

SITTING SOLUTION

.COM

REPORT

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Introduction

Is sitting slowly killing you? Discover the deadly reasons why sitting is destroying your health ... and how you can restore it.

I'M BRENDA Walding, doctor of physical therapy, functional diagnostic nutrition practitioner, and holistic health advocate. My husband, Chad—also a doctor of physical therapy and health and fitness coach—and I have had the pleasure of helping thousands of people meet their personal health and fitness goals. We've spent years treating patients in various physical therapy settings as well as teaching movement in the gym. We have seen and helped people recover from every kind of pain you can imagine—back pain, neck pain, joint pain, sciatica, and herniated discs. You name it, we've worked on it!

We have observed that one of the biggest culprits behind acute and chronic pain of the spine and throughout the body is not a traumatic injury but instead something seemingly innocuous ... **sitting**.



Something nearly everyone does, sitting has the potential to destroy your health. As most people read this report, they are likely doing the very thing that could increase their risk for getting sick, gaining weight, developing chronic pain, dying prematurely, and losing function as they age.

But not to worry, you're well on your way to nipping it in the bud. Half the battle is becoming aware of the problem and learning what you can do about it.

Congrats! After reading this report, you will be informed and know exactly what to do.

The other half is implementing the solution. It's simple and effective ... but only if you **do** it! Relax and read on. We have provided you with the solutions to protect your health and feel your best even if you must sit much of the day.

Think for a minute. How many hours a day do you spend **sitting**? Do you sit for hours on end without getting up



for a break? Have you checked in with your body afterward to see how it feels? It's likely you have experienced aches, pain, sluggishness, brain fog, or all of the above. It doesn't feel good at all. No wonder. Science is now showing us there are serious implications for sitting day after day after day. It's important to educate ourselves about this new research because ...

Sitting is an epidemic.

ON AVERAGE, Americans adult spend over half their waking hours **sitting**—at least 8 hours a day.^{1,2} Let's follow a typical schedule. You wake up and drive to the gym (**sitting**) and get in your 30 to 45 minutes of exercise because you are trying to be healthy (**yay!**). Next you drive to work (**sitting**), sit all day at your computer (**sitting** 6–8 hours), drive home (**sitting**), and then eat dinner (**sitting**) and watch television or browse the Internet (**sitting**) before retiring to bed. That's a lot of sitting—even if you **do** get your recommended workout in.

It has been established that moderate intensity exercise offers preventative health benefits against chronic disease conditions such as metabolic syndrome, type II diabetes, and cardiovascular disease.^{3,4}



But ... is this enough?

THE AMERICAN Heart Association recommends at least 30 minutes of moderate intensity physical activity for five days a week or more—or intense exercise for 25 minutes for three days a week to provide us with

the preventative health benefits from conditions such as cardiovascular disease.⁵ Research is revealing, however, that moderate physical activity is **not enough** to prevent negative health consequences **if** we spend most of our waking hours **sitting**.^{6,7}

Chronic sitting is associated with developing chronic disease conditions such as heart disease, type II diabetes, and obesity regardless of whether someone engages in a 30- to 45-minute exercise routine five days a week.^{8, 9, 10} Long bouts of time sitting have been shown to adversely effect metabolic factors such as triglycerides, HDL, fasting plasma glucose, resting blood pressure, and leptin, which in turn increases our risk for developing chronic disease.¹¹



Sitting is becoming a new public health concern, even though there are no official and specific guidelines as of yet. We do know that in addition to moderate exercise most days of the week, daily low-intensity, intermittent activity can help negate the potentially detrimental effects of prolonged sitting.^{12, 13}

You might be asking what does that mean? What do I have to do? Not to worry, we'll explain that in a moment. Stay tuned.

The Dangers of Sitting

HUMAN BODIES aren't designed to sit still for hours on end and in poor, slumped positions. Hunter-gather societies spent a large portion of their daily activities engaging in low-intensity efforts with occasional required bouts of moderate to rigorous exercise. These societies didn't experience the magnitude of chronic health conditions and symptoms we suffer today.



Although there may be many reasons for this, more research studies are pointing to chronic sitting as being a risk factor for:

- ◆ developing a chronic disease condition (obesity, heart disease, type II diabetes, and cancer)
- ◆ increasing mortality risk
- ◆ experiencing acute and chronic pain
- ◆ declining in function as we age

Let's look at each of these in a little more detail.

