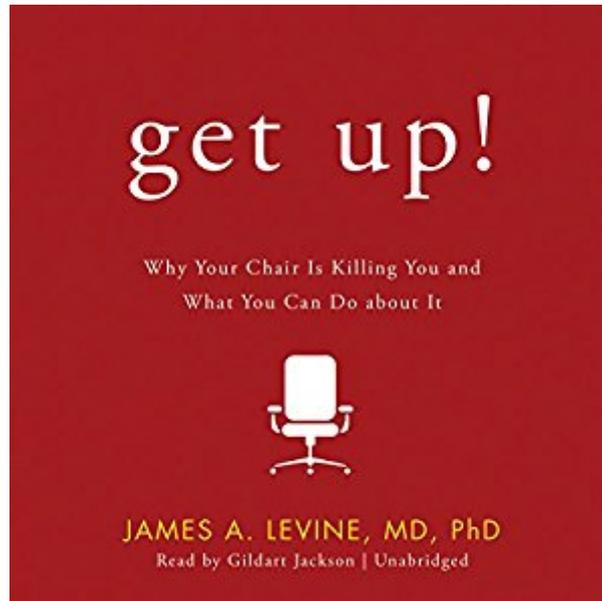


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# Get Up!: Why Your Chair Is Killing You And What You Can Do About It



## Synopsis

From the codirector of the Mayo Clinic/Arizona State University Obesity Solutions Initiative and inventor of the treadmill desk comes a fascinating wake-up call about our sedentary lifestyle. That the average adult spends 50 to 70 percent of their day sitting is no surprise to anyone who works in an office environment. But few realize the health consequences they are suffering as a result of modernity's increasingly sedentary lifestyle, or the effects it has had on society at large. In *Get Up!*, health expert James A. Levine's original scientific research shows that today's chair-based world, where we no longer use our bodies as they evolved to be used, is having negative consequences on our health, and is a leading cause of diabetes, cancer, and heart disease. Over the decades, humans have moved from a primarily active lifestyle to one that is largely sedentary, and this change has reshaped every facet of our lives - from social interaction to classroom design. Levine shows how to throw off the shackles of inertia and reverse these negative trends through simple changes in our daily lives.

## Book Information

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## Customer Reviews

This is an incredible read. Dr Levine is well-spoken and uses wit, and would be enjoyable even if he were re-writing the phone book. But he doesn't re-hash anything (except possibly the small bits about visualization and positive self-talk we all know so much about already). Yes, as some people mentioned, the author does talk about his own life. It's necessary to the tone of the book, and makes reading all that much more enjoyable. Mainly, though, this book is full of wonderful and

remarkable observation, studies, and other treats that explain why being chairbound is killing us. And was, until I read this book, very literally killing me. My case (please read if you're at all skeptical about the quality of information in this book): I'm sixty-five. I was a professional dancer, working in L.A. theatre and (later) teaching drama on campus into my fifties, when my husband divorced me for a twenty-two year old girl and a free trip to Europe (I'm not kidding). I went into depression, stopped my dance classes, and started teaching scriptwriting (so very sedentary). With the exception of Yoga practice, I was then completely sedentary. Over the years, old dance injuries locked up my neck and back and I couldn't lift my left arm above shoulder level. Doctors couldn't figure out what was going on. I had to stop Yoga. I finally stopped everything, bought a decent reclining chair, stopped teaching on campus, and began editing scripts from my recliner, on my laptop. After a lifetime of being "the skinny one," I began to gain weight. I didn't look odd, but it just wasn't me. (If Dr Levine ever comes across this confession, he'll have a stroke.) Since reading "Get Up!

I was already well on board with the subject so I expected, and I think rightly so, to read a lot of data supporting why we should move more and sit less. Kind of like Metzyl's *The Exercise Cure*, which I recommend highly. But wow, did Dr. Levine put a lot of superfluous personal information in his book. You probably didn't pick up this book to hear about the author's days in school or his divorce, etc. These things don't relate to the topic and if you took them out, it would be an even shorter book, but a better one. Another reviewer said this book could probably be reduced to a magazine article, and I'd agree. Another reviewer said the book is short on science and I'd agree with that as well. Dr. Levine draws inferences that he should support but doesn't. Maybe he felt they were common sense, but there were many that weren't, including his lengthy and somewhat weirdly poetic assertion of what *The Chair* means for depressed people. At one point, his reasoning for moving more is just that he heard Einstein might have come up with  $E=mc^2$  when biking. If you're looking for a clear action plan like a steps goal, it isn't here. There are several wordy chapters you may glean some insight from (maybe) but the author says they aren't meant to be a step-by-step manual. I get the point of the book is to inspire us to move more, but it's frustrating when he lists the success stories of some of his patients they put on a NEAT program, without telling us more about that program itself. Those people had amazing results like writing novels in three months and starting up singing lessons and walking a half marathon at work one day on a whim. They transformed their whole lives for the better, it seems.

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