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Improved flexibility produces a wide range of physical benefits and can have a positive effect on your overall well-being. Here are a few ways that increased flexibility is likely to help you. 1.

Benefits of Flexibility: 6 Advantages and Stretches

The fourth edition of STRETCHING SCIENTIFICALLY, A Guide to Flexibility Training (copyright 2003), by Thomas Kurz, is now available from Stadion Publishing Inc. Improved layout and more photos enhance the most up-to-date science explained in practical terms for athletes, instructors, and coaches.

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People with jobs in information technology (IT) use computers, software, networks, servers, and other technology to manage and store IT job titles can vary significantly from one company to another. For instance, one company may recruit a "developer" while another company recruits a "programmer" — but the work may be precisely the same at the two companies, despite the job title ...

IT Jobs: Career Options, Job Titles, and Descriptions

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