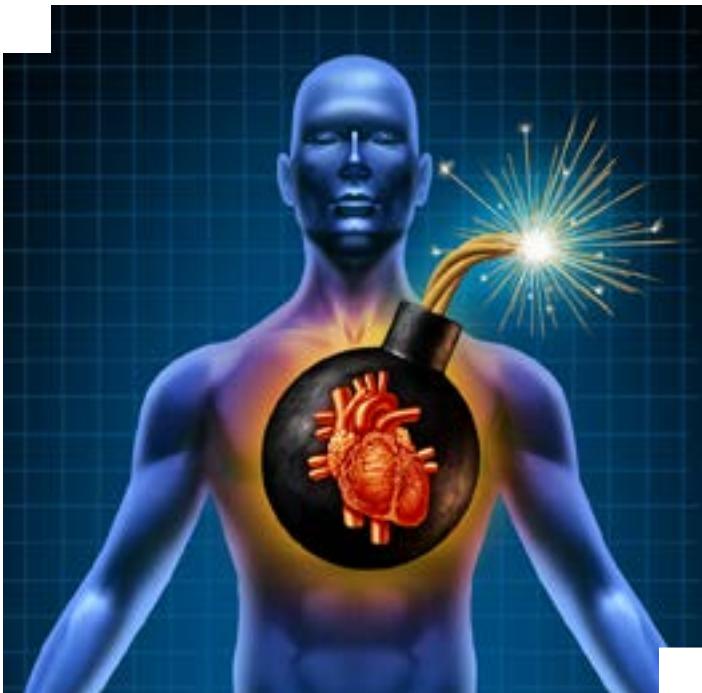
1) Prolonged sitting increases risk for developing chronic disease.

OBESITY

STAGGERING STATISTICS reveal that more than two-thirds of US adults and one third of children are overweight or obese.¹⁴ Obesity itself is a risk factor for developing other chronic-health-related conditions such as heart disease and type II diabetes.

While there are many factors involved in becoming overweight or obese, one that has been recently linked to this condition is prolonged sitting.¹⁵ Sitting for lengthy periods of time decreases the activity of the fat-burning enzyme (skeletal muscle lipoprotein lipase or LPL) and negatively affects metabolism. Low-intensity muscular contractions involved in walking causes LPL levels to increase and metabolic factors to improve.¹⁶ Based on current research, breaking up long bouts of sitting and engaging in low-intensity movement (walking, gentle exercise) at intervals throughout the day may be just as important for preventing obesity and chronic disease as engaging in regular moderate intensity exercise.¹⁷





HEART DISEASE ACCORDING TO the Center for Disease Control (CDC), 600,000 people die each year from heart disease in the US. It is the leading cause of death among men and women, accounting for one in four deaths.¹⁸ There are multiple risk factors

for heart disease; multiple studies, however, reveal that low-energy expenditure and sitting increase risk for heart disease and other associated chronic conditions.¹⁹

One scholarly article makes the statement that sitting has “detrimental metabolic and cardiovascular effects” regardless of a person meeting adult exercise guidelines.²⁰ A study of more than 70,000 women predicted that prolonged sitting increases risk for cardiovascular disease.²¹ Another study showed that sitting increases blood pressure and decreases the diameter of arteries, thus increasing the likelihood for a cardiac event or disease.²²



Heart disease is a deadly condition. We would be wise to take action to decrease this risk wherever possible. Read on to learn what steps you can take to actively prevent this disease.

DIABETES

ACCORDING TO the American Diabetes Association, nearly 30 million adults and children in the US have been diagnosed with type II diabetes, which is approximately 10 percent of the population. If this trend continues, one in three Americans will have diabetes by 2050.²³



Type II diabetes is associated with the following life-altering complications: heart disease, neuropathy, kidney disease, non-traumatic lower extremity amputations, and diabetic retinopathy. In short, type II diabetes can dramatically degrade quality of life. Studies

show that more time spent sitting and being sedentary increases risk for developing type II diabetes and negatively effects insulin sensitivity and glucose metabolism.^{24, 25, 26, 27} In addition to improving diet and engaging in consistent exercise, developing a plan to keep you moving throughout the day is critical.

CANCER

ENGAGING IN physical activity and avoiding prolonged daily sitting may make a difference in cancer risk. Cancer is the second leading cause of death in the United States. It is estimated that 1,600 will die **each day** in 2014 of some type of cancer.²⁸ It is worth making every effort to decrease your risk of developing this devastating disease.

The cancer most diagnosed for women is breast cancer. According to the International Agency for Research on Cancer, 25 percent of breast cancer worldwide is due to being overweight or obese and practicing a sedentary lifestyle.²⁹ Cancers of the breast and colon appear to be the forms most influenced by physical inactivity.



Other cancers such as lung, endometrial, prostate, and ovarian may be linked to inactivity as well.³⁰ As many as 49,000 cases of breast cancer and 43,000 cases of colon cancer occurring in the US annually are linked to a lack of physical activity, according to estimates from the American Institute for Cancer Research.³¹ In addition to sedentary behavior, prolonged sitting each day—even in conjunction with exercise—is still a potential risk factor for cancer.

According to Dr. Neville Owen, head of Behavioral Epidemiology at Australia's Baker IDI Heart and Diabetes Institute:

"Sitting time is emerging as a strong candidate for being a cancer risk factor in its own right. It seems highly likely that the longer you sit, the higher your risk. This phenomenon isn't dependent on body weight or how much exercise people do."

Owen and other entities such as the American Institute for Cancer Research are encouraging Americans to not only make time to engage in physical activity but also to interrupt prolonged sitting bouts each hour with a few minutes of activity.³²

2) Prolonged sitting increases mortality risk.

