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Office Fitness Fix: An Easy 4-Week Plan to Slam Self-Care Into Your Work Life

By Lisa Zaski

Lisa Zaski, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.As the Executive Director of a non-profit in Berkeley, California, Lisa Zaski sat for hours at her computer each workday, barely moving. How could this be healthy? The idea of getting up an hour early to work out never quite worked out, and the idea of exercising after work seemed impossible when family obligations (and fatigue) kicked into high gear. There had to be a solution! Following a year-long investigation, Lisa had her answer. With the support of medical research and some well-placed humor, Office Fitness Fix provides a movement plan that you can do at your desk without embarrassment, ridicule or disruption to productivity. This time-expedient method battles the free-falling biochemical processes, weight gain and declining mood associated with hours of sitting still, while the most highly recommended literature on health supports each step of the fix. Feel better and ward off the serious illnesses linked to a sedentary workday. You are stuck at your desk anyway, why not do something for yourself at the same time?.


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Reviews

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