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Scared Sitless The Office Fitness

do “no-sweat workouts” and other office-fitness exercises. Scared Sitless is a fun title for a serious book. Deeply researched and backed by the latest scientific findings, this book gives you an accessible summary of the science behind “sitting disease” and

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Sitless The Office

an actionable plan to
do something about it.

**Scared Sitless: The
Office Fitness Book -
The Office ...**

Larry Swanson is a
massage therapist and
personal trainer
practicing in downtown
Seattle, WA, since
1999. After 10 years of
helping desk-bound
computer users cope
with the vagaries of
office work, he began
developing an area he

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Sitless: The Office

calls "office fitness."

"Scared Sitless" is the culmination of 15 years of research and practice in this area.

Scared Sitless: The Office Fitness Book: Swanson, Larry ...

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with the vagaries of office work, he began developing an area he calls "office fitness."

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Scared Sitless: The Office Fitness Book - Kindle edition ...

Fortunately, the remedy is straightforward: Develop better office fitness habits to sit less

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Sitless The Office

and move more. This book sets out the science behind "sitting disease" and shows you how to fight it. It also helps you cope with the muscle aches and pains and other discomfort that can result from a poor ergonomics set-up and sub-optimal posture.

Scared Sitless: The Office Fitness Book by Swanson Larry ...

"Scared Sitless" is a

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fun title for a serious book. Deeply researched and accessibly written, it shows you how to combat "sitting disease" and other surprising hazards of desk work with better office fitness habits.

**Scared Sitless by
Larry Swanson
[Leanpub
PDF/iPad/Kindle]**

Scared Sitless also helps you cope with

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the muscle aches and pains that can result from a poor ergonomics set-up and sub-optimal office posture. Office fitness behaviors need to become automatic, so there's an entire chapter that shows how to turn them into habits.

Scared Sitless - Books - Accessories

We review Scared
Sitless: The Office

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Sitless: The Office

Fitness Book

Fitness Book, by Larry Swanson - worth reading for anyone who wants to understand the impacts of the modern office.

What We're Reading Now - Scared

Sitless: The Office ...

Larry Swanson is the author of Scared Sitless: The Office Fitness Book. He is also a certified personal trainer, licensed

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massage therapist, and long-time speaker and presenter. A 12-year career in book publishing wrecked his low back, which led to years of medical research and self-care, culminating in enrollment in massage school.

Office Fitness Talks - Larry Swanson

Scared Sitless: The Office Fitness Book first set out these principles

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in detail. It's probably
not the be-all and end-
all of office fitness

resources, but it has
already helped a lot of
folks become healthier
and happier at work.

Office Fitness Pages.

Active Seating; Office
Fitness Exercises. Head
Retraction Exercises

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free at your ...**

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the market for any space and any budget. We offer ergonomic desks, standing desk converters, treadmills, and the best adds-ons and accessories to create the most ergonomic active workstation possible. SitLess - your best destination for office fitness products!

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Editor's Note: This guest post was adapted exclusively for GeekWire from "Scared Sitless: The Office Fitness Book," a new book by Seattle-based massage therapist and personal trainer Larry ...

Scared Sitless: 3 strategies for proper ergonomics with ...

"Scared Sitless" will be a valuable resource for

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Sitless: The Office

any HR department, office ergonomic consultant, therapists and exercise trainers. From the Table of Contents you'll quickly see how comprehensive it is, with footnotes to original research sources.

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Office Fitness Book

\$12.99 Scared Sitless

helps you cope with the muscle aches and pains that can result from a poor ergonomics set-up and sub-optimal office posture. Office fitness behaviors need to become automatic, so there's an entire chapter that shows how to turn them into habits.

Books - Accessories -

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Sitless The Office

sitless.com

Scared Sitless, my office fitness book, is available now at Amazon, or ask your local bookstore to order it from Ingram.

Ergonomics

Bibliography - Larry Swanson

Fortunately, the remedy is straightforward: Develop better office fitness habits to sit less and move more. This

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Sitless The Office

book sets out the science behind "sitting disease" and shows you how to fight it. It also helps you cope with the muscle aches and pains and other discomfort that can result from a poor ergonomics set-up and sub-optimal posture.

Scared Sitless: The Office Fitness Book (Paperback ...

Office fitness integrates and

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optimizes: your long-term health, mostly by preventing “sitting disease” but also by promoting a generally healthy lifestyle, your near-term comfort, reducing your risk of injury and keeping you free from pain, and your productivity, helping you continue to crank out the work that keeps you happily employed.

Office Fitness Venn

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Diagram - Larry

Swanson Book

Scared Sitless, my office fitness book, is available now at Amazon, or ask your local bookstore to order it from Ingram.

Massage Therapist

Emeritus Larry

Swanson, downtown

Seattle ...

“Scared Sitless” will be a valuable resource for any HR department, office ergonomic

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Fitness Book

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Develop better office

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