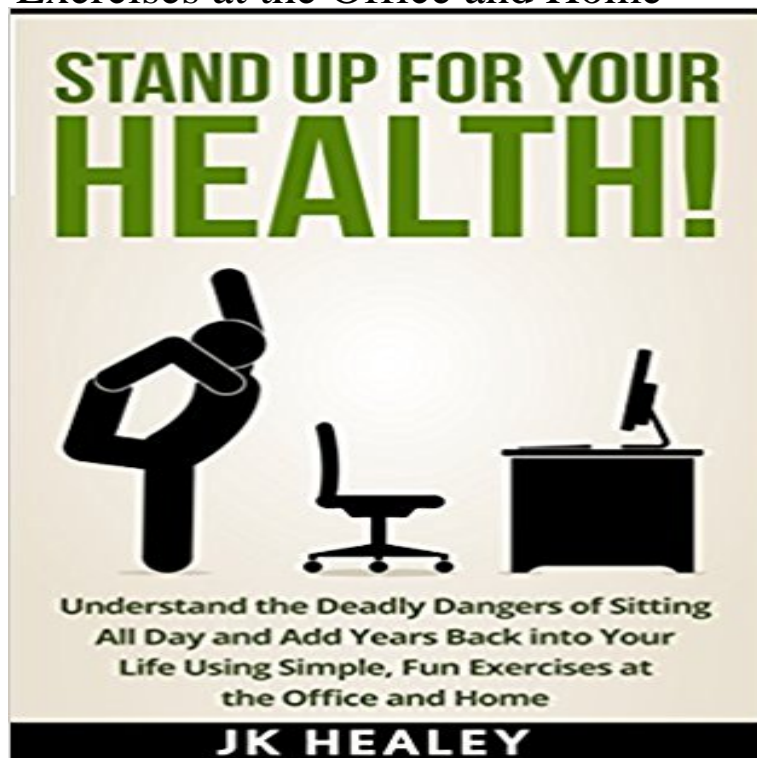


Stand Up For Your Health!: Understand the Deadly Dangers of Sitting All Day and Add Years Back into Your Life Using Simple, Fun Exercises at the Office and Home



In school, we sit at our desks most of the day. At work, we sit at our desks and stare at the computer screen most of the day. Many of us also sit in our cars and drive everywhere we need to go. Then, after a long day we get home and continue our sitting routine at our computers or on the couch to watch television or play video games. Its a tough cycle to break because most jobs essentially require us to sit on our butts for long stretches of time. All over the developed world, sitting is rapidly becoming an epidemic. In fact, we sit an average of 9.3 hours a day, more than we spend sleeping! Studies are even finding that if you regularly sit for long periods of time at work, this habit will take years off your life (even if you exercise regularly). Sitting has become the smoking of our generation. Here are just some of the dangers of chronic sitting: Weight gain and obesity Accelerated aging Weak muscles: mushy abs, tight hips, water balloon butt Strained neck, sore shoulders, back pain Hemorrhoids Bad moods, even depression You may have attributed the above conditions as merely the natural consequences of aging. Or just stress on the job. Or maybe just poor sleep Or not just getting enough exercise. Humans are just not meant to be sitting all day. Our bodies are just not designed for it. Out of about 5,000 years of human evolution, chronic sitting is actually a very recent trend (about the past 50 years or so). Sitting is meant for momentary periods of rest; were designed to stand, squat, walk, run, jump, sleep well, etc. But heres a shocker: going to the gym does NOT cancel out the negative effects of chronic sitting! It doesnt matter if you go running every morning, or spend several hours a week hitting the gym. The key here is not to exercise more, but to sit less. All of this looks pretty grim. So whats the solution? We cant just simply change our jobs or careers in order live a non-sitting lifestyle. For many, this is just financially

and logistically impossible. We can't just create a time machine and go back to the healthier days of living off the land and running through the fields for the rest of our days. Simple changes to your lifestyle can do wonders. Remember, the key thing is not to exercise more, but to sit less. In J.K. Healey's book, *Stand Up for Your Health!* he shows you how to counteract the negative effects of sitting without totally altering your work productivity and lifestyle. Inside this book, you'll find simple exercises you can do, most of them right there in your office without any extra equipment and looking too silly. And no, you do NOT need a standing desk. Imagine waking up in the morning and not feeling any back, neck or shoulder pains. Imagine having a bit more pep on your commute to and from work. Imagine just having more energy to do more fun activities with your loved ones. Imagine the peace of mind knowing that you are now living a lifestyle that is adding years back into your life, simply by acting and behaving how humans are designed to behave. The time to start is now. We've all already done a lot of damage to ourselves with the chronic sitting lifestyle. We all know how fast time flies, and before we know it, we can soon be facing all the serious health consequences of inactivity. Click on the Buy Now button to start reading instantly. For the price that's less than a cup of latte, you'll be well on your way to rebuilding a healthier you. You'll quite literally be standing up for your health.

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they've gone through a battle region, however, when the letter achieves its last destination. Here's the reason: lasers use toner which is dropped onto the paper in little raised heaps and afterward gone through a fuser which warms the "heap" at around 400 degrees â€¦ [Read more...]

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