



# Working on the Ball: A Simple Guide to Office Fitness

*Jane Clapp, Sarah Robichaud*

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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.

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