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In **DESKBOUND**, Dr Kelly Starrett - physical therapist and author of the New York Times and Wall Street Journal bestselling book *Becoming a Supple Leopard* (Victory Belt, 2015, also available) - unveils how your sedentary lifestyle is killing you and, more important, what you can do to change it. **DESKBOUND** offers a detailed battle plan for surviving the chair and reclaiming your birth right of ...

[Deskbound : Standing Up to a Sitting World: Amazon.co.uk ...](#)

[Deskbound: Standing Up To a Sitting World](#) is the latest book by Dr. Kelly Starrett, author of the fantastic book ' *Becoming A Supple Leopard* ', hailed as essentially the bible of mobility and self-cure for athletes and office workers with niggling aches and pains. **Deskbound** is all about the issues associated with sitting along with a large practical base of self-cures just like ' *Becoming A Supple Leopard* ' .

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Designed to combat the evils of perpetual sitting, **Deskbound** is both an education in the principles of human mobility and a complete recovery kit for those living the "deskbound" life.

[Deskbound: Standing Up to a Sitting World by Kelly Starrett](#)

[Deskbound: Sitting is the New Smoking by Kelly Starrett, Glen Cordoza](#) [Deskbound: Sitting is the New Smoking by Kelly Starrett, Glen Cordoza PDF, ePub eBook Download](#) You ' d better stand up for this bit of news. Sitting can wreak havoc on your health, and not just in the form of minor aches and pains.

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According to Dr Kelly Starrett, an American mobility expert and the author of a new book called **Deskbound**, our sedentariness is responsible for rises in obesity and disease, for a fall in brain health and mobility and, ultimately for lives being cut short.

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Sitting Is the New Smoking. Starrett ' s new book takes his previous ideas a step further. In Deskbound: Standing Up to a Sitting World, he makes a convincing argument that the lowly chair is doing much more damage than the cigarette. In the book, he also asks a very important question: What are your athletes doing the other 23 hours per day when they aren ' t training?

Kelly Starrett ' s ' Deskbound: Standing Up to a Sitting ...

Kelly Starrett, physical therapist and author of the new book " Deskbound: Standing Up to a Sitting World " a guide that aims to mitigate back pains, carpal tunnel aches and myriad other ailments currently afflicting desk jockies worldwide....Science backs him up: A recent study published in the American Journal of Clinical Nutrition found that physical inactivity is a bigger risk factor in mortality than obesity.

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Kelly Starrett, physical therapist and author of the new book " Deskbound: Standing Up to a Sitting World " a guide that aims to mitigate back pains, carpal tunnel aches and myriad other ailments currently afflicting desk jockies worldwide....Science backs him up: A recent study published in the American Journal of Clinical Nutrition found that physical inactivity is a bigger risk factor in mortality than obesity.

Deskbound: Standing Up to a Sitting World (Volume 1 ...

deskbound definition: 1. used to refer to someone who has to work in an office, sitting at a desk 2. used to refer to.... Learn more.

DESKBOUND | meaning in the Cambridge English Dictionary

He offers that sitting is now considered to be the new smoking. Deskbound is a reference book divided into sections where an introduction is given about various topics and more detailed information is covered as the chapters of the sections are investigated. Posture and moving well are covered in the early part of the book.

Amazon.com: Customer reviews: Deskbound: Standing Up to a ...

Deskbound: Sitting is the New Smoking In Kelly Starrett ' s (of MobilityWOD fame) new book " Deskbound: Standing Up To A Sitting World " he talks about the dangers of sitting too much, even going so far as to likening it to the smoking epidemic of the last several decades of the 20th century.

Deskbound Sitting Is The New Smoking - ModApkTown

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ISBN-13: 9781628600582, 978-1628600582. Deskbound Standing Up to a Sitting World. 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.

Deskbound: Standing Up to a Sitting World by Kelly ...

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pains. Deskbound: Sitting is the New Smoking In Kelly Starrett ' s (of MobilityWOD fame) new book “ Deskbound: Standing Up To A Sitting World ” he talks about the dangers of sitting too much, even going so far as to likening it to the smoking epidemic of the last several decades of the 20th century. How does all of this directly effect you? Deskbound: Sitting Is The New Page 2/8

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