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**Joan Vernikos**

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In *Sitting Kills, Moving*

*Heals*, Vernikos uncovers the

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## Moving Heals How

unsuspected medical connection between the health dangers of weightlessness in space and the chronic diseases caused by sedentary lifestyles here on Earth. In her research at NASA, Vernikos discovered

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Every movement that resists  
the force of gravity is  
essential to good health.

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scientist, Joan Vernikos a  
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best written book on planet  
earth but the relentless  
message is challenging. Day  
to day my challenge -- our  
challenge -- is to stand up

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shows that the key to

reversing the damage of

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sedentary living is to put gravity back in your life through frequent, nonstrenuous actions that resist the force of gravity throughout the day, 365 days a year. Better than an exercise or diet plan,

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book, "Sitting Kills, Moving Heals," Dr. Vernikos shows how developing simple new lifestyle habits at the office can reverse the symptoms of sitting disease and even aging itself, and lead to a life of bountiful



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by Joan Vernikos (Author)

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### Everyday Movement Will

In the book, "Sitting Kills, Moving Heals," Joan Vernikos, former director of NASA's Life Sciences Division, talks about research suggesting that 32 transitions in a day helps

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Moving Heals How

maintain healthy... Will

Prevent Pain Illness And

~~Stand up, sit less, experts~~  
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Sitting kills, moving heals

: how everyday movement will  
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alone won't Vernikos, Joan.  
This groundbreaking new  
medical work demonstrates  
how modern sedentary  
lifestyles contribute to  
poor health, obesity, and  
diabetes, and how health can  
be dramatically improved by

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Sitting Kills, Moving Heals  
is a title of a book by Joan  
Vernikos. It grabs my  
attention. Why? Because it  
is a light read with an  
important message. Joan is  
an expert in stress and



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aging, a former director of  
Life Sciences at NASA. She  
was responsible for the  
health and well-being of the  
astronauts. It is known that  
astronauts suffer from a ...

~~Why sitting kills, while~~

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~~moving heals — Be in Charge  
of . . .~~

Sitting Kills, Moving Heals  
By Dr. Mercola If you're  
like most people, myself  
included, you probably spend  
a large portion of each day  
in a seated position. It's

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hard to avoid these days, as computer work predominates, and most also spend many hours each week driving to and from work.

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Vernikos. Joan Vernikos was

the former Director of

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NASA's Life Sciences Will  
Division. Basically, she was  
responsible for  
understanding how to  
optimize the health and well-  
being of our astronauts. In  
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Simply standing up over 30  
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times a day is a powerful  
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antidote to long periods of  
sitting and is more  
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effective than walking.

There are virtually



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unlimited opportunities for movement throughout the day, from doing housework or gardening, to cooking and even just standing up every 10 minutes.

~~Why Sitting Kills While~~

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Dr. Joan Vernikos, former  
director of NASA's Life  
Sciences Division and author  
of *Sitting Kills, Moving  
Heals*, presents a simple yet  
powerful scientific  
explanation for why sitting

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Every such a dramatic impact on your health, and how you can easily counteract the ill effects of sitting.. She is one of the primary doctors responsible for ensuring the health of the astronauts as they went into

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Joan Vernikos was the former  
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Everyday, she was responsible for understanding how to optimize the health and well-being of our astronauts.

Joan walks us through how our sedentary lifestyles are surprisingly similar to the

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gravity-free lifestyles of  
astronauts in space.

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