



Move or Die: How the Sedentary Life is Killing Us and How Movement Not Exercise Can Save Us (Reference Series)

Tim Sitt

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If you've ever struggled to create health in your life, this book is your guide towards a new vision of sustainable health. It encourages you to free your body through movement in all environments and at all moments whether that is at work or home. Research is demonstrating that the negative health consequences of being sedentary are not offset by exercise. It's no longer enough to segregate movement to the gym or a single workout. The body thirsts for movement throughout the entire day just as much as it does for water, oxygen and food. This book is about learning to become self-aware of stagnation of any kind, including sitting, and how to use movement to create choice and health. This book integrates physiological research, psychology, sociology, philosophy, story and practical application for one purpose: to teach you how to free your body and experience authentic health.

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