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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 her
research at NASA,
Vernikos discovered

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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 Heals
by NASA scientist,
Joan Vernikos a lot
clicked! Maybe not
the best written book

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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

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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 exercise or diet plan, *Sitting Kills, Moving Heals* gives readers a blueprint for transforming their

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~~Advance Title
Information Sitting
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Kills, Moving Heals~~

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

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disease and even
aging itself, and lead
to a life of bountiful
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2011. by. Joan
Vernikos (Author)

~~Sitting Kills, Moving
Heals: How Everyday
Movement Will ...~~

In the book, "Sitting
Kills, Moving Heals,"
Joan Vernikos, former
director of NASA's

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Life Sciences

Division, talks about research suggesting that 32 transitions in a day helps maintain healthy...

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

Sitting kills, moving
heals : how everyday
movement will
prevent pain, illness,

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and early death-- and

exercise alone won't

Vernikos, Joan. This

groundbreaking new

medical work

demonstrates how

modern sedentary

lifestyles contribute to

poor health, obesity,

and diabetes, and

how health can be

dramatically improved

by continuous, low-

intensity, movement

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that challenges the
force of gravity.

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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

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expert in stress and
aging, a former
director of Life
Sciences at NASA.

She was responsible
for the health and well-
being of the
astronauts. It is
known that astronauts
suffer from a ...

~~Why sitting kills, while
moving heals — Be in
Charge of ...~~

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Sitting Kills, Moving
Heals By Dr. Mercola

Everyday
Movement Will
If you're like most
people, 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

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week driving to and
from work.

~~Born And Raised In
The South...;: Sitting~~

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~~Sitting Kills, Moving
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~~Prevent Pain, Illness,
and Early Death~~ □ and

~~Exercise Alone Won't~~

~~by Joan Vernikos.~~

Joan Vernikos was

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the former Director of NASA's Life Sciences Division. Basically, she was responsible for understanding how to optimize the health and well-being of our astronauts. In this book, she ..

~~Sitting Kills, Moving
Heals by Dr. Joan
Vernikos ...~~

Sitting Kills Moving

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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

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movement throughout the day, from doing housework or gardening, to cooking and even just standing up every 10 minutes.

~~Why Sitting Kills
While Moving Heals
Mercola.com~~

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

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Division and author of 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

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Ensuring the health of
the astronauts as they
went into ...

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Heals. Joan Vernikos
was the former
Director of NASA's
Life Sciences

Division. Basically,
she was responsible

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for 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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