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... lifelong health, youth, and energy through  
movement ... without going to the gym

# Sitting Kills



## *Moving Heals*

How Simple Everyday Movement Will Prevent Pain,  
Illness, and Early Death — and Exercise Alone Won't

**JOAN VERNIKOS, Ph.D.**

former Director of NASA's Life Sciences Division



# Sitting Kills *Moving Heals*

Your chair is slowly killing you.  
But exercise alone isn't the answer.  
Easy, everyday, all-day movement  
will keep you healthy for life.

Medical studies show that too much sitting will shorten your life, even if you exercise. No matter how much exercise we get, most of us spend hours each day immobile in our chairs, and we're fatter, sicker, and more tired than ever before. Why isn't exercise enough? What's missing?

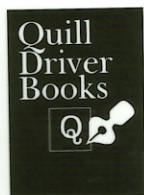
## GRAVITY!

Dr. Joan Vernikos, former Director of NASA's Life Sciences Division, applies her groundbreaking NASA research on Gravity Deprivation Syndrome to everyday health here on Earth.

Your body needs to move in gravity to stay healthy. In the near zero gravity of space, astronauts' muscles and bones atrophy, as if they were rapidly aging. Sitting all day at a desk, in long commutes, or in front of the TV is just like zero G — if you don't move in gravity, you'll suffer the same rapid aging as astronauts.

Astronauts are quickly restored to full health by returning to active life on Earth — and so can you. Vernikos shows that the key to lifelong health is more than just traditional gym exercise, but a natural lifestyle of constant, natural movement that resists the force of gravity.

Vernikos' easy-to-follow, commonsense plan shows how simple, everyday, *fun* activities like walking, gardening, dancing, golf, and more will keep you healthy, strong, and independent your whole life long.



\$14.95 (\$16.95 Canada)