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New book teaches you how to sneak exercise into your busy day

Ottawa, ON – The Move More Institute™ and Amanda Sterczyk Fitness are proud to offer the debut work from Amanda Sterczyk, *Move More, Your Life Depends On It: Practical Tips to Add More Movement to Your Day*, paperback and e-book now available for sale on Amazon.

The research is unequivocal: A sedentary lifestyle is hazardous to your health. Physical inactivity has been identified as the fourth leading risk factor for global mortality, behind high blood pressure, tobacco use, and high blood sugar. The World Health Organization attributes physical inactivity to 3.2 million premature deaths.

Move More, Your Life Depends On It is an informative how-to book, focused on the global health crisis caused by physical inactivity, and practical tips to add activity to daily life. Daily physical activity doesn't need to be complicated, time-consuming, or expensive. But it does need to happen every single day. No special clothing, fancy equipment or expensive gym memberships are required. Just a commitment to get off your butt and move more.

The book is divided into three easy to follow sections: The Problem, The Solution, and The Action Plan. It will help individuals change their behaviour from "mostly sedentary" to "active mover." Readers will learn how to nudge themselves to be more active throughout the day; improve their health by incorporating non-exercise activity into their busy workday; and, identify and overcome barriers to being more physically active.

Says Sterczyk: "I'm a fitness professional with a radical idea: don't exercise, just move more."

For more information, please visit www.themovemoreinstitute.com or www.amandasterczyk.com.

About the Author: Amanda Sterczyk is a certified personal trainer who has appeared as a featured expert in print, audio, and video media, including Thrive Global, CBC Radio, Daytime Ottawa, Smart Healthy Women, and CTV Morning Live. In 2016, she founded The Move More Institute™, an initiative to promote healthy active living by adding more exercise and non-exercise activity to individuals' daily lives. Her slogan is: Move more, feel better. Amanda holds a Master's degree in social psychology from Carleton University. Before her career in fitness, she worked for over 10 years in health promotion research and human resources. She lives in Ottawa, Canada with her husband, two teenage children, two gerbils, and one very clingy cat.

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