

Deskbound: Standing Up to a Sitting World

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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. Recent studies show that too much sitting contributes to a host of diseases—from obesity and diabetes to cancer and depression. The typical seated office worker suffers from more musculoskeletal injuries than those workers who do daily manual labor. It turns out that sitting is as much an occupational risk as is lifting heavy weights on the job. The facts are in: sitting literally shortens your life. Your chair is your enemy, and it is murdering your body.

In this groundbreaking new book, Dr. Kelly Starrett—renowned physical therapist and author of the New York Times and Wall Street Journal bestseller *Becoming a Supple Leopard*—unveils a detailed battle plan for surviving our chair-centric society. *Deskbound* provides creative solutions for reducing the amount of time you spend perched on your backside, as well as strategies for transforming your desk into a dynamic, active workstation that can improve your life.

You will learn how to:

Easily identify and fix toxic body positions

Eradicate back, neck, and shoulder pain

Mitigate carpal tunnel syndrome forever

Organize and stabilize your spine and trunk

Walk, hinge, squat, and carry with peak skill

Perform daily body maintenance work using 14 mobility templates for resolving pain and increasing range of motion

Whether your goal is to maximize your performance in or out of the workplace, lose weight, or simply live pain-free, *Deskbound* will work for you. It is a revolutionary cure for death-by-desk.

Dr. Kelly Starrett is the author of the New York Times bestseller *Becoming a Supple Leopard*, which has revolutionized how coaches, athletes, and everyday humans approach movement and athletic performance. Dr. Starrett is a co-founder of San Francisco CrossFit and MobilityWOD.com, where he shares his innovative approach to movement, mechanics, and mobility with coaches and athletes. He travels around the world teaching his wildly popular Movement & Mobility Course and works with elite Army, Navy, Air Force, Marines, and Coast Guard forces; athletes from the NFL, NBA, NHL, and MLB; and national and

world-ranked strength and power athletes. He consults with Olympic teams and universities and is a featured speaker at strength and conditioning conferences nationwide. Dr. Starrett's work is not limited to coaches and athletes; his methods apply equally well to children, desk jockeys, and anyone dealing with injury and chronic pain. He believes that every human being should know how to move and be able to perform basic maintenance on themselves.

Juliet Starrett is an attorney, athlete, and entrepreneur. She is co-founder and CEO of San Francisco CrossFit and MobilityWOD.com. As a mother and co-founder of the nonprofit StandUp Kids, Juliet is committed to getting every public school child at a standing desk within 10 years in order to combat the epidemic of sedentary lifestyles. In her earlier life, Juliet was a professional athlete, paddling on the U.S. Extreme Whitewater Team from 1997 to 2000. She won two world championships and five national titles.

Glen Cordoza is a New York Times and Wall Street Journal bestselling co-author of *Becoming a Supple Leopard* and a former professional mixed martial artist and Muay Thai boxer. He is one of the most published authors on the topics of MMA, Brazilian Jiu-Jitsu, Muay Thai, and general fitness, with 24 books to his credit. While Starrett is best known for his work inside the gym, increasingly he's discovered that many issues underlying injury and decreased performance are related to how people carry themselves in everyday life. *Deskbound* offers a scathing critique of our modern environment, which he says encourages poor physical habits, as well as strategies to survive in it. - Outside Magazine

Still not sold on the idea that a desk job could kill you? This new in-depth look from Kelly Starrett, the co-founder of mobilitywod.com, could change that. Starrett makes a compelling case with scientific evidence- and presents a practical fix. - Muscle & Fitness

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. - New York Post

Other Books

New Society,

“ . . . As the law stands, the doctor has no right to remain silent; if he gives his patient such an assurance, he must . . .” says David Price, director of the Wool Textile Export Corporation, “but this time it has bitten a lot deeper.”