

# THE SITTING DISEASE



**Restore your posture and eliminate  
body pain in 10 minutes a day**

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Dr. Heidi Roberts PT DPT and

## The Sitting Disease: Restore Your Posture and Eliminate Body Pain in 10 Minutes a Day



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Is discomfort forcing you to place your life in pause? Are you holding back on major existence goals or adventures or hobbies because you? You've tried exercises, stretches, massages, chiropractors, pain pills, and everything among, nevertheless, you don't likely experiencing back pain, neck discomfort, chronic body pain, obesity, heart disease, even unhappiness. How do you know how the discomfort will ever go away, if you're always in pain? If you spend most of your day sitting, you wonder what it could feel like to truly be pain-free. In this book, you'll discover ways to:

- Eliminate pain and prevent injury with a 10-Minute Body Maintenance System
- Design your workstation to correct physical imbalances and restore healthy posture
- Accelerate your productivity while working (hint: sitting all day long slows down the human brain, too!)
- Get your work day finished efficiently, utilize the rest of your energy for adventures, and maintain an active, pain-free lifestyle

Whether you're an entrepreneur, a 9-to-5-er, or the product of a sedentary lifestyle (ahem, Netflix), this reserve will show you remarkably simple and effective ways to get the many out of your body, so you can really live.



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Very helpful, practical steps to implement today. This is such a helpful book! Finally, an actionable publication to help anyone - new to fitness or even those that consider themselves healthy - understand sedentary tendencies. I have applied plenty of practices already and notice a significant difference in my back and shoulders. Thank you for this super resource. I would like to share it with everyone I know because they're simple, free steps to reduce pain! An assessment from a Physical Therapist I highly recommend this publication by Dr. In addition to providing easy exercises and a simple method to eliminate pain from the modern largely-sedentary way of life, Dr. This is exactly what our healthcare requirements is more self help books like "The Sitting Disease" to permit us to give us the equipment to boost our energy, function, versatility and strength! I question just how many migraines, and all types of pains and aches would vanish just by following the sound advice organized here. Most importantly, she teaches you how, through 10 minutes a day, to be proactive in your own health and fight the sedentary life style postures that people all deal with every day. As a Physical Therapist myself, it has lots of the advice I give my individuals who are battling chronic pain and especially those that sit for long intervals everyday. Years ago, Heidi was a colleague of mine and since then she has started on a trip to improve her own health by being in her phrases "proactive versus reactive". Holistic Approach THAT WORKS (neck/shoulder pain gone!) With one little ball and a normal wall, the neck & I highly recommend this reserve! Working at a table, with mouse and key pad rather than getting up and moving around enough had brought on chronic discomfort with my neck and shoulder that would get short-term rest from my chiropractor, but always come back. Through this books (and author Heidi Roberts) holistic approach, not only did I alleviate the discomfort almost immediately (with a ball! I struggled with discomfort from scoliosis and went from a sedentary work place to an active one and it helped immensely. That's HUGE! Exist to the fullest This book is a wonderful guide for anyone suffering from chronic neck and back pain, stress or anxiety due to sitting - Dr. Influenced to try these tools + techniques! or standing - Roberts provides step-by-step recommendations aimed at assisting people address chronic discomfort on their own conditions, and she gives them the tools to do it. Dr. Inspiring! one that until now seemed unachievable. Roberts is an inspiration. This is not just a guide for physical well-becoming but also a road map to achieving a more holistic happiness. Heidi Roberts, PT, DPT. Roberts also presents a worldly architecture for clarifying the eyesight of what we want out of life. Indeed, one cannot work without the various other. As I sat reading, I felt inspired to stand! at a work station all day. I'm so excited to see my results from using these easy tools + techniques! Overcoming back discomfort seems as an ubiquitous goal here in the States... Dr. I love how Heidi breaks it all down in really simple steps and provides the motivation to use it. The name of the publication says it all. Do yourself a favour . I find creating the habit my challenge. Doing the stretches actually is important. Yet, there it really is in dark and white: sedentary lifestyles, possibly the biggest risk aspect for all kinds of modern ailments. Be kind to yourself and take care of that back again by implementing a few of these simple techniques!! Recommended.. She's a genuine standing-inspiration :) Concise and to the idea! Help with back pain This book helped me understand aspects of my health I didn't know about before. After scanning this publication, I make myself stand and move every hour. Great instruction. I commute and sit at a table. Dr Roberts provides perspective on discomfort and well becoming that helped me.), I right now understand what I was carrying out to bring it on in the first place. Five Stars Great compact read! Five Stars Simple, helpful info.. I look forward to sharing this. This is good book for those wanting to make some changes - ... That is good book for all those attempting to make some changes - definitely helped me understand the pain in my own buttock from sitting all day at the job and has given me so good information to use . Five Stars Time to get out of my chair. I highly recommend this book This book is a must-read for just about any

desk-bound office worker. I would recommend this reserve to anyone who would like to experience better and live life to the fullest. Roberts educates us not only of the dangers of this quite typical plight among most adults today, but gives an actionable intend to conquer it! shoulder pain that experienced plagued me for a long time -- was gone within weekly! I believe I can I have already been doing some of these stretches routinely for two weeks. Every time in my clinic, patients ask what supplements they have to take or what diet plan they must follow to lessen pain and chronic fatigue. Universally, 100%, no-one asks about movement. Concise and to the idea! It lays the theoretical why and then clear action measures to follow to implement. It has sections for the reader to identify specific pains and take steps that point to possible supply and how to proceed about it. Today, in this reserve she details a simple, yet effective, method to assess your personal symptoms to be able to set realistic and attainable goals. Recommended.



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