

Mariano Maradei

HÁBITOS POSTURALES

Alineación del cuerpo humano



Habitos Posturales Alineación Del Cuerpo Humano Salud Spanish Edition

**José Luis Aragunde Soutullo, José
María Pazos Couto, Aragunde**



Habitos Posturales Alineación Del Cuerpo Humano Salud Spanish Edition:

Hábitos posturales Mariano Maradei, 2016-07-08T00:00:00+02:00 H bitos posturales estudia la forma en la que hacemos las cosas a diario Analiza la mecánica del cuerpo humano en la vida cotidiana y propone una manera de reeducar las posturas y los movimientos A partir de su lectura se aprende a observar percibir y diferenciar aquellos movimientos que producen un beneficio al cuerpo de aquellos que lo perjudican Miyamoto Musashi en El libro de los cinco anillos explica que el guerrero debe asumir una determinada actitud postural en la batalla Maradei retoma la idea del maestro samurí y la traslada a la vida cotidiana En H bitos posturales se lleva a la práctica el concepto de cuidado de la postura en las actividades de la vida diaria ya no para defendernos del mundo exterior sino para generar una actitud de observación y cuidado que evite autolesionarnos A lo largo de la obra se le brinda gran atención a los dedos de los pies ya que estos constituyen literalmente la base de la propuesta de trabajo de Maradei la forma en la que nos mantenemos de pie y distribuimos el peso del cuerpo ser el eje central que nos permite disfrutar del movimiento en la vida cotidiana H bitos posturales es un manual de consulta que sirve tanto para prevenir lesiones como para hallar las causas de nuestros dolores físicos A través de la práctica de las posturas y movimientos propuestos se incorporan de modo natural hábitos diarios saludables y los cambios necesarios para dejar de padecer dolor Después de leer este texto entenderemos que en muchos casos somos los responsables tanto de producirnos las lesiones y los dolores que padecemos como de efectuar los cambios necesarios para dejar de sufrirlos *Educación postural* José Luis Aragunde Soutullo, José María Pazos Couto, Aragunde, 2000 La Biblioteca Temática del Deporte es un instrumento de información complemento y soporte para el conocimiento y desarrollo de la actividad física y el deporte Esta orientada a resolver de forma didáctica y con mucha ilustración además con páginas en color los principales temas que se abordan en la educación física y el deporte Gracias a su presentación didáctica a la sencillez del lenguaje y a la rigurosidad de su contenido dispone de una versatilidad que permite su utilización tanto como un instrumento de carácter divulgativo como técnico Sus gráficos dibujos y fotografías le añaden un mayor grado de vistosidad Como biblioteca básica debe estar presente en las bibliotecas de todos los centros escolares y de formación de profesores y técnicos Como libros independientes constituyen obras con entidad propia válidas para el público en general así como para expertos en diferentes ámbitos de la actividad física y el deporte

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