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## Designed to Move: The Science-Backed Program to Fight Sitting Disease Enjoy Lifelong Health (Paperback)

By Joan Vernikos

QUILL DRIVER BOOKS, 2016. Paperback. Condition: New. Language: English . Brand New Book. 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. 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.

### Reviews

*I actually started looking over this ebook. It is definitely simplified but excitement inside the 50 percent of your ebook. You are going to like just how the blogger create this ebook.*

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*Complete guide! Its this kind of very good read through. I really could comprehended almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book.*

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