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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

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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.

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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

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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

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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.

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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...

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

Sitting kills, moving heals : how
everyday movement will prevent pain,
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groundbreaking new medical work

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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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~~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

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Health and well-being of the
astronauts. It is known that astronauts
suffer from a ...

Early Death And Exercise

~~Why sitting kills, while moving heals -~~

~~Be in Charge of ...~~

Sitting Kills, Moving Heals By Dr.

Mercola If you're like most people,

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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....;~~

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Everyday Movement Will Prevent

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Exercise Alone Won't by Joan

Vernikos. Joan Vernikos was the

former Director of NASA's Life

Sciences Division. Basically, she was

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responsible for understanding how to optimize the health and well-being of our astronauts. In this book, she ...

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Sitting Kills Moving Heals online, read in mobile or Kindle. Sitting Kills, Moving Heals. How Everyday Movement Will Prevent Pain, Illness, and Early Death -- and Exercise Alone Won't. Author: Joan Vernikos. Publisher: Linden Publishing.

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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

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housework or gardening, to cooking
and even just standing up every 10
minutes.

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Dr. Joan Vernikos, former director of
NASA's Life Sciences Division and

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author of Sitting Kills, Moving 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

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the astronauts as they went into ...

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Vernikos was the former Director of
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Basically, she was responsible for

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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.

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