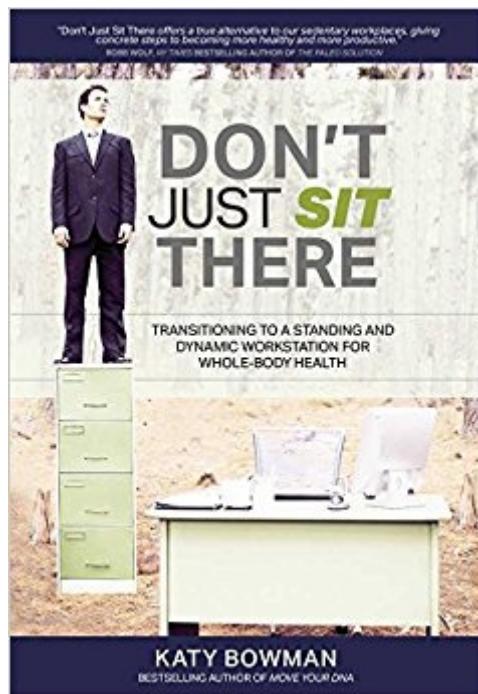


The book was found

Don't Just Sit There



Synopsis

If sitting is indeed the new smoking, then certainly we should quit. But is sitting really the problem, or is something else going on? Is getting better as simple as kicking over your chair and standing all day in front of the same computer, under the same fluorescent lighting or is there something more to be learned from the data about how people work best? *Don't Just Sit There* explains why swapping one static position for another isn't taking a big enough look at the problem, and provides corrective exercise and lifestyle solutions to help you safely and effectively transition away from the conventional office set-up allowing you to reap the enormous benefits of moving more throughout the day while getting your work done. *Don't Just Sit There* presents:

- * How conventional office arrangements are capping our level of health and why this can't be offset with a daily bout of exercise
- * That sitting and screen-time are two different variables and should be treated as such
- * Corrective exercises to sit, stand, and move better without leaving your office
- * How to boost your creativity and energy levels at the office

With clear, science-based explanations, Bowman lays out the issues created by conventional office environments, and describes in detail the steps necessary to transition to a more dynamic set-up safely and effectively. With over twenty exercises, this is a must-have for anyone hoping to increase their daily movement and improve their health without sacrificing their productivity.

Book Information

Paperback: 152 pages

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Product Dimensions: 5.4 x 0.5 x 7.9 inches

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Average Customer Review: 4.5 out of 5 stars 19 customer reviews

Best Sellers Rank: #136,182 in Books (See Top 100 in Books) #77 in Books > Health, Fitness & Dieting > Psychology & Counseling > Occupational & Organizational #81 in Books > Medical Books > Psychology > Occupational & Organizational #292 in Books > Medical Books > Allied Health Professions > Physical Therapy

Customer Reviews

With radical, science-based health directives, Katy is taking the health-and-wellness world by storm

with her bold exercise is not movement platform. A biomechanist by training and a problem-solver at heart, she has helped thousands reduce chronic pain, increase bone density, and improve metabolic health through movement and proper alignment. In addition to hosting her podcast KatySays and writing for her award-winning blog KatySays.com, she is a regular source for national health publications like Prevention and Men's Health, and is a sought after guest on radio, television pod-casted talk shows and news segments. Creator of the Aligned and Well™ DVD series, Katy's groundbreaking work in pelvic floor restoration has made her particularly popular with midwives, OBGYNs, and others concerned with pelvic mobility, strength, and health.

Great book - very helpful in creating my perfect home office and understanding why it's more important to change up your working position frequently than just have one static position (standing or sitting!)

This is an important book for anyone who has suffered with feet and back pain. There is something we can do about it that doesn't involve medical intervention. Katy Bowman is the best guide to pain-free walking, sitting and standing!

Real answers and practical solutions to solve the epidemic of chronic health issues we are developing from sitting, sitting, sitting! If you want to move more, feel better and save your hips, knees, joints, muscles and ligaments, not to mention your sanity, get this book, start moving and begin feeling free again as you are liberated from your chair.

Excellent short read on the importance of movement and understanding the consequences of prolonged static positions on our bodies. I'm a big fan of Katie's work and her biomechanics perspective. This book helps us to better understand emerging research and science associated with prolonged sitting (or really any static posture or position). And, the book is a practical guide for movement and mobility work with simple tips and exercises to keep us mobile, especially if you're a "desk jockey" and have to sit for long periods - as most do. Useful advice on optimizing work stations, how to sit better, stand better, and most importantly - keep moving! Another great read from Katie!

Everyone needs this book to better understand the adjustments you can make in your desk day to improve your health habits and feel better physically.

Excellent book! Everyone, who wants to stay healthy, should read this book.

Great information about how to incorporate more movement into our day.

I am reading everything this woman writes. She is absolutely amazing.

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