

## THE TRUTH ABOUT SITTING DOWN: WORSE FOR YOU THAN YOU MIGHT THINK.

Our ancestors lived most of their lives on their feet. With the increased reliance on technology and the desk job, we are sitting down more than ever before in history: average 9.3 hours per day, even more time than we spend sleeping. Our bodies were not built for that and it is starting to take its toll. You might want to stand up for this.

Those who spend 11 or more hours a day sitting are 40% more likely to die over the next three years regardless of how physically active they are otherwise. Studies show that reducing sitting time and taking frequent breaks help.

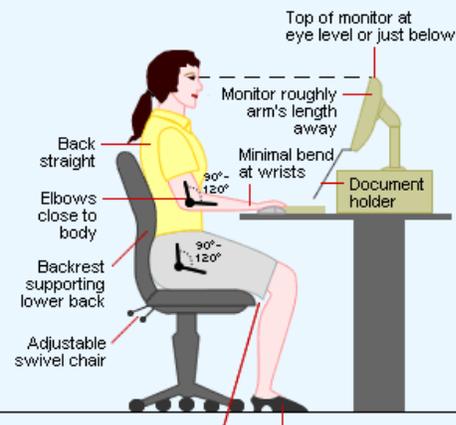
### As soon as you sit:

- \*electrical activity in the leg muscles shuts off
- \*calorie burning drops 1 per minute
- \*enzymes that help break down fat drop 90%

### After 2 hours:

- \*good cholesterol drops 20%

### Workstation ergonomics: ideal set-up



*Obese people sit for 2.5 more hours per day than thin people. Between 1980 and 2000, exercise rates stayed the same but sitting time increased by 8% and obesity doubled.*

A recent study by the American Heart Association found that watching TV for two to four hours a day increased risk of any type of death by 13 percent and risk of death from cardiovascular disease by nearly 20 percent, compared to those who watched TV less than two hours a day.

Research has found that extended periods of inactivity throughout the day correlated with larger waistlines, increased blood pressure, high blood sugar and abnormal cholesterol levels.

## HOW CAN WE REDUCE OUR RISK FACTORS?

- Schedule walking meetings (\*walking burns 3-5 times the calories that sitting does)
- Drink enough water throughout the day so you have to frequent the restroom
- Walk to colleague's desk versus calling them
- Stand up every hour, walk and stretch
- Make sure the fax machines and copiers are several steps away from your desk
- Take the stairs versus the elevator

### REFERENCES:

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