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How

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groundbreaking new medical
work demonstrates how modern
sedentary lifestyles
contribute to poor health,
obesity, and diabetes, and
how health can be

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dramatically improved by
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continuous, low-
intensity,...

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click here. Sitting Kills,
Moving Heals shows that the
key to reversing the damage
of sedentary living is to
put gravity back in your
life through frequent, non-
strenuous actions that

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resist the force of gravity
throughout the day, 365 days
a year. Better than an
exercise or diet plan, ...

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Deadly Diseases. The Only
Way To Get Rid Of These
Disorders Is To Stay Active

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Position. This Keeps You
More Fit Than Before By
Burning More Calories.

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admin. By Dr. Mercola. If
you are like most people,
myself included, you
probably spend a large

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portion of each day in a
seated position. It's hard
to avoid these days, as
computer work predominates,
and most also spend many
hours each week driving to
and from work.

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research now suggests that
sitting in and of itself is
an independent risk factor
for poor health and

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premature death—even if you
exercise regularly. Dr. Joan
Vernikos, former director of
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presents a simple yet
powerful scientific

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explanation...

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South...: Sitting Kills,
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obesity and many related
illnesses are becoming a

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huge threat to our
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wellbeing. Join Dr. Northrup
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Vernikos, Ph.D. , former
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Sitting Kills, Moving Heals

After reading Dr. Vernikos

book, *Sitting Kills, Moving*

Heals, I was inspired to

give some serious attention

to this because even though

I perform a lot of

structured exercise,

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including high intensity
interval training, I was
guilty of sitting down a
vast majority of the rest of
the day.

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- Flourish! - Dr. Christiane**

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guilty of sitting down a
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hop over to the JKS book
tour site. A few key take-
aways for me: * 32. Remember
that number. Vernikos notes
that if you stand up and sit
down throughout that day at

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least thirty-two times,
gravity's effects will kick
in and your balance and
stability will improve.

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with an important message.

Joan is an expert in stress
and aging, a former director
of Life Sciences at NASA.

She was responsible for the
health and well-being of the
astronauts. It is known that
astronauts suffer from a

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shows that the key to

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reversing the damage of
sedentary living is to put
gravity back in your life
through frequent,
nonstrenuous actions that
resist the force of gravity
throughout the day, 365 days
a year. Better than an

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exercise or diet plan,
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gives readers a blueprint
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Sciences Division and author
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is the title of a book by
exercise physiologist Dr.
Joan Vernikos. Her
argument—one that has been
confirmed by other

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scientists in a new field
called "inactivity
physiology" is not that
sitting is necessarily bad
for us; just that we spend
far too much time doing it.
The real problem is
inactivity.

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advances Dr Joan's
commitment to bring the
wisdom of the sometimes

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complicated science of
gravity and motion to people
like you and me. Although
she cites authority for the
scientific foundation, she
writes in a clear
understandable manner that
encourages us to incorporate

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as much physical movement as
possible into our daily
routines.

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