

# The Tracy Biller Newsletter

© 2011 Tracy Biller. All rights reserved.

The “Tracy Biller Newsletter” comes with reprint and redistribution rights as long as it is done so in its entirety with no editing. All past “Success-Training” newsletters are available in PDF files at:

[www.UltimateSuccessCDs.com](http://www.UltimateSuccessCDs.com)

To receive a **FREE** subscription to “Tracy Biller Newsletter” go to: [www.UltimateSuccessCDs.com](http://www.UltimateSuccessCDs.com)

\*\*\*\*\*  
\*\*\*\*\*

## Sitting vs. Smoking

Dear Network Marketer,

Back in 1988 when I was a 28-year-old corporate executive, I read an article about how sitting for long period of time isn't good for the human body. The article said that sitting for a long time is bad for the back, bad for the heart, bad for the hips, bad for the knees, bad for the prostate, bad for the organs, and more.

The article also said that sitting for a long time causes the body to store excess fat.

YIKES!!!!

It all made sense to me, and so I went right out bought some big mason blocks, and I put them under my executive desk to get it off the ground. My boss didn't like how it looked, but I didn't care. From that point on I was a standing worker. If I needed to sit for a little bit, then I sat on a bar stool. Three of my co-workers tried my desk, and they too, put their desks up on mason blocks.

I did the same for my desk at home.

Standing while working is the way to go. You feel so much better at the end of the day because you can constantly move about, move your legs and feet, bend your knees, flex your feet, and more.

I love standing while working!

Then in 2004 I bought an awesome height-adjustable desk by Linak. It's six feet across, three feet deep, with a curved front. It raises and lowers quickly and smoothly with the push of a button.

*I'm telling you all of this because as a network marketer, you're prone to sitting down a lot while working, and sitting isn't good for you. My advice to you is that you should stand more than you sit.*

### **AWESOME ARTICLE: "Sitting vs. Smoking"**

An awesome article titled "Sitting vs. Smoking" is getting a lot of attention lately. Written by Dr. Kim Mulvihill, the article says that sitting for long periods of time may be just as dangerous as smoking.

Scroll down to read the entire article. Be sure to click on the link below, and watch the video about "Sitting vs. Smoking".

Remember . . . stand up!!!!

Sincerely,

Tracy Biller  
Ultimate Success CDs

© 2011 Tracy Biller. All rights reserved.

**SCROLL DOWN FOR ARTICLE**

# HealthWatch: Sitting Vs. Smoking

June 8, 2011 9:59 PM

By Kim Mulvihill, M.D.

<http://sanfrancisco.cbslocal.com/2011/06/08/healthwatch-sitting-vs-smoking/>

Smoking cigarettes is the cause of so much preventable, deadly disease. But now new research shows sitting for long stretches of time may be just as dangerous.

“Smoking certainly is a major cardiovascular risk factor and sitting can be equivalent in many cases,” explained Dr. David Coven.

Dr. Coven is a cardiologist. He says several new studies show prolonged sitting is now being linked to increased risk of heart disease, obesity, diabetes, cancer, and even early death.

“The fact of being sedentary causes factors to happen in the body that are very detrimental,” said Dr. Coven.

Dr. Coven says when you sit for long periods of time; your body goes into storage mode,

When that happens, it stops working as effectively as it should. What’s worse, the more hours a day you sit, the greater your likelihood of developing one or more of these diseases, just as with smoking.

Linda Caufield has a desk job. She sits nearly seven hours a day.

“I’m on the computer, I’m on the phone, I’m doing paperwork so all that stuff has to be done at my desk,” she said.

Linda had no idea her desk was so deadly, noting how “sitting is probably killing me.”

Paul Golin says he was sitting up to eight hours a day. But after a recent heart health scare, he bought a “stand up” desk. It’s a contraption that rests on a treadmill.

“I turn on the treadmill and walk for about an hour a day,” said Golin.

Golin’s measures may seem extreme but so are the consequences of sitting. Dr. Coven says just get up and move when you can.

“Any time you get the blood pumping, the blood moving, it stimulates the organs to do things that are healthier,” said the cardiologist.

If you think that hour of cardio you do every day negates the effect of your desk job, think again.

So get up at the office at any chance you get, don’t send emails when you can deliver the message in person, take the stairs, stand up when you take a phone call. And don’t forget to take your breaks, and take a walk.

## **WATCH THE VIDEO AT:**

<http://sanfrancisco.cbslocal.com/2011/06/08/healthwatch-sitting-vs-smoking/>

###

\*\*\*\*\*

This "Success-Training Newsletter" comes with reprint and redistribution rights as long as it is done so in its entirety with no editing. This newsletter and past newsletters are available as PDF files at: [www.UltimateSuccessCDs.com](http://www.UltimateSuccessCDs.com)

\*\*\*\*\*

Tracy Biller's "Success-Training" newsletter is published and distributed by:

**Owens & Lane Publishing, LLC**  
**P.O. Box 1752**  
**Hendersonville, TN 37077**