CHRONIC SITTING may cause people to die prematurely. According



to British researchers, every hour spent sitting in front of the television cuts a person's life expectancy by 22 minutes.³³ Yikes! Another large study of more than 100,000 participants examined time spent sitting and engaging in physical activity over a 13-year period. Women who reported sitting more than six hours a day were 37 percent more likely to die during the time period studied than

those who sat fewer than three hours a day. Men who sat more than six hours a day were 18 percent more likely to die than those who sat fewer than three hours a day. These findings were independent of physical activity level. Mortality risk worsened when prolonged sitting was combined with lack of physical activity. Women and men who both **sat more and were less physically active** were 94 percent and 48 percent **more likely to die** during the study period, respectively, compared with those who reported sitting the least and being most active.³⁴

Regardless of physical activity, prolonged sitting negatively influences metabolism, including triglycerides, high density lipoprotein, cholesterol, fasting plasma glucose, resting blood pressure, and leptin, which are biomarkers of obesity, heart disease, diabetes, and other chronic diseases. These changes in biomarkers and the connection with chronic disease conditions may be the primary reason sitting is linked to increased death rates.^{35, 36}



3) Prolonged sitting increases risk for developing acute and chronic pain.

IN ADDITION to increasing the risk for chronic disease and death, prolonged sitting also substantially increases the risk for experiencing pain and discomfort. People who sit for any length of time are apt to experience neck or shoulder muscular tension, low back pain, and headaches. As is becoming abundantly clear, human bodies are not designed for sitting for long periods of time.

The intelligent engineering of the S-shaped curve of our spine efficiently disperses forces and keeps the human frame upright and functional. Prolonged sitting encourages a slouched posture and creates a collapse into more of a C-shaped position with a rounded back and forward head. This C-shaped position prevents efficient dispersion of forces and creates abnormal stress on the spinal segments and discs, thus increasing risk for disc injuries, pain, and muscular imbalances. Symptoms and conditions related to prolonged sitting include neck and back pain, shoulder pain, muscle tension/aches, joint stiffness, numbness in the legs and arms, arthritis, inflamed tendons, and chronic joint degeneration.



Conditions related to pain—especially neck and back pain—are so prevalent in the United States that it is probable you or a loved one has suffered from such pain or soon will. Neck and low back pain often result from poor postures and faulty movement patterns, the latter likely created by and exacerbated by poor, prolonged sitting postures.

We live in what we call a “flexion-based society.” Many of the sustained positions and repetitive movements we engage in while performing daily activities are improperly executed with a flexed position of the spine (e.g., sitting and typing, driving, bending over to pick things up from the ground). This creates a tendency toward developing a forward-head, rounded-shoulder posture, which is a recipe for chronic neck and back pain.



It is estimated that 22 to 70 percent of all people endure neck pain.³⁷ One study reported that five hours or more of working with office machines a day significantly increases the risk for neck and shoulder pain as well as headaches.³⁸ If you've ever experienced neck or low back pain, you know how disabling it can be.

that low back pain was the cause of more global disability than any other condition.³⁹

Persistent pain not only disables and dramatically impacts quality of life—it is also one of the most costly health care conditions in our country. Chronic pain conditions cost \$560 to \$635 billion annually. The National Institute of Health reported that such conditions impacted 100 million adults in 2008. These figures exceed the costs for treating cardiovascular disease and neoplasms.⁴⁰



You are now aware that prolonged sitting on a daily basis can substantially increase your risk for developing pain and disability. Let's take a closer look at how prolonged sitting affects the human body from head to toe.



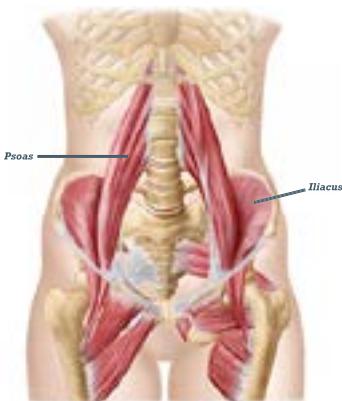
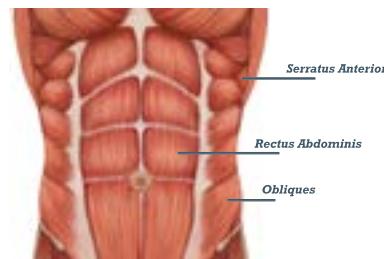
HEAD & NECK. Sitting with a forward head shortens the suboccipital muscles at the skull's base and increases the likelihood of headaches. This position forces muscles in the back of the neck to work harder to keep the head level, creating muscle tension and pain.

SHOULDERS & UPPER BACK. Sitting with a forward head and rounded shoulders often creates tension and trigger points in the upper back. Rounding of the shoulders creates poor joint positions of the shoulder complex and makes rotator cuff injuries more likely.



SPINE & BACK. Sitting in a slumped posture for prolonged periods of time creates an inflexible spine and increases the risk of injury when performing daily activities such as picking up objects, twisting, and reaching. Prolonged sitting increases the risk for herniated discs and disc disease as well as compromising nerve function, which may cause radiating numbness and pain in the legs or arms.

ABDOMINALS. Sitting in a slumped position shuts off the activation of the abdominal muscles, which become weakened. Strong abdominals are key to keeping an upright and stable spine, which helps prevent musculoskeletal imbalances and injury.



HIPS. Prolonged sitting creates shortening and tightness of the hip flexors. The predominant hip flexor, the psoas connects to the femur on one end and the lumbar spine on the other. Associated with increased risk of falling as one ages, tightness in the psoas and hip flexors increases the risk of hip and low back pain.

