Sitting Disease
Week 3: Make and Break Time

"You mean it's not just enough to exercise for 30 minutes a day?"

Research in sedentary behaviour is finding that sitting for long periods of time can increase some of those same indicators of cancer risk, **even among people who exercise daily.** This means that even if you get your 30 minutes of gym time daily but are sedentary for the rest of your day, you are still at risk of cancer.

"We need to start thinking in terms of ***make time*** and ***break time***." – Alice Bender, MS, RD

This new research on **break time** is urging us to not only make time for physical activity (PA) but also break time every hour of sitting with one to two minutes of activity. 30 minutes of PA only represents 3% of our waking day and we need to start thinking about the remaining 97% of time we spend awake!

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 Heart disease Stroke Obesity High blood pressure Some cancers (breast, colon) Overweight Osteoporosis Type 2 Diabetes

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. Try office exercises every other hour: wall push ups, standing calf raises, balancing on one leg for 20 seconds.
2. Try office stretches every other hour: arm over neck, neck rotations, torso twists, quadriceps stretch.
3. Go for a stroll with someone for 30 minutes after lunch/dinner.
4. Ask a colleague, "walk with me" if you need to meet with them.
5. Put a sticky note on your computer screen to take a 2 minute power walk down the hall every hour.

Source: http://www.aicr.org/