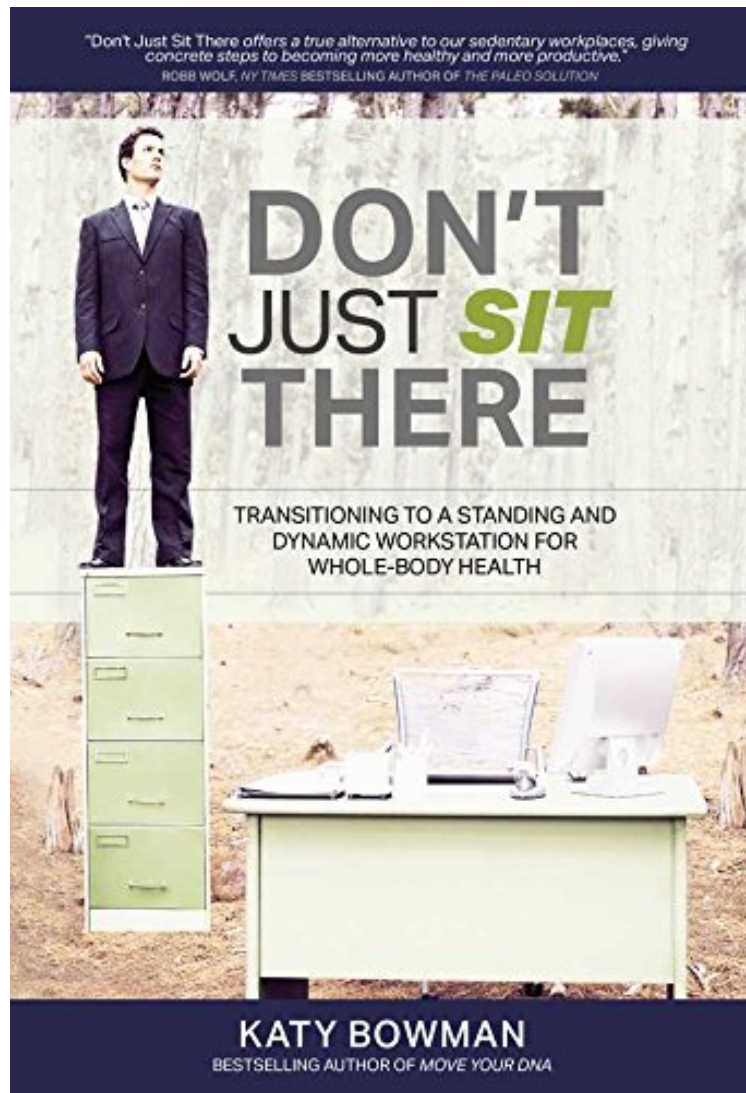


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Don't Just Sit There

Katy Bowman

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#241631 in Books 2015-12-01Original language:EnglishPDF # 1 7.90 x .50 x 5.40l, .0 #File Name: 1943370001152 pages | File size: 73.Mb

Katy Bowman : Don't Just Sit There before purchasing it in order to gage whether or not it would be worth my time, and all praised Don't Just Sit There:

6 of 6 people found the following review helpful. Easy to understand and implement for better healthBy Eve W.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!)2 of 2 people found the following review helpful. There is something we can do about feet and back pain.By Kathy McAfee, author of Stop Global BoringThis 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! 0 of 0 people found the following review helpful. Thank you Katy Bowman By mickhezReal 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.

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.

Overall, *Don't Just Sit There* was a phenomenal book that was packed far more densely with useful information than I was expecting. If you work at a desk, I highly recommend buying a copy. --Sasha Graffagna, Superhero Yousuperheroyou.com/book-review-dont-just-sit-there

About the Author 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.