GLUTES. Sitting on your bum all day requires zero work from the gluteal muscles. We call this gluteal amnesia. The muscles become weakened over time, which significantly affects their ability to stabilize the pelvis while one is standing and performing functional movements. Having strong glutes and a stable pelvis are both crucial to a healthy spine.



LEGS. Prolonged sitting decreases blood circulation in the legs, which can lead to swollen feet/ankles. It also increases the likelihood of varicose veins and blood clots.

BONES. Chronic sitting and lack of weight-bearing activity decreases bone density and increases the risk for developing osteoporosis.

The takeaway is that prolonged sitting **dramatically increases** the risk for developing acute or chronic pain. If you are required to spend a substantial amount of time sitting for your work, don't worry, there are things you can do to both decrease your risk and keep your body feeling good. We will discuss this in detail later.



4) Prolonged sitting decreases function as you age.

AS PHYSICAL therapists, we regularly see the dramatic effects of poor posture from chronic sitting over time. Not only does prolonged sitting increase the risk for chronic disease, obesity, and pain, but it also predisposes people to decline in functional

mobility at a faster than average rate. Chronic sitting in a flexed position over time creates musculoskeletal changes. If these are not addressed early on, they lead to a marked loss of a) mobility in the spine and joints, b) strength, c) and overall functional ability. For starters, a chronic forward-head, rounded-shoulder position leads to a kyphotic spine (marked rounding of the upper back). A kyphotic spine leads to loss of flexion in the shoulders and decreases the ability to raise your arms above the head. This position also predisposes people to rotator cuff tears and shoulder/neck pain. It is also associated with decreased balance and increased risk of falls as people age. One study of women looked at the comparison between fallers and non-fallers. Fallers demonstrated poorer body balance in the standing position and poorer body posture than non-fallers.⁴¹ A kyphotic spine, in conjunction with tightness in the hips and postural weakness, negatively influences posture and balance. It also accelerates the need to rely on an assistive device such as a cane or walker. Bottom line, if you want to maximize your functional ability as you age, avoid prolonged sitting and learn the necessary movements to keep your spine and body healthy as you age.



We firmly believe there is **never** just one thing that creates disease or poor health. Diet, stress, sleep, toxin exposure, mental/emotional health, and other lifestyle factors all play a role.

There is, however, **great** news! Many of the factors involved in chronic disease and poor health are within **your** control. This is why becoming aware of sitting's deleterious effects on health is so important. If you **know** the dangers, you can take **action** to prevent your chair from getting the best of you. Knowledge is power, and our goal is to empower you to take an active role in your health.

Taking Action



So what actions can you take immediately?

HERE ARE four transformative solutions you can implement to turn your health around now—without breaking your pocketbook or over-complicating your life.

All of them can be put into practice immediately, but one has been specifically created to be all-encompassing enough to address the health issues associated with chronic sitting. We know the majority of people sit all day and likely need some guidance in getting their bodies healthy, pain-free, and optimized. We've designed a special guide to help you do just that!

4 Actions That Can Save Your Body—Despite Chronic Sitting

1) Implement these 7 workspace hacks for better sitting.

WE KNOW sometimes sitting has to happen. If you must sit at a desk for any period of time, make sure your position is as ideal as possible for your body. We don't want the sitting to add further stress to your joints, muscles, nerves, and soft tissue.



Follow these seven workspace hacks to get your body in the best possible position:



1. VER- IFY

your feet are flat on the floor. You shouldn't be up on your toes or have your feet wrapped around the chair legs or dangling in free space.

2. AD- JUST

your chair height to make sure your

hips are a little higher than your knees or at least even with your knees (but not below!). This position allows for a more neutral position of your pelvis and optimizes the position of your entire spine. It decreases excess stress on your body and minimizes the risk for developing pain and muscle and joint imbalances.

3. MAKE sure your monitor is at eye level so you are not looking down at the screen all day. Looking downward is a recipe for monster headaches! Also make sure the monitor is situated directly in front of you and not off toward one side or the other.

4. KEEP your shoulders relaxed. While typing, keep your elbows bent at a 90-degree angle and your wrists in a neutral position. (You don't want your wrists overly flexed or extended.) If possible, adjust your armrests so your elbows are supported.

5. IS your mouse too far away? You don't want to lean forward to access it.

6. DON'T cradle the phone between your ear and shoulder. Get a headset if you talk on the phone frequently. Over time, cradling the phone may cause nerve impingement and radiating arm pain ... yikes!



7. LEARN to engage your core (abdominals) muscles when you sit. Think about bracing your stomach as if someone was going to punch you in the gut. Squeeze as hard as you can and then back off to about a 20-percent contraction/effort. This is how it should feel whether you're casually sitting or standing. Learn to live and

breathe here. This will take practice. Begin building this habit of engaging the core whenever you return to your desk and engage in ordinary activities like sending an email or text message or making a phone call. Remember to engage your core whatever you're doing—whether standing in line at the grocery store, having a casual conversation, or doing the dishes. Practicing will help it become more automatic and require less thinking.



2) Break the monotony with short segments of movement.

