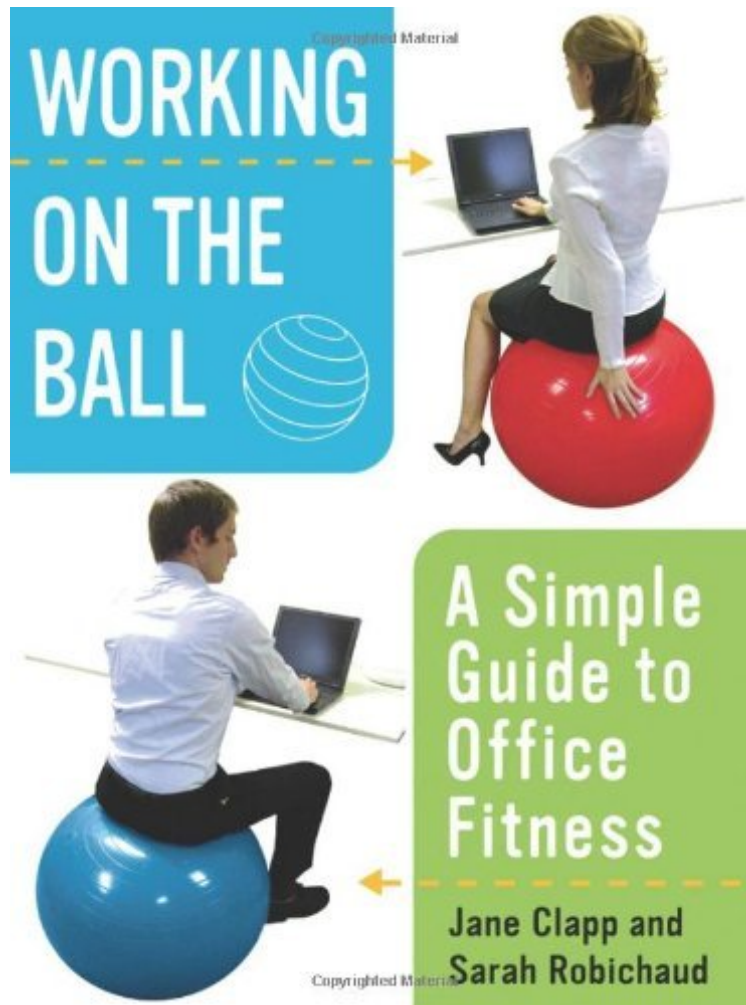


Working on the Ball: A Simple Guide to Office Fitness

Jane Clapp, Sarah Robichaud

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Jane Clapp, Sarah Robichaud : Working on the Ball: A Simple Guide to Office Fitness before purchasing it in order to gauge whether or not it would be worth my time, and all praised Working on the Ball: A Simple Guide to Office Fitness:

1 of 1 people found the following review helpful. Useful exercises, engaging delivery By R. Newnham Working on the Ball is an excellent guide to fitness, primarily for those of us who sit at a desk for long periods. I have been using this book for about a month as of writing this, and I have been pretty satisfied with my results. It's somewhat clear that women are the intended audience, though looking past that is easy, and the exercises are no less applicable to a man. The book itself is written in an engaging fashion, with (sometimes humorous) photos to illustrate the techniques. My only complaint is that a couple of the descriptions and photos do not seem to tell me enough to reproduce the exercise, though overall, I feel good about recommending this book. Definitely consider this if you do not otherwise exercise and sit at a desk for extended periods. 0 of 0 people found the following review helpful. Must-have for the office By

JoanI took an office job for the first time in my 35 year carrier and my biggest concern was sitting all day. I was afraid I would be sore and stiff in no time. This ball chair has been the perfect solution. I could not be more satisfied. I can sit for hours and not feel like I have. And I am constantly moving and repositioning which means I am not idle. Throw away those old office chairs! This is the only way to work.0 of 0 people found the following review helpful. GREAT REFERENCE!By Lauren MandelI bought the Isokinetics Ball Chair for work and the excercise ball comes out easily for me to follow some of the routines in this book. It is definitely a good book.

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 ballnbsp;* stability ball safety* avoiding eye strain and "brain drain"* desk setup* healthy snackingWorking on the Ball makes a great gift or a quick pick-me-up for oneself.

About the AuthorJane Clapp is the founder of Urbanfitt, a fitness services company in Toronto. She has also written and performed standup comedy. During her more than 13 years in the fitness industry, her clients have included such celebrities as Richard Dreyfuss.Sarah Robichaud is a professional dancer who has performed and choreographed for classical and contemporary companies throughout Europe and Canada. She works as a personal trainer and lives in Toronto with her son.