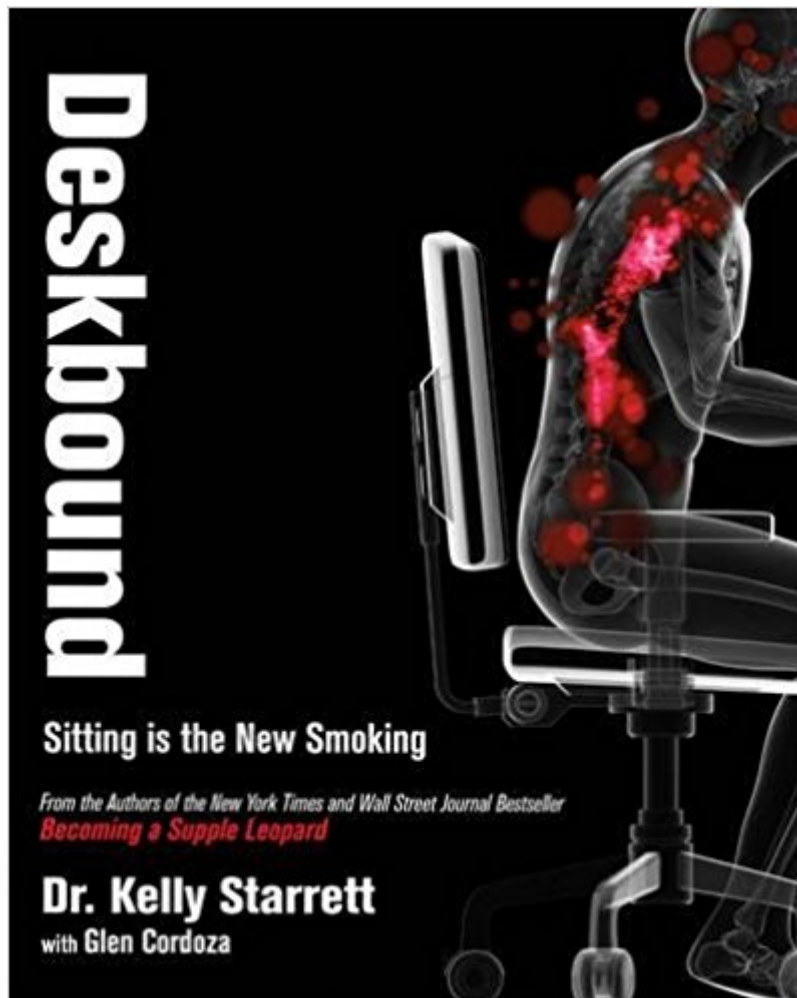




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# Deskbound: Standing Up To A Sitting World



## Synopsis

You'd better stand up for this bit of news. Sitting can wreak havoc on your health, and not just in the form of minor aches and pains. Recent studies show that too much sitting contributes to a host of diseases—from obesity and diabetes to cancer and depression. The typical seated office worker suffers from more musculoskeletal injuries than those workers who do daily manual labor. It turns out that sitting is as much an occupational risk as is lifting heavy weights on the job. The facts are in: sitting literally shortens your life. Your chair is your enemy, and it is murdering your body. In this groundbreaking new book, Dr. Kelly Starrett—renowned physical therapist and author of the New York Times and Wall Street Journal bestseller *Becoming a Supple Leopard*—unveils a detailed battle plan for surviving our chair-centric society. *Deskbound* provides creative solutions for reducing the amount of time you spend perched on your backside, as well as strategies for transforming your desk into a dynamic, active workstation that can improve your life. You will learn how to:

- Easily identify and fix toxic body positions
- Eradicate back, neck, and shoulder pain
- Mitigate carpal tunnel syndrome forever
- Organize and stabilize your spine and trunk
- Walk, hinge, squat, and carry with peak skill
- Perform daily body maintenance work using 14 mobility templates for resolving pain and increasing range of motion

Whether your goal is to maximize your performance in or out of the workplace, lose weight, or simply live pain-free, *Deskbound* will work for you. It is a revolutionary cure for death-by-desk.

