphasizes that these unstructured movements lubricate tissues and joints and help restore mobility. “Stretching and strength training are important, but they often don't emphasize a full range of motion and suppleness,” she says. “As a result, people become stiff and less flexible, and over time hurt more and move less.”

“Undulation” is an expansion of Boser's 2008 book, “Relieve Stiffness and Feel Young Again with Undulation” (Vital Self, Inc.), which has served as the basis for her workshops across the U.S. and in Canada. The gentle exercises have been used by those with chronic pain and aging issues, including former Marines, massage therapists, dancers, yoga teachers, and sedentary office workers. Many can be used in exercise programs for seniors.

Undulations take only minutes---maybe five, maybe fifteen---and can be done wherever you are, even at the computer, when stuck in traffic or when standing on the sidelines of a child's sports practice. They require no specialized equipment---at the most, a sturdy chair, a few pillows and a towel or blanket. And they're completely noncompetitive: there are no target scores or heart rates.

Available from Amazon.com or direct from undulationexercise.com, “Undulation” is \$17.95 in print (ISBN 978-0-9796179-4-2) and \$14.95 as an e-book (ISBN 978-0-9796179-5-9).