

From office jobs and long commutes to passive entertainment like television and video games, humans are sitting more than ever. Though lack of exercise has major health consequences, researchers are now examining the additional and widespread health risk of the simple act of sitting for extended periods. With research from leading scientists, *Sedentary Behavior and Health: Concepts, Assessments, and Interventions* presents evidence on sedentary behavior, its apparent health risks, and suggestions on measuring and altering this behavior.

Editors Weimo Zhu and Neville Owen have assembled a highly respected team of international contributors. Together, they provide an interdisciplinary review of current research by examining scientific, public health, and broader social questions about the implications of sedentary behavior and recommendations for interventions to change this behavior. These topics include humans' physiological predispositions, exacerbation of current health conditions like obesity and diabetes, and the design and ergonomics of offices and chairs.

Inactivity is mismatched with many aspects of humans' genetic makeup. While it is becoming the new norm, the consequences of this behavior are emerging as a public health threat. *Sedentary Behavior and Health* will serve as a key reference for the rapidly emerging research area of sedentary behavior.