IT'S NOT enough to exercise 30 to 45 minutes most days of the week if you are sitting for hours every day. Engaging in exercise five days a week and intermittent, low-activity movement throughout the day is recommended to decrease your risk of negative health consequences. Break up periods of prolonged sitting with brief segments of movement over the course of the day.⁴²

You can alternate between sitting and standing while working at your computer. Standing desk options are available, including do-it-yourself configurations for under \$50.

Try to take at least 10,000 steps a day to avoid chronic disease.⁴³ Take short walks throughout the day or a longer one at lunch. Use the stairs instead of the elevator. If you are meeting with a coworker, ask if he or she can walk with you for a few minutes while you talk. Set up a routine where you walk to the breakroom, the end of a hall, or restroom every set amount of time.

The main thing to remember is to break up your day consistently with different types of movement to help counter the impact of staying stagnant in a sitting position for longer than 45 minutes.



3) Create habit-buster reminders.

WE'VE BEEN brought up in a culture that requires us to habitually sit for hours on end. We now know this chronic sitting has negative long-term effects. If our lives require that we sit for prolonged periods of time, it is important to implement small alerts or timers throughout the day (at least every 45 minutes) to remind us to bring awareness back to our bodies. When the alert goes off, take a quick moment to get up and move a little.



Check your sitting alignment. Are your feet flat on the floor and hips higher than your knees? Remind yourself of the seven workspace hacks and make sure you are implementing them.

Check your posture. Are you holding tension in places you don't realize? Are your shoulders up by your ears? Is your jaw tight? Is your head craning forward toward the monitor? Are you slumped over and propped up on one elbow? Take inventory and make adjustments to your sitting position. Even better—learn a few exercises or movements that will help negate the harmful effects of sitting (don't worry, we've got you covered here ... read on).

Every solution we show you will likely be forgotten if you don't set up a system that reminds you to take action. Set micro reminders throughout the day to keep you remembering!

4) **Extra!** Optimize your health and preserve your posture with **The Sitting Solution**.



Here are two reasons why so many people desperately need [The Sitting Solution](#).

1) Most people have developed imbalances in their muscles and joints and don't even know it.

LET'S BE honest, most people have spent years sitting for hours every day. This means they require a more specific and targeted approach to address the exact needs of their muscles and joints.

Let me explain. Sitting (even if your posture is perfect, which is highly unlikely) will still cause imbalances in your musculoskeletal system. Certain muscle groups get shortened and tight while other muscle groups get lengthened and weak. The end result is muscular imbalances that lead to poor movement patterns and increased risk of acute and chronic pain. If you have the knowledge to identify which muscle groups to stretch and which ones to strengthen—and you know which joints need movement and in which direction—you will have a much greater chance of avoiding pain and the negative musculoskeletal effects of sitting.



2) Varied and highly specific movements throughout the day are required to protect the body from breakdown and restore health—even if you work out regularly.



AS WE'VE already explored, current research tells us that low-intensity intermittent movement throughout the day is required to address the negative effects of sitting on our health—even if you work out regularly. Getting up and going for a walk or taking the stairs is great (and we recommend it), but it isn't quite enough. What's important is not just that you move, but how you move. If you want to prevent chronic pain and optimize your ability to function as you age, it's crucial to perform intentional and purposeful movement to negate the harmful effects of sitting. Without these movements, you are fighting a downhill battle.



The Sitting Solution gives you the power to reverse the negative affects of sitting all your life.

With this sitting guide, you can say goodbye to:

- ◆ increased risk for chronic disease
- ◆ increased risk for premature death
- ◆ the primary cause behind acute and chronic pain involving the back, neck, shoulders, and other areas
- ◆ poor posture and loss of functional ability that makes you look and feel years older

What Is **The Sitting Solution**?

At the heart of our program are two key concepts:

- ◆ intermittent movement
- ◆ targeted, corrective exercises

We have taken these concepts and formulated a comprehensive and simple guide that we call **The Sitting Solution: How to Save Your Spine, Body, and Life**.

With this guide, you will:

- ◆ gain valuable information from our clinical experience and expertise in healing and restoring the human body
- ◆ learn powerful, healing movements that you can use for years to come (say goodbye to pain meds and costly copays)
- ◆ understand which areas of your body need to be strengthened, what needs to be stretched, **and** how to do it safely and without injury
- ◆ be equipped to restore your body so you end up feeling younger, more vibrant, and stronger

Here is exactly what is included in The Sitting Solution:

ACCESS TO our Sitting Solution portal, an exclusive membership-only website that covers everything you would possibly need to reverse the negative impact of sitting and restore vitality to your body.

Videos led by Chad and me teaching you how to get the most bang for your buck out of each movement so your body optimizes faster and more effectively (includes more than 100 pictures and 70 videos).



A straightforward getting started guide that quickly and expertly gets you on the proper track needed for your specific situation (includes multiple tips and tricks to improve and propel your results).

A large library of more than 40 simple movements that have been used to create specific daily exercise routines for every workspace scenario. We've taken extra care to make sure we have something to accommodate your unique situation.

Quick training on movements that can be done in two- to four-minute intervals so they can fit effortlessly into your day, whatever your lifestyle.

