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Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't Paperback – Illustrated, November 3, 2011 by Joan Vernikos (Author)

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~~Sitting Kills, Moving Heals: How Everyday Movement Will ...~~

In Sitting Kills, Moving Heals, Vernikos uncovers the unsuspected medical connection between the health dangers of weightlessness in space and the chronic diseases caused by sedentary lifestyles here on Earth. In

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her research at NASA, Vernikos discovered that movement that resists the force of gravity is essential to good health.

~~Sitting Kills, Moving Heals by Joan Vernikos, Everyday ...~~

When I read *Sitting Kills - Moving Heals* by NASA scientist, Joan Vernikos a lot clicked! Maybe not the best written book on planet earth but the relentless message is challenging. Day to day my challenge -- our challenge -- is to stand up to gravity.

~~Sitting Kills, Moving Heals: How Everyday Movement Will ...~~

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, nonstrenuous actions that resist the force of gravity throughout the day, 365 days a year. Better than an exercise or diet plan, *Sitting Kills, Moving Heals* gives readers a blueprint for transforming their

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Expanding upon her groundbreaking previous book, "*Sitting Kills, Moving Heals*," Dr. Vernikos shows how developing simple new lifestyle habits at the office can reverse the symptoms of sitting disease and even aging itself, and lead to a life of bountiful health. 2015-02-24 in Health & Fitness

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Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness, and Early Death -- And Exercise Alone Won't. Paperback — Illustrated, 3 Nov. 2011. by Joan Vernikos (Author)

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~~Sitting Kills, Moving Heals: How Everyday Movement Will...~~

In the book, "Sitting Kills, Moving Heals," Joan Vernikos, former director of NASA's Life Sciences Division, talks about research suggesting that 32 transitions in a day helps maintain healthy...

~~Stand up, sit less, experts say; here's how to do it~~

Sitting kills, moving heals : how everyday movement will prevent pain, illness, and early death-- and exercise alone won't Vernikos, Joan. 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.

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Sitting Kills, Moving Heals: How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't: Vernikos, Joan: 0001610350189: Books - Amazon.ca

~~Sitting Kills, Moving Heals: How Everyday Movement Will...~~

Sitting Kills, Moving Heals is a title of a book by Joan Vernikos. It grabs my attention. Why? Because it is a light read 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 ...

~~Why sitting kills, while moving heals—Be in Charge of...~~

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~~Sitting Kills, Moving Heals By Dr. Mercola~~ If you're like most people, myself included, you probably spend a large 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.

~~Born And Raised In The South...: Sitting Kills, Moving Heals~~

Sitting Kills, Moving Heals How Everyday Movement Will Prevent Pain, Illness, and Early Death — and Exercise Alone Won't by Joan Vernikos. Joan Vernikos was the former Director of NASA's Life Sciences Division. Basically, she was responsible for understanding how to optimize the health and well-being of our astronauts. In this book, she ...

~~Sitting Kills, Moving Heals by Dr. Joan Vernikos ...~~

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Simply standing up over 30 times a day is a powerful antidote to long periods of sitting and is more effective than walking. There are virtually unlimited opportunities for movement throughout the day, from doing housework or gardening, to cooking and even just standing up every 10 minutes.

~~Why Sitting Kills While Moving Heals — Mercola.com~~

Dr. Joan Vernikos, former director of NASA's Life Sciences Division and author of Sitting Kills, Moving

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Heals, presents a simple yet powerful scientific explanation for why sitting has such a dramatic impact on your health, and how you can easily counteract the ill effects of sitting.. She was one of the primary doctors responsible for ensuring the health of the astronauts as they went into ...

Sitting Kills, Moving Heals [via Mercola] — Xdesk Blog

Sitting Kills, Moving Heals. Joan Vernikos was the former Director of NASA ' s Life Sciences Division. Basically, she was responsible for understanding how to optimize the health and well-being of our astronauts. Joan walks us through how our sedentary lifestyles are surprisingly similar to the gravity-free lifestyles of astronauts in space.

