

Sitting Disease

Week 2: How Much Do I Actually Sit?

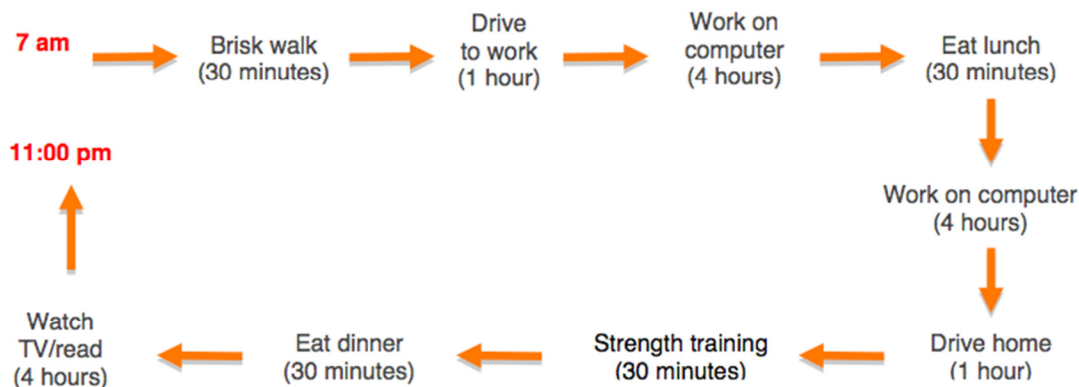


“Every **two hours** spent just sitting reduces blood flow and lowers blood sugar, **increasing the risk of obesity, diabetes and heart disease.**” - James A. Levine, MD, PhD

- 50% to 70% of people spend **six or more hours** sitting a day.
- 20% to 35% of people spend **four or more hours** watching TV a day.



Example of an adult's daily sitting time (<http://www.heartfoundation.org.au/>):



If I Sit Less, I Live Longer?

A study analyzing data from National Health and Nutrition Examination Surveys revealed that a sedentary lifestyle shortens life expectancy. If sitting time were cut in **half**, life expectancy would increase by roughly:

- 2 years (if sitting time was reduced to **less than 3 hours** a day)
- 1.4 years (if TV time was reduced to **less than 2 hours** a day)

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. **Set a timer** to take an active break for 5 minutes **every hour** (go to the water cooler, use the bathroom, stretch, etc).
2. Walk around your office or **stand up while on the phone**.
3. **Park further** from work. If you commute, stay standing and get off a stop earlier.
4. **Walk up one flight of stairs** to use the bathroom.
5. Go **see a colleague in person** rather than send an email.

Source: <http://www.heartfoundation.org.au/>, <http://www.mayoclinic.com/>