A daily movement timeline that gives you the optimal time spacing to perform these movements throughout the day so you can maximize your relief in the shortest period of time.

Why do we know The Sitting Solution will work?

AS DOCTORS of physical therapy, we have witnessed this solution in action at our practice. We have helped thousands of people meet their personal health and fitness goals. The principles and techniques we teach in The Sitting Solution have delivered results time and time again for our patients.



We knew if we documented these approaches on video and built a plan, even more people would benefit around the world.

Too many people are heading down a road that leads to pain and needless suffering—and this simple solution can help you avoid all of that.

So you might be wondering ... how much?

THIS IS the first time we've made this product available to the public, so we are offering a **special introductory price**.

We've already had reviewers say our starting price was too low considering the value they received ... but don't worry. The early bird price is still available, and we've even included some dynamite bonuses.

With this small investment, you will end the constant negative stress continuous sitting puts on both your body and budget.



Let's just consider the financial impact of chronic pain caused by sitting:

- ◆ A single physical therapy or chiropractic treatment costs \$60 to \$120.
- ◆ A massage session can run \$60 or more.
- ◆ Acupuncture usually costs anywhere from \$45 to \$100 a session.

Not to mention the time, money spent on gas, and effort it takes to show up for even one appointment—let alone multiple sessions over time.

When people are in pain, they often drop \$20 to \$30 a month on painkillers, heating pads, cold packs, rubs, and other “instant relief” items.

The reality is most people end up spending at least \$200 a month just trying to find relief!

That's over \$2,400 a year!

But trying to Band-Aid a deep problem while it continues to get worse means you end up spending even more money.



Add in things like medications and advanced treatments, and that total skyrockets to over \$3,000!

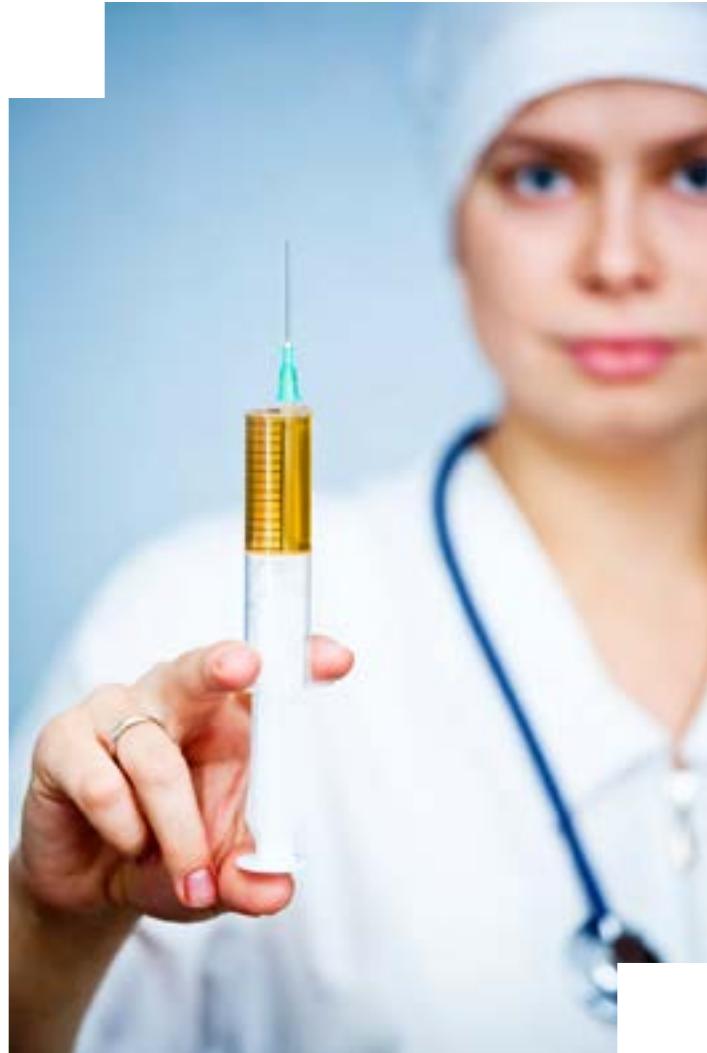
Many people get epidural shots to manage their back pain—that's \$1,500 dollars every three months! We're now looking at \$6,000 a year—not to mention \$2,000 MRIs, costly x-rays, and who knows what else.

And surgery? Anywhere from \$2,500 to \$80,000—even though it only has a 50-percent success rate!

This is just the financial impact of the acute and chronic **pain** sitting can trigger. Remember, this entire report not only addresses pain but also the other even more damaging problems sitting has been shown to cause.

We haven't even considered the bankrupting impact of chronic disease or the emotional repercussions of chronic pain and loss of functional ability on individuals.

How can you put a price on living a pain-free, vibrant, and healthy existence? This is your birthright! It's not just the **quantity** of years you spend on this earth that matters but the **quality** as well.



We've made The Sitting Solution affordable for anyone. But just to make sure you are getting over-the-top value ...

We're including six key bonuses that will accelerate and expand your results so you can dismantle the internal stress caused by sitting even **faster**.

