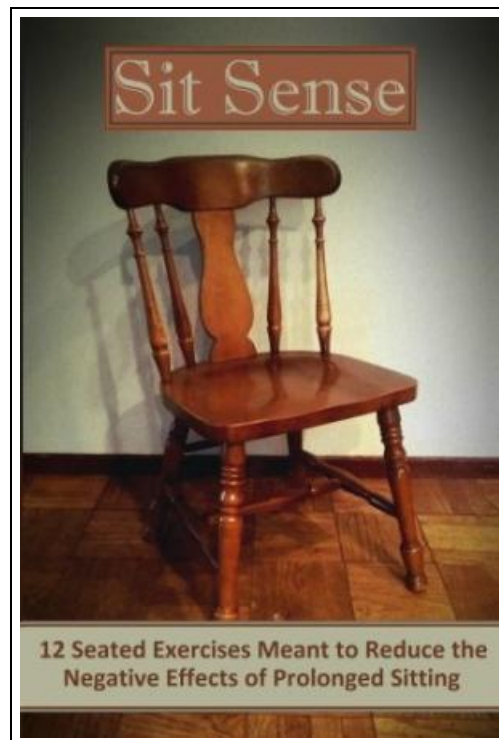


Sit Sense: 12 Seated Exercise Meant to Reduce the Negative Effects of Prolonged Sitting



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Reviews

Absolutely essential read through ebook. Better then never, though i am quite late in start reading this one. Your life span will likely be change once you total reading this article pdf.
(Jody Veum)

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Book Shed, United States, 2014. Paperback. Book Condition: New. 222 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.So now sitting is bad for you? Apparently. Excessive sitting has been associated with depression, anxiety, stress [1] and a decreased life expectancy [2]. It has also been related to poor posture and bodily aches [3]. Dr. Anup Kanodia, physician and researcher at Ohio State University's Wexner Medical Center, went as far as to say that sitting is the new smoking (LA times). These health detriments arise from a combination of the poor posture and the lack of physical activity that coincide with relaxed sitting. These seated exercises were designed to counteract the harmful effects of prolonged sitting. These low-impact, or rather no-impact, exercises can be done by anyone, no matter how weak or strong you may be. All the exercises are isometric, which means you are training your muscle without lengthening or contracting it due to an equal force opposing the movement. For example, pushing an immovable wall or yoga. This means that while you are doing these seated exercises in the office, on the plane, or on the couch, people will not easily be able to recognize that you are actually exercising. Isometric exercise is efficient too. In fact, a research study demonstrated that isometrics significantly activate more of your muscle than any other type of muscle workout [4]. Isometrics have been shown to reduce the amplitude of tremors in the elderly [5]. Isometric exercise decreases blood pressure more efficiently than aerobic exercise and resistance training [6]. Amazingly, a scientific review by Owen et al demonstrated that isometric exercise for less than one (yes, only 1) hour per week reduces systolic blood pressure on average by about 10 mm Hg and diastolic blood pressure...

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