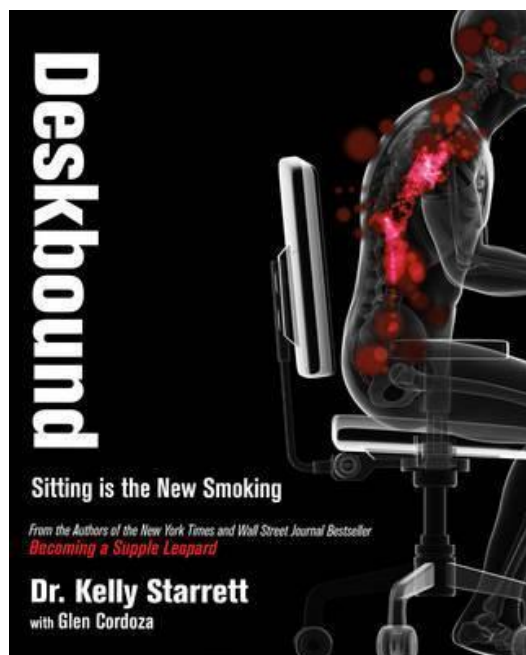


[EPUB] Read Online Deskbound: Standing Up to a Sitting World Full Book



Book details:

Author: *Kelly Starrett*

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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.

Related info:

Review quote

Kelly Starrett, physical therapist and author of the new book "*Deskbound: Standing Up to a Sitting World*" a guide that aims to mitigate back pains, carpal tunnel aches and myriad other ailments currently afflicting desk jockies

worldwide....Science backs him up: A recent study published in the American Journal of Clinical Nutrition found that physical inactivity is a bigger risk factor in mortality than obesity. - New York Post Still not sold on the idea that a desk job could kill you? This new in-depth look from Kelly Starrett, the co-founder of mobilitywod.com, could change that, Starrett makes a compelling case with scientific evidence- and presents a practical fix. - Muscle & Fitness While Starrett is best known for his work inside the gym, increasingly he's discovered that many issues underlying injury and decreased performance are related to how people carry themselves in everyday life. Deskbound, offers a scathing critique of our modern environment, which he says encourages poor physical habits, as well as strategies to survive in it. - Outside Magazine

About Kelly Starrett

Dr. Kelly Starrett is the author of the New York Times bestseller *Becoming a Supple Leopard*, which has revolutionized how coaches, athletes, and everyday humans approach movement and athletic performance. Dr. Starrett is a co-founder of San Francisco CrossFit and MobilityWOD.com, where he shares his innovative approach to movement, mechanics, and mobility with coaches and athletes. He travels around the world teaching his wildly popular Movement & Mobility Course and works with elite Army, Navy, Air Force, Marines, and Coast Guard forces; athletes from the NFL, NBA, NHL, and MLB; and national and world-ranked strength and power athletes. He consults with Olympic teams and universities and is a featured speaker at strength and conditioning conferences nationwide. Dr. Starrett's work is not limited to coaches and athletes; his methods apply equally well to children, desk jockeys, and anyone dealing with injury and chronic pain. He believes that every human being should know how to move and be able to perform basic maintenance on themselves. Juliet Starrett is an attorney, athlete, and entrepreneur. She is co-founder and CEO of San Francisco CrossFit and MobilityWOD.com. As a mother and co-founder of the nonprofit StandUp Kids, Juliet is committed to getting every public school child at a standing desk within 10 years in order to combat the epidemic of sedentary lifestyles. In her earlier life, Juliet was a professional athlete, paddling on the U.S. Extreme Whitewater Team from 1997 to 2000. She won two world championships and five national titles. Glen Cordoza is a New York Times and Wall Street Journal bestselling co-author of *Becoming a Supple Leopard* and a former professional mixed martial artist and Muay Thai boxer. He is one of the most published

authors on the topics of MMA, Brazilian Jiu-Jitsu, Muay Thai, and general fitness, with 24 books to his credit.