1. THE ANTI-INFLAMMATORY DIET GUIDE (**\$47**)

WHEN YOUR body is stressed by sitting, inflammation often triggers back and neck pain. This guide explains inflammation and how it drives pain in your body, giving you the tools to manage inflammation through diet and lifestyle changes. You will learn how to reduce inflammation, feel great, and even lose a little weight!



2. THE ANTI-INFLAMMATORY SHOPPING GUIDE (**\$17**)

THIS TAKES the principles outlined in the Anti-Inflammatory Diet Guide and offers a “done-for-you” shopping list. Now you can stop stressing out in the aisles and wandering all over the store. This list of great-tasting foods makes getting the right delicious foods incredibly easy.

3. THE ANTI-INFLAMMATORY GUIDE TO FATS (**\$17**)

THIS HANDY guide teaches you which fats help fight inflammation and which ones trigger it. Fats aren't the enemy. You just need to know the difference between the good and bad kinds. Our guide breaks it all down for you in an easy-to-understand way.





4. THE SEXY SHOULDER SECRET (\$29)

SITTING DESTROYS your naturally attractive posture. If you want to supercharge your sex appeal, posture is critical. These nine exercises accelerate your results so your confident self shines through in no time.

5. THE TRUTH ABOUT BACK PAIN (AND HOW TO SOLVE IT!) (\$29)

Are you in back pain **right now?** This guide shows you seven specific exercises that deliver back pain relief, pushing your results from the [The Sitting Solution](#) book into overdrive and speeding up your healing process.



6. THE SIMPLE SOLUTION TO PAIN- FREE JOINTS (\$28)

THIS YOGA teacher's personal joint mobility routine will give you 10 minutes of bliss to keep you out of joint pain and feeling great. Offering unbelievable results, this simple routine is a 10-minute breeze to add to your daily routine.

We know everyone has a unique lifestyle. Some of you may work from home. Some of you may work in a cubicle. Some of you may



have access to gym equipment—and love using it. Some of you might fly or drive and spend time in hotels.

We've taken the specific movement plans and customized them to your exact needs.

Not only do you have a custom movement plan that gives you optimum results in both your muscles and joints, but you also have a custom movement plan tailored to your environment and schedule!

Now ...

CHAD AND I
have helped people around the country heal back pain and many other problems associated with sitting while also achieving their health and fitness goals.

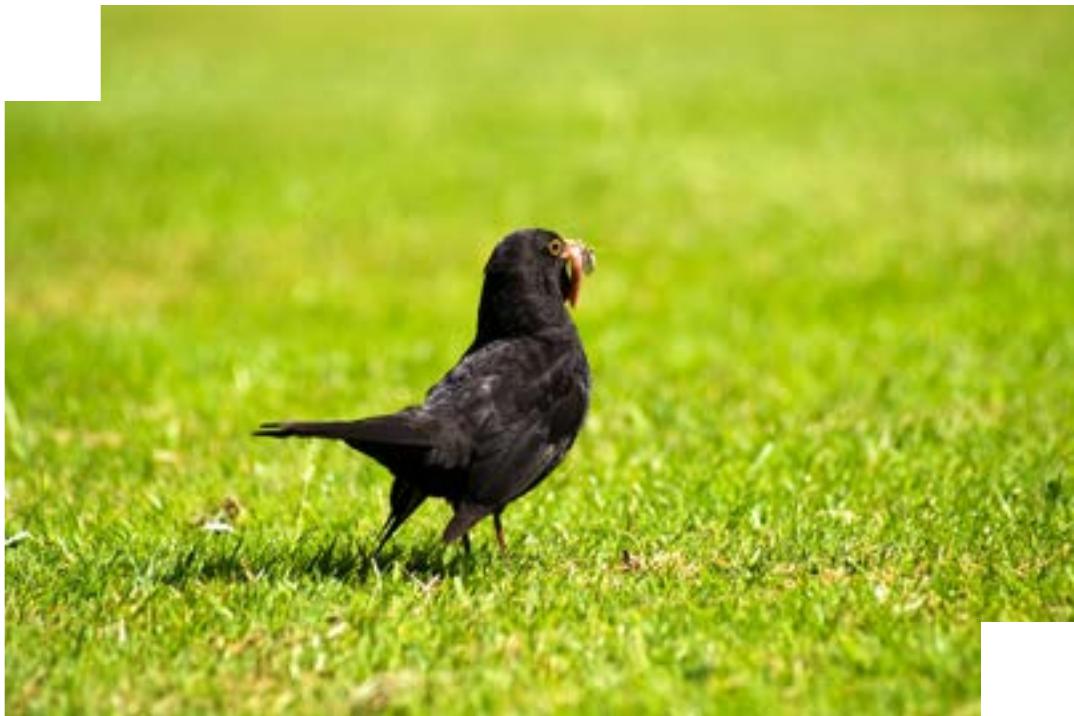
They've had to learn these precise movements appointment by appointment.



A typical a physical therapy treatment plan of 8 to 10 visits costs anywhere from **\$800** to **\$1,000** ... or even more.

We charge anywhere from **\$250** to **\$500** to teach 10 to 15 of these movements in person.

It would take us over 20 hours to teach the movements in this program—easily worth over **\$2,000** if we were there in person.



But you know how the early bird gets the worm?



As part of this **limited time offer**
only ...

