



Overcome Your Sedentary Lifestyle (Black White): A Practical Guide to Improving Health, Fitness, and Well-Being for Desk Dwellers and Couch Potatoes (Paperback)

By MS Pj Sharon

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm.

Language: English . Brand New Book ***** Print on Demand *****. Is a sedentary lifestyle killing you? Are you gaining weight, developing neck pain, carpal tunnel syndrome, back problems, or other health issues that are interfering with your ability to achieve your goals or live life to the fullest? Sedentary Lifestyle Syndrome (SLS) is one of the fastest growing health care crises of our time. In this digital age of techno-overload, where most of our waking hours are spent sitting, or otherwise connected to some device, we are quickly realizing the negative effects. If you can answer yes to the following questions, you may be suffering from SLS. Do you sit for at least 6-8 hours per day without adequate breaks? Have you gained significant weight from lack of exercise and poor nutrition? Do you suffer from headaches, fatigue, listlessness, and lack of motivation? Have you been diagnosed with one or more health issues aggravated by prolonged sitting and lack of movement? (i.e.: Obesity, depression, heart disease, diabetes, metabolic syndrome) Overcome Your Sedentary Lifestyle is the practical guide you need. Author and Holistic Health Care professional,...

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