



DOWNLOAD



## Deskbound: Standing Up to a Sitting World (Hardback)

---

By Kelly Starrett

SIMON SCHUSTER, United States, 2016. Hardback. Book Condition: New. 260 x 210 mm. Language: English . Brand New Book. 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.



**READ ONLINE**  
[ 5.12 MB ]

### Reviews

*I actually began looking at this pdf. It is actually rally interesting throgh reading time period. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you ask me).*

-- **Brayan Mohr Sr.**

*A superior quality publication along with the font used was fascinating to learn. I have read through and i also am certain that i am going to going to go through yet again again in the future. Your life period will likely be enhance the instant you total reading this publication.*

-- **Donnie Rice**