 

How to Ward Off the Sitting Disease Lunch n’ Learn

Learn ways to reduce your sit time so to lessen chance for disease, like cancer!

**DATE and TIME**

**Speaker: Meaghan Jansen**

**Did You Know?**

* The Sitting Disease is a reference to the metabolic syndrome and the ill-effects of an overly sedentary lifestyle.
* Every two hours spent just sitting reduces blood flow and lowers blood sugar, increasing the risk of obesity, diabetes and heart disease.
* If you decrease your sitting time by half, life expectancy increases.
* There are easy ways to ensure you sit less both at work and at home!

Pics here?