

# Sitting Disease

## Week 4: Factors Associated with Sedentary Behaviour



Research on sedentary behaviour in adults is emerging, but the majority of studies have focused primarily on TV viewing or other screen-based behaviours.



**Age:** In general, sedentary behaviour increases with age, especially around 60 years old and up. Up to the age of 40 years, women appear to engage in higher levels of sedentary behaviour while for men, this appears 60 years and up.

**Gender:** It is estimated that Canadian men and women spend approximately equal hours per day in sedentary behaviour with minor exceptions:

- More men than women report being frequent users of TV and computers.
- More women than men report frequent sitting and reading.

### Social factors:

- Frequent leisure time computer users are often younger, not married, unemployed, have a postsecondary education and live in urban areas.
- Frequent TV viewers are more likely to have less than secondary graduation, in the lowest household income quintile, live in rural areas, not married. This rises steadily with age.

### What Can I Do?

#### Five Things.

You have the choice to fight against the Sitting Disease! Commit to doing these **five things** this week. Try doing one recommendation each day and eventually work your way up to doing all of them everyday!

1. Want to unwind in front of the TV? **Borrow or search YouTube yoga, pilates or fitness videos** to relax *actively* instead!
2. Swap your desk chair with an **exercise ball**. Try this after lunch and eventually work up to using the ball the whole day.
3. If you really need to use the computer at home, **set a timer to only use it for one hour** so you do not waste time.
4. Can't give up your favourite TV show? **Walk up and down the stairs during commercials** until your show is back on.
5. **Try new hobbies** that decrease sedentary behaviour: gardening, cooking, baking, biking, jogging, joining a walking group, swimming, joining an Ultimate Frisbee league.

Source: <http://www.womenshealthdata.ca/>, [www.bhfactive.org.uk](http://www.bhfactive.org.uk)