

Sitting Disease *Week 1: Introduction*



“Sitting is a Disease?!”

Sitting Disease Is...

A reference to the **metabolic syndrome and the ill-effects of an overly sedentary lifestyle.**

Metabolic Syndrome is an umbrella term for high cholesterol, high blood pressure and large waist size increasing risk for Type 2 Diabetes, heart disease and certain cancers (breast and colon).

Sedentary Behaviour is “a distinct class of behaviours characterized by little physical movement and low energy expenditure.”

It is different from “lack of physical activity” because of adverse health risks independently associated with sedentary behaviour. These include behaviours that occur while sitting or lying down that require very low energy expenditure. For ex. sitting is a sedentary behaviour but being seated at a rowing machine is not.

Get Those Terms Straight!

A sedentary individual is different from someone who is considered inactive! Inactive can be used to describe someone who is getting insufficient amounts of moderate to vigorous physical activity (i.e less than 150 minutes per week).

HEADS UP!

“An adult who **completes the recommended 150 minutes** of moderate to vigorous physical activity **can still be considered sedentary** if he/she spends a large amount of time seated (i.e at their desk at work).”

Common Examples of Sedentary Behaviour	Examples of Seated or Reclined Behaviours that are not Sedentary
<ul style="list-style-type: none"> • sitting while at work or school • watching television • using a computer or playing video games – this excludes ‘active’ gaming • reading • sitting while socializing with friends or family • sitting in a vehicle or public transportation 	<ul style="list-style-type: none"> • sleeping • using an exercise machine, like a stationary exercise bike or bench press • pushing yourself in a wheelchair • performing chair-based exercise

Source: <http://www.bhfactive.org.uk/>, <http://www.womenshealthdata.ca/>