



Do you have the ***Sitting Disease?***

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What is the *Sitting Disease*?

Coined by the scientific community, it refers to the ***metabolic syndrome and the ill-effects of an overly sedentary lifestyle***. It is not a diagnosable disease at this time.

Metabolic Syndrome is an umbrella term for high cholesterol, high blood pressure and large waist size increasing risk for ...

- Type 2 Diabetes
- Heart Disease
- Certain Cancers

“It seems highly likely that **the longer you sit, the higher your risk** [of cancer]. This phenomenon is not dependent on body weight or how much exercise people do.”

Dr. Owen, PhD
Australia's Baker IDI Heart and
Diabetes Institute

Sit *Less*

How much do I actually sit?

- 50-70% people spend 6 or more hours sitting a day.
- 20-35% spend 4 or more hours watching TV a day.

... Live *Longer*?

If I cut sitting time by *half*, life expectancy *increases* by ...

- 2 years (if I sit less than 3 hours per day).
- 1.4 years (if I watch less than 2 hours of TV per day).



“We’ve become so sedentary that **30** minutes a day at the gym may not counteract the detrimental effects of **8**, **9**, or **10** hours of sitting.”

- Genevieve Healy, PhD

Make Time + Break Time = Cancer Protection

It's not just enough to make time for physical activity (PA). You must **ALSO** break sitting time even if you are regularly active!

Make Time for PA

Canada's PA Guideline: Get 150 min per week of moderate to vigorous physical activity (ex. 30 minutes per day of brisk walking or bike riding).



Break Sedentary Time

Take a walking or standing break every hour. More breaks are associated with lower waist circumference, BMI and triglycerides.



Reduced risk of ...

Premature death	Type 2 Diabetes
Heart disease	Osteoporosis
Stroke	Overweight and obesity
High blood pressure	Some cancers

“For people who sit most of the day, their risk of **heart attack** is about the same as **smoking**.”

– Martha Grogan, Cardiologist

Tip of the Day: Get into the habit to ask someone, “*Walk with me.*” You decrease your risk of heart attack and will probably be more attentive in your walking meeting!



In the office

Try at-desk stretches: arms-over-head, neck rotations, torso twists.

Try at-desk exercises: heel lifts, toe lifts, thigh and buttock squeezes.

Replace a desk chair with an exercise ball.

Try **walking meetings**.

Walk to a colleague's desk;
skip the email.

Set a timer to stand every hour.

Stand while on the phone.

Walk or bike to work.

Park further.

Practical Ways to Sit Less!

Walk while on the phone.

Don't bring a chair if you're going to the park or watching your kid's soccer game.

Limit TV or computer time by going for a bike ride, borrowing a yoga/fitness DVD, doing something active with a friend.

Go for a stroll with someone after dinner.

During commercials stand up or walk up and down the stairs.

At home

Women, Heads Up!

“Heart disease is the leading cause of death among women – and one of the most preventable!” (Harvard Health, 2013)

Gender Differences in Coronary Risk

Blood Lipids	After menopause, women have <u>higher concentrations of total cholesterol</u> than men do. Estrogen no longer increases HDL (good cholesterol) but decreases LDL (bad cholesterol).
Diabetes	Diabetes increases risk of heart disease in women more than men usually because there are more added risk factors (obesity, hypertension, high cholesterol).
Metabolic Syndrome	Metabolic syndrome is the <u>most important risk factor</u> for having heart attacks at an unusually early age in women.
Smoking	Women are <u>twice as likely</u> to have a heart attack than male smokers.

If women are at greater risk, prevention becomes even *more* important.



Source: <http://www.health.harvard.edu>

1. **Make time and break time.** Get at least 30 minutes of moderate to vigorous PA per day AND take breaks every hour to reduce sitting time.
2. **Don't smoke.** Women's chances of having a heart attack doubles if they smoke as few as 1-4 cigarettes per day. Regular exposure to other smokers can also increase risk.
3. **Eat healthfully.** Include whole grains, variety of fruits and vegetables, nuts, fatty fish and lower intake of trans fat.
4. **Reduce stress.** Risk for heart disease increases if you're stressed or chronically stressed. Try reducing stress through exercise, adequate sleep, relaxation and meditation techniques.