



Overcome your Sedentary Lifestyle (Black & White): A Practical Guide to Improving Health, Fitness, and Well-being for Desk Dwellers and Couch Potatoes

By Ms. PJ Sharon

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Overcome your Sedentary Lifestyle (Black & White): A Practical Guide to Improving Health, Fitness, and Well-being for Desk Dwellers and Couch Potatoes By Ms. PJ Sharon

Is a sedentary lifestyle killing you? Are you gaining weight, developing neck pain, carpal tunnel syndrome, back problems, or other health issues that are interfering with your ability to achieve your goals or live life to the fullest? Sedentary Lifestyle Syndrome (SLS)™ is one of the fastest growing health care crises of our time. In this digital age of techno-overload, where most of our waking hours are spent sitting, or otherwise “connected” to some device, we are quickly realizing the negative effects. If you can answer yes to the following questions, you may be suffering from SLS. • Do you sit for at least 6-8 hours per day without adequate breaks? • Have you gained significant weight from lack of exercise and poor nutrition? • Do you suffer from headaches, fatigue, listlessness, and lack of motivation? • Have you been diagnosed with one or more health issues aggravated by prolonged sitting and lack of movement? (i.e.: Obesity, depression, heart disease, diabetes, metabolic syndrome) Overcome Your Sedentary Lifestyle is the practical guide you need. Author and Holistic Health Care professional, PJ Sharon, includes tips to keep you healthy—even if sitting is in your job description. Ms. Sharon offers easy to implement solutions for proper work station set-up, exercises for injury prevention and treatment, and a practical plan for self-care success—whether you’re perched on the couch, or on the way to fulfilling your dreams. Isn’t it time for you to stand up for your life? Also available in full color print.

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Editorial Review

About the Author

In addition to authoring award winning young adult novels, PJ Sharon owns ABSolute Fitness and Therapeutic Bodywork, a private practice massage therapy and personal training business in East Granby, CT. With over twenty-five years in the health and fitness industry, Ms. Sharon offers a multidisciplinary approach to wellness. As a Physical Therapist Assistant (PTA), Massage Therapist (LMT), Certified Personal Fitness Trainer (CPFT), and Yoga Instructor, Ms. Sharon brings a wealth of knowledge to her clients and workshops. A graduate of Springfield Technical Community College and the Connecticut Center for Massage Therapy, Ms. Sharon also holds certifications as a trainer through the NFPT and teaches therapeutic yoga. A Black Belt in the art of Shaolin Kempo Karate, and former figure skating and power skating instructor, Ms. Sharon's passion for holistic health and healing comes through in her writing—whether she is penning romantic and hopeful stories for teens, or sharing her wisdom and experience with clients and workshop attendees. When she's not writing, or spreading the love through her practice, she can be found kayaking in the Berkshire Hills of Massachusetts, and renovating an old farmhouse with the love of her life.

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This Overcome your Sedentary Lifestyle (Black & White): A Practical Guide to Improving Health, Fitness, and Well-being for Desk Dwellers and Couch Potatoes are generally reliable for you who want to be considered a successful person, why. The key reason why of this Overcome your Sedentary Lifestyle (Black & White): A Practical Guide to Improving Health, Fitness, and Well-being for Desk Dwellers and Couch Potatoes can be one of several great books you must have is definitely giving you more than just simple looking at food but feed you with information that possibly will shock your preceding knowledge. This book will be handy, you can bring it just about everywhere and whenever your conditions both in e-book and printed types. Beside that this Overcome your Sedentary Lifestyle (Black & White): A Practical Guide to Improving Health, Fitness, and Well-being for Desk Dwellers and Couch Potatoes giving you an enormous of experience for example rich vocabulary, giving you tryout of critical thinking that could it useful in your day pastime. So , let's have it and enjoy reading.

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