You won't have to pay **\$2,000**.

You won't have to pay half of that at
\$1,000.

You won't even have to pay half of
that at **\$500**.

In fact ... you won't even have to pay
the price of a **single one-on-one**
Sitting Workshop with Chad and me,
which costs
\$150.

You can get the entire **Sitting**
Solution—with **all** of the bonuses—
for a one-time investment of **\$47**!



And because we want you to feel confident this will transform your life ...

[The Sitting Solution](#) comes with a full 30-day guarantee—plenty of time for you to make sure it works for you.

So if you check this out and then decide you want to keep your imbalanced muscles and continue weighing down your body (and your future) by not addressing the issues caused by sitting ...

We'll refund your money, no questions asked.

But to get this deal, you have to act [now](#).

This is the first time [The Sitting Solution](#) has been available to the public, and we won't keep the early bird special going for long.

With [The Sitting Solution](#), you get a product and bonuses worth at least [\\$2,000](#)—and it will help save you thousands on medical bills down the road.

But much more importantly ... implementing [The Sitting Solution](#) may even add years to your life.



Even better, The Sitting Solution is 100-percent digital, so you can be using it in under a minute starting **right now**.

I know you are ready to value your body and your life.

Now that you know one of the leading causes behind so many of the life-damaging problems in this country—and you know it's time to do something about it ...

Trust your gut on this one.

Just give The Sitting Solution a try. You have nothing to lose.

You can enjoy digital access to the entire Sitting Solution in under 30 seconds.



Just click GO to start now.

We **PROMISE**: If you don't feel great and absolutely love The Sitting Solution ... we will refund every penny within 30 days.

Sincerely,

Brenda Walding, DPT, FDN
Chad Walding, DPT, OPT L1, RKC

P.S. WHEN you become aware that chronic sitting is a problem, you can fix it. And when you fix the sitting problem, you fix a lot of problems (back pain, hip pain, health conditions, quality of life, mood, energy, etc.).

We've provided the solution that gives this to you in the most expert and simple way possible. Don't let this opportunity to change your life for the better pass you up.





P.P.S. THIS just makes financial sense. Physical therapists would charge thousands to teach you the exercises available in this program—and they wouldn't give you a plan specifically designed to address the enormity of the global sitting problem!

If you're serious about proactively investing in your health, this is the most financially responsible way to do it—and you'll be directly addressing an overarching, debilitating habit that has the power to cause an immense amount of heartache down the road.

You are standing at that critical fork in the road. It's time to save your spine, body, and life. Act **NOW!**



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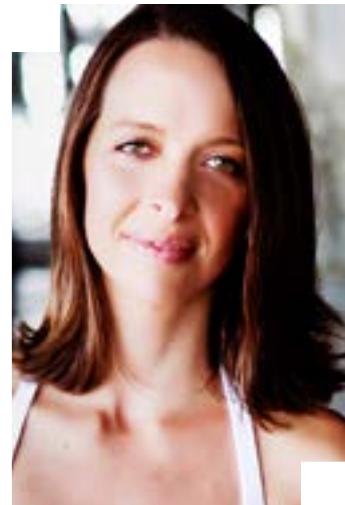
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About the Waldings

Brenda Walding, DPT, FDN

BRENDA HOLDS a doctor of physical therapy (DPT) degree from Hardin-Simmons University and a bachelor of science degree in movement science from Texas Christian University, where she played Division I soccer for four years. She is a cofounder of the popular health and wellness blog Paleo Secret. Brenda is also co-owner and director of nutrition at Alchemy fitness + flow, a holistic-based gym in Austin, Texas. She is a Certified Functional Diagnostic Nutrition practitioner and Wellness Advocate for doTerra essential oils. She enjoys using this knowledge to teach and help others improve their health. A certified Tao Flow Yoga instructor, Brenda loves to read, practice yoga, work out, eat good food, and learn about all things related to health and wellness. She enjoys spending time with her family and friends and playing with their dog, Maya.



Chad Walding, DPT, OPT L1, RKC

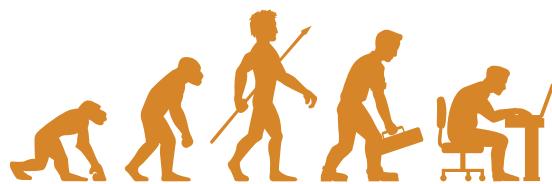
CHAD EARNED a doctor of physical therapy degree from Hardin-Simmons University. He earned a bachelor's of science in business with concentrations in marketing and finance from Trinity University, where he also played baseball. As a physical therapist, he specializes in treating the spine and helping to restore optimal functional movement. Chad is a cofounder of the popular health and wellness blog Paleo Secret. He is the co-owner and director of fitness at Alchemy fitness + flow, a holistic-based gym in Austin, Texas. Chad is a certified Level I Coach

with Optimum Performance Training as well as a Level 1 Russian Kettlebell instructor. Chad also holds a Level I Crossfit certification, Crossfit Olympic Weightlifting certification, and Crossfit Endurance certification. Chad enjoys good food; Olympic weightlifting; working with kettlebells; running fast; yoga; playing with their dog, Maya; and spending time with family and friends.

Credits

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