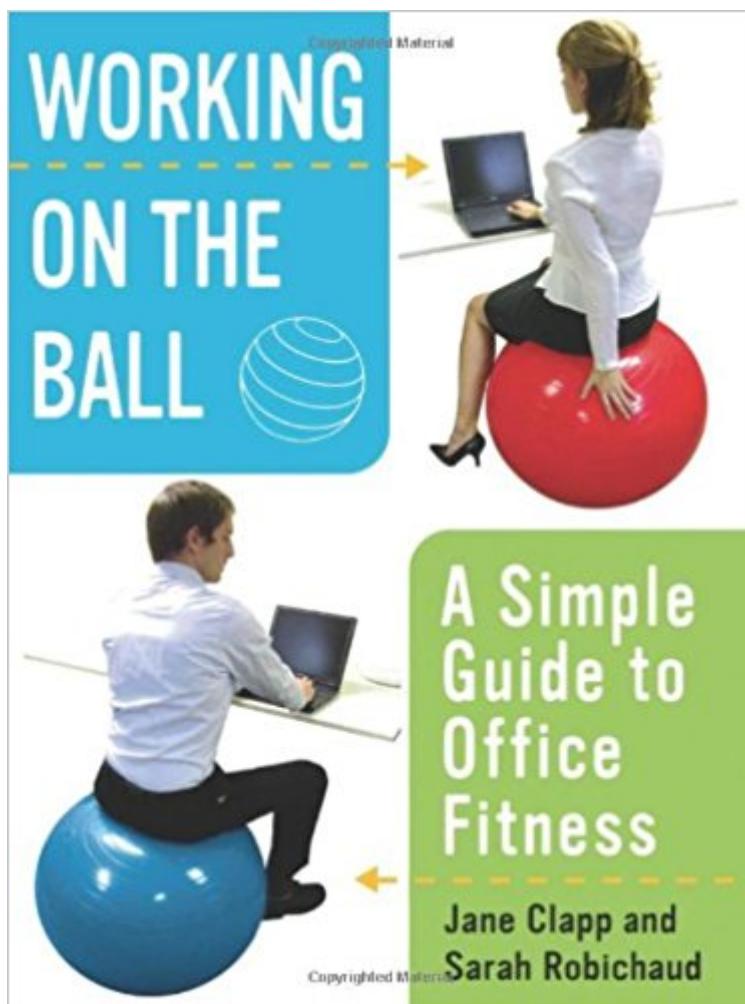


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# Working On The Ball: A Simple Guide To Office Fitness



## **Synopsis**

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 snackingWorking on the Ball makes a great gift or a quick pick-me-up for oneself. --This text refers to an out of print or unavailable edition of this title.

## **Book Information**

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## **Customer Reviews**

Jane 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. --This text refers to an out of print or unavailable edition of this title.

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.

I 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.

I 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.

### Nice Gift

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'. Cute, but I found the keeping-it-breezy factor obscured the message that should have been given. I would like a thoughtful explanation with clear illustrations to best understand the exercises being recommended. I also found some issues with the Kindle formatting--obviously not a problem if you are reading the paper version and I don't 'deduct stars' for this sort of thing as it's the content I am usually trying to convey an opinion about. One issue is that the page numbers were not functional. Everything was 'page 180 of 185'. The locations feature was working, but the authors do make some references to page numbers in the text, so not having them available was a concern. Also, the visual aspects of the formatting/layout may have been the problem--how the information was rendered could have been not conducive to visualizing the exercises properly. Perhaps the layout on the Kindle was not conducive to visualizing the exercises properly. If you are interested in this title I would definitely recommend using the 'look inside' feature and/or download a Kindle sample just to see if the style of writing suits you. There really were some good tips in there that many others would feel useful, it just didn't work for me in terms of writing style and presentation of the material. It may be this one could strike a chord and be very motivating for some, just not for me. I'll go look around for a more nuts and bolts book regarding using the ball at work. Definitely try a Kindle sample before downloading. JTG

I was just sitting and bouncing on my inflatable ball at work and wanted to do more with it. This book is exactly what I needed, in a way that others were not. Most exercise books really aren't conducive to exercise, because you can't read them while you're in position, the pictures aren't clear, the book is boring, etc. Working on the Ball puts those other books to shame. It's got amusing, friendly text and helpful, deliberately humorous photos. Even the book itself is handy, as it's small and hardback.

Great book. The exercises and fitness information are topnotch. They're presented in a really fun and funny way. The book's easy to use and it's fun to dip into here and there and try something out. If you're not sitting on a ball yet, get this book and revamp your life. If you are sitting on a ball, then

get the book and add some great fitness activities to your work day.

I think this book should be on everyones desk at the officePeople are becoming increasingly busy these days and thisbook helps you stay active even at workSo you no longer have any excuses to not be strong and healthyI also like the layout of the book and the fun pictures to demonstrate the different exercises

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