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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, Joan Vernikos discovered that movement that resists the force

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Paperback – Illustrated, 3 Nov.
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In the book, "Sitting Kills, Moving Heals," Joan Vernikos, former director of NASA's Life Sciences

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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 aging, a former director of Life Sciences at NASA. She was responsible for

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the health and well-being of the astronauts. It is known that astronauts suffer from a ...

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Mercola If you're like most

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people, myself included, you probably spend a large portion of each day in a seated position. It's 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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former Director of NASA's Life Sciences Division. Basically, she was responsible for understanding how to optimize the health and well-being of our astronauts. In this book, she ...

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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

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astronauts. Joan walks us through how our sedentary lifestyles are surprisingly similar to the gravity-free lifestyles of astronauts in space.

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