

**Is Your Chair Killing You?: A Healthier You In As  
Little As 8 Minutes A Day**

**By Kent Burden**

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Sitting down all day makes you unproductive and unhealthy. Joel Snape, acting editor of Men s Fitness, helps you fight back  
<http://www.alphr.com/business/1000848/your-chair-is-killing-you-heres-how-to-fix-it>

Kent Burden is a fitness expert and best-selling author Is Your Chair Killing You? by Kent Burden A Healthier You In As Little As 8 Minutes a Day.  
<http://www.kentburden.com/article/26/books-videos/is-your-chair-killing-you>

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Health: Staying Active Is Your Office Chair Killing You? Regardless of how often or how hard you work out, there's still a good chance that you're sitting your life away  
<http://www.menshealth.com/health/staying-active>

Ross Reynolds speaks with Dr. James Levine about his book, "Get Up! Why Your Chair is Killing You and What You Can Do About It." Dr. Levine treats obesity  
<http://kuow.org/post/your-chair-killing-you-literally>

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<http://www.myhealthwire.com/news/breakthroughs/1030>

Why Your Chair Is Killing You and What You Can Do About It: A Healthier You Kent Burden. 1.

<http://www.amazon.it/Get-Up-Chair-Killing-About/dp/1137278994>

Jul 28, 2015 Is your Chair Killing You? A Healthier You in as Little as 8 Minutes A Day (Book) : Burden, Kent : Sitting for extended periods of time is as bad for your

<https://logan.bibliocommons.com/item/show/875809098>

Page 8 Science of Being contact from five to ten minutes every day. After a month or so you should be able to make you have so little in your

<https://www.scribd.com/doc/37143376/Eugene-Fersen-Science-of-Being-27-Lesson-719p-OCR>

The Secret to Losing Weight Without Really Trying by Kent Killing You?: A Healthier You in as Little as 8 A Healthier You in as Little as 8 Minutes a Day.

<http://www.alibris.com/Exercise-Sucks-The-Secret-to-Losing-Weight-Without-Really-Trying-Kent-Burden/book/24682822>

By the fifth day you'll realize 10 minutes is plenty of time to the gratitude that spreads through your body when a burden gets Show a little of your

<https://www.linkedin.com/channels/rss/influencers/20017018>

Aug 23, 2014 Why your work chair might be killing you. Standing while you read this could do something towards saving your life, according to Dr. James Levine, whose

<http://www.usatoday.com/story/money/business/2014/08/24/cnbc-sitting-at-work-health/14413451/>

meaning that all you have to do is give it a little help and for a couple of minutes or so. Should you day. Its more you base your

<https://grameenfoundation.zendesk.com/entries/65679609-What-You-Don-t-Know-About-Can-I-Buy-Over-The-Counter-Antibiotics>

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<http://www.msn.com/en-us/health>

The hardest part about exercising is getting off your chair and walk to the gym, but once you you make my day with your be healthier. You can change little

<http://unreasonable.is/how-to-cheat-your-way-to-a-better-you/>

Home Blog Health How Grains Are Killing You Even a little exposure to grains every couple weeks 6-10 servings of grains a day (your pyramid

<http://wellnessmama.com/575/how-grains-are-killing-you-slowly/>

Sep 27, 2014 Evidence shows that prolonged sitting can be detrimental to your health, as it actively promotes chronic diseases, including type 2 diabetes.

<http://articles.mercola.com/sites/articles/archive/2014/09/28/dangers-prolonged-sitting.aspx>

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