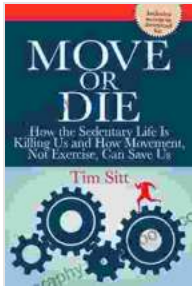


The Horrors of the Sedentary Life: How Movement Can Save Us



Move or Die: How the sedentary life is killing us and how movement not exercise can save us (Reference Series) by Jane Fields

★★★★☆ 4.6 out of 5

Language : English
File size : 9180 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 176 pages



Most of us spend our days sitting at desks, driving cars, and watching TV. This sedentary lifestyle has become normalized, but it's wreaking havoc on our health. In the book, *How the Sedentary Life Is Killing Us and How Movement Not Exercise Can Save Us*, Dr. James Levine explains why sitting is so bad for us and what we can do to counteract its effects.

Why Sitting Is So Bad for Us

When we sit, our bodies go into a state of "energy conservation." This means that our metabolism slows down and we burn fewer calories. Over time, this can lead to weight gain, obesity, and other health problems.

Sitting also compresses the spine and puts pressure on the disks. This can lead to back pain, neck pain, and other musculoskeletal problems.

In addition, sitting for long periods of time can increase our risk of developing heart disease, stroke, diabetes, and cancer.

How Movement Can Save Us

The good news is that we can counteract the negative effects of sitting by increasing our levels of physical activity. Even a small amount of movement can make a big difference in our health.

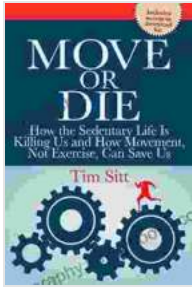
Some simple ways to increase your daily movement include:

- Take a walk during your lunch break.
- Stand up and move around every 30 minutes.
- Take the stairs instead of the elevator.
- Park further away from the store or office.
- Do some gardening.
- Play with your kids or pets.
- Join a gym or fitness class.

Any type of movement is beneficial, so find something you enjoy and make it a part of your daily routine.

The sedentary life is killing us. But we can save ourselves by moving more. Even a small amount of movement can make a big difference in our health. So get up and move! Your body will thank you for it.

Move or Die: How the sedentary life is killing us and how movement not exercise can save us (Reference



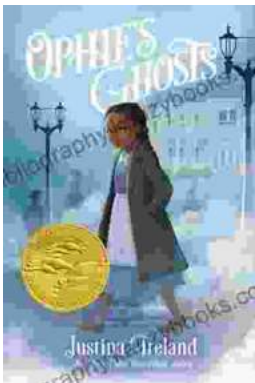
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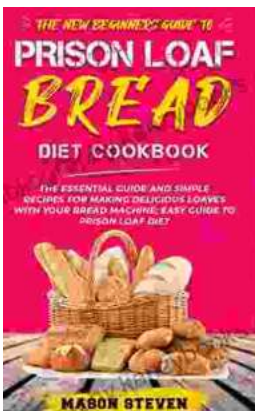
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