## Book Information

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## Customer Reviews

While Starrett is best known for his work inside the gym, increasingly he's discovered that many issues underlying injury and decreased performance are related to how people carry themselves in everyday life. *Deskbound*, offers a scathing critique of our modern environment, which he says encourages poor physical habits, as well as strategies to survive in it. - *Outside Magazine* Still not sold on the idea that a desk job could kill you? This new in-depth look from Kelly Starrett, the co-founder of [mobilitywod.com](http://mobilitywod.com), could change that, Starrett makes a compelling case with scientific evidence- and presents a practical fix. - *Muscle & Fitness* Kelly Starrett, physical therapist and author of the new book *Deskbound: Standing Up to a Sitting World* a guide that aims to mitigate back pains, carpal tunnel aches and myriad other ailments currently afflicting desk jockies worldwide....Science backs him up: A recent study published in the *American Journal of Clinical Nutrition* found that physical inactivity is a bigger risk factor in mortality than obesity. - *New York Post*

Dr. Kelly Starrett is the author of the New York Times bestseller *Becoming a Supple Leopard*, which has revolutionized how coaches, athletes, and everyday humans approach movement and athletic performance. Dr. Starrett is a co-founder of San Francisco CrossFit and [MobilityWOD.com](http://MobilityWOD.com), where he shares his innovative approach to movement, mechanics, and mobility with coaches and athletes. He travels around the world teaching his wildly popular *Movement & Mobility Course* and works with elite Army, Navy, Air Force, Marines, and Coast Guard forces; athletes from the NFL, NBA, NHL, and MLB; and national and world-ranked strength and power athletes. He consults with Olympic teams and universities and is a featured speaker at strength and conditioning conferences nationwide. Dr. Starrett's work is not limited to coaches and athletes; his methods apply equally well to children, desk jockies, and anyone dealing with injury and chronic pain. He believes that every human being should know how to move and be able to perform basic maintenance on themselves. Juliet Starrett is an attorney, athlete, and entrepreneur. She is co-founder and CEO of San Francisco CrossFit and [MobilityWOD.com](http://MobilityWOD.com). As a mother and co-founder of the nonprofit *StandUp Kids*, Juliet is committed to getting every public school child at a standing desk within 10 years in order to combat the epidemic of sedentary lifestyles. In her earlier life, Juliet was a professional athlete, paddling on the U.S. Extreme Whitewater Team from 1997 to 2000. She won two world championships and five national titles. Glen Cordoza is a New York Times and Wall Street Journal bestselling co-author of *Becoming a Supple Leopard* and a former professional mixed martial artist and Muay Thai boxer. He is one of the most published authors on the topics of MMA, Brazilian Jiu-Jitsu, Muay Thai, and general fitness, with 24 books to his credit.

Yes, only 3 stars. I'm reviewing the book as a whole, not just the content. I give the content a 5, the writing a 4, and the physical print quality a 2. Here's why...Content is excellent. I've got the other books he wrote, they are very helpful and the amount of pain removed from my body makes it worth far more than I paid. About the only improvement I could suggest is more sketch overlays that indicate the area of focus, direction of motion, things like that. I sometimes have to re-read the text 4 or 5 times to try and figure out the motion implied in the photo or series of them. Sketch lines down the spine and arm or leg, little angle symbol or curved arrows help me to understand very well. I still give it a 5 because maybe I'm just a visual learner and need that kind of thing, maybe most people can just "get it" from the words. The writing style just isn't for me. It's not bad, it's conversational, and I get why. This is not a textbook. (I think the content could be re-written as a most excellent one.) Repetition bugs me. I know I need to re-read things to understand. Seeing the same phrases written out over and over again may help some people, but doesn't make understanding any easier for me. The foreshadowing is excessive, to me, in the beginning. I read the table of contents, I can kinda tell what's coming later. If I had a nickel every time I see the phrase "later in this book you will learn" I'd maybe have a free book. :) Ok, not really true, but read it enough times and it gets annoying. So, 2 pretty minor things that bug me personally and probably nobody else. I give it a 4, you may give it a 5, but this review is simply my opinion. Now what I really don't like, (and the main reason for giving a 3-star overall), the print quality. Seriously, anybody that thinks light thin text on shiny paper is a good idea should not be publishing books. If the ink were a full black, the font a little thicker, or maybe just printed on regular paper it wouldn't be such a struggle. (And maybe it is a full black, but the shiny paper effect makes it look like a dim gray at best to me.) More light doesn't help since that just makes the shiny glow off the paper worse. The contrast is simply poor and I can't stand reading this book more than a few minutes at a time, which is really frustrating because the information is so valuable that I am compelled to suffer through it. It's really hard to read and I'm very disappointed about that. Even the orange-brownish text used on captions is substantial enough to be easier to read than the main text. The binding is nice, and overall it's a nice well-made book. I can't honestly go lower than a 2 on the quality because it is a quality product. There's a lot of good photos, and maybe that's the reason for the paper type. Let's say the physical book gets a 5, but the #\$\$%^\$ main text font gets a -1 million rating. EDIT: I'm going to try and upload a picture showing what I'm talking about, and I apologize if my camera isn't the greatest. This is a bit of page 48 and 49. Most pages are like 48 with that thin font. For some strange reason the first page or 2 of each section is like page 49, and it's much easier to read even still having a little glare from the paper. Nearly every