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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"This groundbreaking study demonstrates how the prevalent problems of obesity, ailing health, and lack of energy can all be easily improved simply by using the power of gravity. The survey is based on the author's research into how weightlessness weakens astronauts' muscles, bones, and overall well-being, suggesting ways to incorporate gravity into everyday life and illustrating how it can increase fitness as well as prevent aging. Addressing those who spend more than half their lives sitting and therefore struggle to benefit from even the most strenuous gym workouts, this practical, easy-to-follow action plan outlines simple gravity-resisting activities such as standing, walking, and dancing, guaranteed to produce better results than diet and exercise plans"--

That the average adult spends 50 to 70 percent of their day sitting is no surprise to anyone who works in an office environment. But few realize the health consequences they are suffering as a result of modernity's increasingly sedentary lifestyle, or the effects it has had on society at large. In *Get Up!*, health expert James A. Levine's original scientific research shows that today's chair-based world, where we no longer use our bodies as they evolved to be used, is having negative consequences on our health, and is a leading cause of diabetes, cancer, and heart disease. Over the decades, humans have moved from a primarily active lifestyle to one that is largely sedentary, and this change has reshaped every facet of our lives—from social interaction to classroom design. Levine shows how to throw off the shackles of inertia and reverse these negative trends through simple changes in our daily lives.

Radical in its simplicity, Dr. Eric Goodman's visionary approach to mindful movement corrects the complacent adaptations that lead to back and joint pain, and teaches us to harness the body's natural movement patterns into daily activities to make us fit, healthy, and pain free. Our sedentary lifestyle has led to

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An epidemic of chronic pain. By adapting to posture and movement that have us out of balance—including sitting all day at a keyboard, tilting our heads forward to look at our phones—we consistently compromise our joints, give our organs less room to function, and weaken our muscles. How we hold and live in our bodies is fundamental to our overall health, and the good news is that we all hold the key to a healthier body. Dr. Goodman has spent years studying human physiology and movement. He has trained world-class athletes for better performance, and has healed people of all ages and occupations of lifelong debilitating pain. His theory of self-healing is now available to everyone. His practical program trains the posterior muscle chain—shoulders, back, butt, and legs—shifting the burden of support away from joints and putting it back where it belongs: into large muscle groups. Filled with helpful diagrams and sixty color photographs, True to Form shows readers how to successfully integrate these powerful movements into everyday life—from playing with the kids to washing dishes to long hours in the office—transforming ordinary physical actions into active and mindful movements that help to eliminate pain, up your game, or simply feel more energetic. True to Form shows you how to move better, breathe better, and get back to using your body the way nature intended.

Science has proven that sitting too much is bad for your health, but what can you do about it if you're stuck at your desk all day? "Designed to Move" gives deskbound professionals a practical, easy-to-follow movement plan to fight the debilitating and life-shortening effects of sitting disease. Dr. Joan Vernikos, former director of NASA's Life Sciences Division, draws on decades of scientific research on astronauts to show readers how to use gravity-based movement to counteract the effects of prolonged sitting and maintain lifelong good health. Written for everyone who spends most of their lives sitting in chairs, "Designed to Move" provides readers with a science-backed health program that helps people stay healthy while at work.

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Expanding upon her groundbreaking previous book, "Sitting Kills, Moving Heals," Dr. Vernikos shows how developing simple new lifestyle habits at the office can reverse the symptoms of sitting disease and even aging itself, and lead to a life of bountiful health.

Shame is the motivator behind many toxic behaviors like compulsion, codependency, addiction, and drive to superachieve. This title identifies personal shame, explains the underlying reasons, and addresses root causes.

With practical experience both of field work and of the intelligence bureaucracy at home and abroad, Stewart examines successes and failures via case studies, considers the limitations and usefulness of the intelligence product, and warns against the tendency to abuse or ignore it when its conclusions do not fit with preconceived ideas.

Travis Maddox, Eastern University's playboy, makes a bet with good girl Abby that if he loses, he will remain abstinent for a month, but if he wins, Abby must live in his apartment for the same amount of time.

