



# 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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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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#### **Mildred Ortiz:**

Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite reserve and reading a guide. Beside you can solve your condition; you can add your knowledge by the reserve entitled Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't. Try to make the book Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't as your friend. It means that it can being your friend when you sense alone and beside that of course make you smarter than ever. Yeah, it is very fortunated for you personally. The book makes you more confidence because you can know anything by the book. So , let's make new experience in addition to knowledge with this book.

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#### **Dora Dickey:**

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**Mary Fix:**

This Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't is completely new way for you who has intense curiosity to look for some information because it relief your hunger details. Getting deeper you onto it getting knowledge more you know or you who still having little bit of digest in reading this Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't can be the light food for you personally because the information inside this kind of book is easy to get simply by anyone. These books build itself in the form and that is reachable by anyone, yeah I mean in the e-book type. People who think that in publication form make them feel sleepy even dizzy this guide is the answer. So there is absolutely no in reading a guide especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss the idea! Just read this e-book type for your better life along with knowledge.

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