heading is low contrast gray-on-white, or medium blue on light blue, etc, when there's perfectly readable black and white (or at least higher contrast color choices) nearby. Due to these font and color design choices I am constantly tilting the book to try and reduce glare, or leaning in and squinting to make out some low-contrast text, and in the end the eye-strain makes me want to throw the book at the wall. Maybe the facebook-generation has no visual issues with everything being low-contrast, (and maybe they can see in the dark for all I know), but it really ruins what would otherwise be a great book for me.

I'm in physical therapy to relearn how to walk after suffering spinal nerve damage. I noticed that my therapist had this book and was often showing me illustrations of exercises that he had bookmarked. He recommended that I get the book, which I did, and I'm very glad that I did so. The authors have made a believer of me and have motivated me to get out of the wheelchair and on my feet walking as much as I can. The book also includes dozens of exercises to strengthen the spine and other areas of the body. And if you do have to sit for much of the day, there are tips on finding the right chair for you and how to sit to minimize the adverse effects of sitting. The authors make a good case for their recommendations, and my physical therapist is sold on their approaches to good spinal health. I've gotten a lot out of the book, and if I could only pass on one recommendation, it would be this: "For every 30 minutes that you are deskbound, move for at least 2 minutes." (And that doesn't mean to just stand up, it means to move.) About one reviewer's comment that the text is difficult to read due to font and color design choices, I concur to a certain extent, but it's not a big deal in my opinion. I doubt if I would have even thought about it if I hadn't read the review beforehand. I will say though that the font could have been a bit bolder for better readability.

I almost didn't buy this book because I don't work hours a day at a desk any more. But, after years of working on my posture, by using Kelly's instructions I am FINALLY straighter not only standing, but also in walking, sitting, and bending over. The "prescriptions" at the end of the book are already increasing my range of motion and lessening discomfort. My only complaint about this book is the print is very thin and gray on a shiny surface - very hard to read! Still, the content is so good, I couldn't justify giving it less than 5 stars.

I am only 2 chapters in and I am hooked. This book is very eye opening and explains a lot. I was once very active and always on my feet, now that for the last 7 years I am "Deskbound" I have had nothing but health issues arise. I can't wait to finish reading the book. I would recommend this to

anyone and everyone.

This outstanding book reintroduces principles of movement and structure of the human body that many of us have forgotten. Backed by an incredible amount of research, this book will teach you just how bad sitting can be for your overall health. “Sitting is the new smoking,” claims Dr. Kelly Starrett in his new book DESKBOUND. Dr. Starrett demonstrates how we are literally sitting ourselves to death, and he provides some necessary insights as to how to address and overcoming bad sitting habits. Kelly drives home the point that our bodies were designed to move a certain way, and sitting is very detrimental to us. After reading this book I began to notice a change in my own life as I sat less, or improved posture while sitting. Being a full-time college student, I cannot escape from being tied down to a chair most of the day. I am however able to manage how I sit and correct the damage done by sitting. Not only is it all about sitting less, but standing more, and how to stand correctly. He teaches to keep your feet pointed straight, giving your glutes and abs a 20% constant squeeze. After standing for a while we all experience fatigue, and what I love most about the book is he gives so many suggestions for what can be done in any situation to not give in to slouching back into a chair. It is a must read for anyone looking to improve their health in a simply but meaningful way.

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