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Alone Won't Paperback –
Illustrated, November 3,
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(Author)~~

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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 that movement that resists the force of gravity is essential to good health.

~~Sitting Kills, Moving Heals
by Joan Vernikos, Everyday~~

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~~Everyday Movement Will~~

When I read *Sitting Kills -
Moving 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.

~~Sitting Kills, Moving Heals:
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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

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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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~~*Sitting 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 disease and even aging itself, and lead to a life of bountiful health. 2015-02-24 in Health & Fitness

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Illustrated, 3 Nov. 2011.
by. Joan Vernikos (Author)~~

~~Sitting Kills, Moving Heals:
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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

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maintain healthy... Will

Prevent Pain Illness And

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

Sitting kills, moving heals

: how everyday movement will
prevent pain, illness, 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 that challenges the

force of gravity.

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How 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
health and well-being of the

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astronauts. It is known that
astronauts suffer from a . . .

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

Sitting Kills, Moving Heals
By Dr. Mercola 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 week driving to
and from work.

~~Born And Raised In The
South. . ., : Sitting Kills,
Moving Heals~~

Sitting Kills, Moving Heals

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How Everyday Movement Will Prevent Pain, Illness, and Early Death – and Exercise Alone Won't by Joan Vernikos. Joan Vernikos was 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 ...~~

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

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Everyday Movement Will

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

~~Dr. Joan Vernikos, former
director of NASA's Life
Sciences Division and 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 the
astronauts as they went into
...~~

~~Sitting Kills, Moving Heals
[via Mercola] — Xdesk Blog~~

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Sitting Kills, Moving Heals.
Joan Vernikos was 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.
Joan walks us through how
our sedentary lifestyles are
surprisingly similar to the
gravity-free lifestyles of
astronauts in space.

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Hope The Book Thief Hleo
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