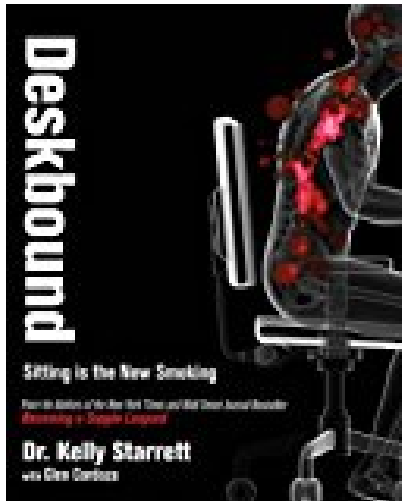


Deskbound Standing Up to a Sitting World



BOOK DETAILS

- Author : Kelly Starrett
- Pages : 368 Pages
- Publisher : Victory Belt Publishing
- Language : English
- ISBN : 1628600586

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BOOK SYNOPSIS

Sitting can wreak havoc on your health. Recent studies show that too much sitting contributes to a host of diseases - from obesity and diabetes to cancer and depression - and literally shortens your life. In *Deskbound*, Dr Kelly Starrett - author of *Becoming a Supple Leopard* (Victory Belt, 2015) - unveils how your sedentary lifestyle is killing you and, more important, what you can do to change it. Provides creative solutions to reduce the amount of time you spend perched on your backside, as well as strategies for the workplace that will improve your overall health.

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