STAYING POWER: Age-Proof Your Home for Comfort, Safety and Style helps you shape your space to meet your changing needs as you grow older. It's "sensible, useful, comprehensive and engagingly written," says Paula Span of The New York Times "New Old Age" blog. STAYING POWER: Age-Proof Your Home for Comfort, Safety and Style helps you shape your space to meet your changing needs as you grow older. This practical, problem-solving handbook can help you and the people you care about enjoy freedom, comfort and safety in familiar surroundings. So belly up to the grab bar and... Boost your independence as

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your abilities change. Easily customize your furnishings, layout and decor without breaking your back or your budget. Stay healthy with home-based mind-and-body fitness tips. Discover hundreds of valuable U.S. and Canadian resources to help with your specific situation. Use handy checklists and shopping lists to organize and kick-start your age-proofing projects. Whether you're planning ahead, ready to act, or helping someone else, learn how to make any type of house, apartment or condo a safer, more supportive home for years to come. This practical, problem-solving handbook can help you and the people you care about enjoy freedom, comfort and safety in familiar surroundings. So belly up to the grab bar and... Boost your independence as your abilities change. Easily customize your furnishings, layout and decor without breaking your back or your budget. Stay healthy with home-based mind-and-body fitness tips. Discover hundreds of valuable U.S. and Canadian resources to help with your specific situation. Use handy checklists and shopping lists to organize and kick-start your age-proofing projects. Whether you're planning ahead, ready to act, or helping someone else, learn how to make any type of house, apartment or condo a safer, more supportive home for years to come.

How many of you have ever been on a Roller Coaster? Did you love it? Was it Fun? or were you terrified? One person's stress is another one's fun. Were you on a Roller Coaster in the last year? Stress at one point of your life may be fun, and fear at another. What has changed? Not the Roller Coaster! There is no such thing as Good Stress or Bad Stress. Stress is life's stimulus. It gives you your sense of fun and excitement. It's the juice that helps an actor or an athlete step on a stage or a track and perform better. It could also be a signal that your survival is in danger. You might be filled with fear, freeze in terror, try to escape and run away from the wild animal chasing you, from your teacher or boss who is chastising you. Or you may take a stand, attack, fight for your survival, whether the threat is physical or psychological. Does the stress fill you with

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anxiety or stimulate you to achieve or do superhuman things? For instance, to move your car after an accident, something you normally could not do. Too much or too little of anything could be stressful. Too hot or cold, starvation or overindulgence, lack of sleep, joy, sadness, worry are stimuli; all are stressful. Did you know that every time you stand up, you normally are not aware of it as stress because the response is so slight and you are used to it. But if you have let your health slip, you may feel faint and even pass out when you stand up. Learning how to keep stress manageable is the foundation of good health. The secret to good stress management is keeping stress within limits. This begins with Perception. Is it fun, is it familiar, have you experienced it before and handled it well or does it seem like a threat that triggers fear? So, what is different after 50? Both the stresses and you are different. You have 50 years of experiences and habits, good and bad, behind you. That and how you handled them forms your data base, against which every novel experience is compared. The stresses are different at different times of your life and you will consider them as mild or excessive depending on you and your past record. Decisions and responsibilities change. After age 50 the dynamics will shift in your family. Making a decision of when to retire can be a relief or stressful. How will you feel when you no longer work? What will life be like if you must become a care-giver? Most care-givers are women. How would you balance family, work and caregiving? Will the money last through retirement? Are you prepared for the loss of loved ones? With new responsibilities what are you doing to prevent the decline in your health associated with getting older? Unfortunately, getting older doesn't come with a handbook, and being older brings new and different stresses. Some women, even today, never learned how to drive or manage finances. There is no excuse for not learning while you can. Poorly managed stress will leave you feeling unsettled and worsen just about every health condition, from heart disease and diabetes to reduced mobility, chronic pain and accelerated aging. There are lots of things you can do to prepare for a happier longer life. In *Stress Beyond 50* I draw on almost 60 years of research on stress. I will guide you

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through the common challenges of later life as you learn what to expect of stress, its upside and how to make it work for you. You will learn to use simple tools to achieve instant relief from stressful events. Do you wake up at 2am and cannot go back to sleep? You will learn to reverse the cycle of Stress - Poor Sleep - More Stress, and how you can delete most stress in your life just as you delete spam, when you realize you can do nothing about it right then. Learn to rearrange time with stress emitters who want to share their problems at 10pm. Effective coping techniques, like mindful breathing, will help you calm anxieties instantly. Use the wisdom of life's experiences to remain resilient, live longer and happier.

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