



# Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't

By Joan Vernikos

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## Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't By Joan Vernikos

This groundbreaking new medical work demonstrates how modern sedentary lifestyles contribute to poor health, obesity, and diabetes, and how health can be dramatically improved by continuous, low-intensity, movement that challenges the force of gravity. Citing her original NASA research on how weightlessness weakens astronauts' muscles, bones, and overall health, the author presents a simple and effective plan for maintaining good health throughout life by developing new lifestyle habits of frequent gravity-challenging movement. Written for everyone who spends most of their lives sitting in chairs, at desks, and in cars, this practical, easy-to-follow action plan outlines simple gravity-challenging activities such as standing up frequently, stretching, walking, and dancing that are more healthful and effective than conventional diet and exercise regimens.

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### **Editorial Review**

#### Review

After reading "Sitting Kills, Moving Heals," I've decided to change my fitness routine. Bottom line: If you are seriously interested in improving your fitness and health you may benefit from reading this book. --savvyworkinggal.blogspot.com

The genius of this doctor's advocated activities ... is that stirring pasta, rolling out cookie dough, and cracking nut shells for noshing all count as exercise. The book is filled with tips to create health-building movements into your day. --New York Journal of Books

NOT an exercise book, instead it contains a few simple 'activities' you can work into your everyday life. . . . Informative and helpful . . . I would recommend this book to anyone interested in finding some SIMPLE STEPS to living a healthier lifestyle. --www.BunnyCates.com

Well-written, easy-to-understand, and a fierce warning for Americans to wake up. Couch potatoes take heed! --www.vaboomer.com

Thought-provoking ... former NASA scientist Vernikos ... argues that out-of-shape Americans need to start doing exercises that make their bodies resist the force of gravity. The good news: dancing, jumping ... and gardening all count. A compelling call to action. --Booklist

A plan that can help everyone improve their health with small, simple actions .... The beauty of Dr. Vernikos' plan is its simplicity. Easy, natural, everyday movements take, literally, seconds and can provide a lifetime of benefits. --East Oregonian

An easy-to-use prescription for good health. And the best part? We don't have to spend excessive hours at the gym to produce health benefits. Anyone interested in maintaining health and independence will want to read this book. --Aviation, Space, and Environmental Medicine

What a marvelously practical book! For anyone wondering how to remain active for as long as they can without necessarily becoming an athlete, this book's for you. Highly credible ... the writing is fluid and clear as well. --whatsheread.blogspot.com

A book everyone should read ... I recommend it especially to anyone who hates exercise and needs motivation to become physically active again. The book is an easy read and easy to put into action in your own life. --Satu Hattula, bodycapable.com

Offers many tips on how people can increase their simple everyday movement, thereby improving their health. "Sitting Kills, Moving Heals" is a superb fitness book ... I highly recommend this book. --La Cross Tribune

About the Author

Joan Vernikos, PhD, is a motivational speaker and a stress expert. She is the former director of NASA's life sciences division and a member of the space studies board of the National Academy of Sciences. She is the author of ""The G-Connection: Harness Gravity and Reverse Aging."" She lives in Culpeper, Virginia.

## **Users Review**

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What do you regarding book? It is not important along? Or just adding material if you want something to explain what your own problem? How about your extra time? Or are you busy particular person? If you don't have spare time to try and do others business, it is gives you the sense of being bored faster. And you have free time? What did you do? All people has many questions above. They have to answer that question since just their can do this. It said that about e-book. Book is familiar on every person. Yes, it is suitable. Because start from on pre-school until university need this particular Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't to read.

#### **Celia Robertson:**

Now a day folks who Living in the era just where everything reachable by talk with the internet and the resources within it can be true or not call for people to be aware of each information they get. How people have to be smart in getting any information nowadays? Of course the answer then is reading a book. Reading a book can help individuals out of this uncertainty Information specially this Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't book as this book offers you rich details and knowledge. Of course the info in this book hundred per-cent guarantees there is no doubt in it you know.

#### **Willa Killeen:**

This book untitled Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't to be one of several books that will best seller in this year, honestly, that is because when you read this publication you can get a lot of benefit on it. You will easily to buy this particular book in the book store or you can order it by means of online. The publisher of the book sells the e-book too. It makes you quicker to read this book, as you can read this book in your Mobile phone. So there is no reason for your requirements to past this e-book from your list.

#### **Carrie Francis:**

Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't can be one of your nice books that are good idea. We all recommend that straight away because this book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to put every word into enjoyment arrangement in writing Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't nevertheless doesn't forget the main

point, giving the reader the hottest along with based confirm resource data that maybe you can be one of it. This great information may drawn you into fresh stage of crucial pondering.

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