



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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