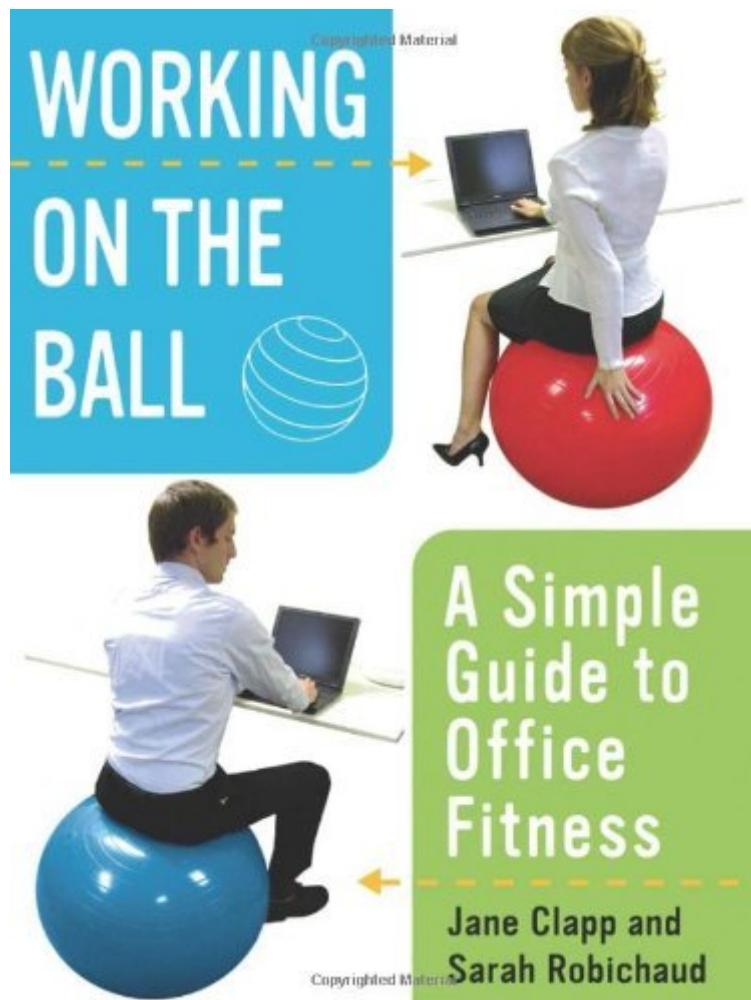


The book was found

Working On The Ball: A Simple Guide To Office Fitness



Synopsis

This no-excuses fitness plan is the first to tackle the challenges of office workers who want to lose weight, get fit, improve posture, and combat stress--without ever leaving the comfort of their desk. People today are spending more time at work and less time being active, whether by sitting in front of a computer all day or in a car battling grueling traffic--or both! Working on the Ball solves this problem by providing an innovative, playful approach to fitness, no gym shoes or expensive club membership required. Authors Jane Clapp and Sarah Robichaud, both fitness professionals, don't take themselves--or readers--too seriously. They offer a fun, reasonable routine that any office worker can follow from day one. Hour by hour, the authors take readers through a full day of 'active sitting,' using a stability ball as a chair, and provide guidance for making healthy choices in the workplace. Also included are photographs to help illustrate each exercise and plenty of encouragement, motivation, and coaching. The authors even offer tips on after-work stress management and other health subjects. Among the book's topics are:^{*} evaluating your posture^{*} choosing a ball^{*} stability ball safety^{*} avoiding eye strain and "brain drain"^{**} desk setup^{*} healthy snacking Working on the Ball makes a great gift or a quick pick-me-up for oneself.

Book Information

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Customer Reviews

A physical therapist friend of mine recently recommended getting a fitness ball, including to use as a chair replacement at work. I stumbled across this title from while searching and thought the title made it sound perfect. I ended up returning it after reading through, and will be looking for a different book with information I find more useful to me. Basically, there was a brief and unscientific bit of lip service given regarding the attributes of using a ball. Yes, core work is good. Yes, being more active and being more thoughtful about lifestyle habits such as food choices and activity level are important. There were superficial comments made regarding lifestyle, attitude and approach to daily life--such as 'don't get that sugar laden latte' 'don't eat that first piece of cheesecake or you might eat more later in the week' (or words to that effect, as I returned my copy to I don't have the exact quote). Lots of platitudes, recommendations like taking stairs when at work, about having a positive outlook when commuting, plus a smidgeon of possibly dubious eating advice etc. Just not really relevant to actually USING an exercise ball at work which is what I was looking for in a book with 'a simple guide' as part of the title. The scope of this book is too limited to include everything about healthy living, so it would have read better if it had retained a more focused approach in my opinion. Of course, I can skip anything I consider fluff or filler, so my biggest problem with the book though was the goofy way the exercises were introduced and named--'lets call this a creep exercise and you can do this move like you are pretending to avoid the office creepy guy'.

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