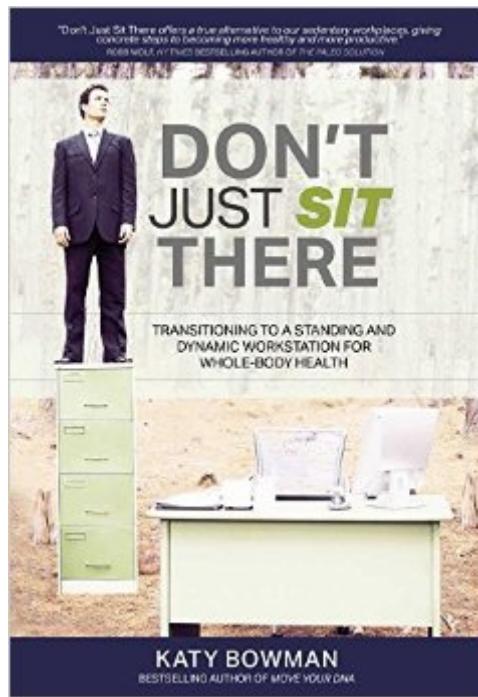


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# Don't Just Sit There



## 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

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## Customer Reviews

â œMy reason for writing this book is that, right now, youâ™re probably super motivated to sit less,

and I'd like to help you transition appropriately. In order to do that, you need a deeper prescription for sitting less than that's more than simply standing more. Therefore, I've included the following four sections in this book: How to build a perfect workstation, How to sit better, How to stand better, How to work out on company time! The last section is a two-parter, because not only will I give you exercises to de-chair your body on your movement breaks, but I will also show you how you can exercise your body while you are simultaneously working (you won't need extra time outside of work to do these exercises). ~ Katy Bowman from Don't Just Sit There As Mark Sisson says in the introduction to this book, Katy Bowman is the world leader in the burgeoning field of biomechanics and how it relates to optimal human development. • Katy has a popular blog called *Nutritious Movement* and an equally popular podcast called *Katy Says*. • Alexandra loves her and has been encouraging me to read this book for awhile "especially on days when she sees me with horrible posture as I'm reading or typing! (Which, unfortunately, is most days. Hah. Need to work on that. :) This is a great, quick-reading, smart and funny look at how we can optimally transition from sitting all day long to creating a standing and dynamic (

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