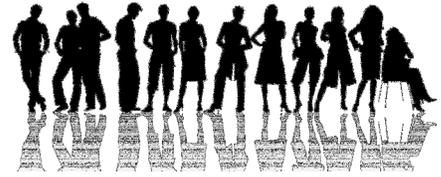


# Sitting Disease

**Get Informed and Fight Against the Sitting Disease!**



## Sitting Disease Is...

A reference to the **metabolic syndrome and the ill-effects of an overly sedentary lifestyle.**

**Metabolic Syndrome** is an umbrella term for high cholesterol, high blood pressure and large waist size increasing risk for Type 2 Diabetes, heart disease and certain cancers (breast and colon).

## How Much Do I Sit in a Day?

Fill in the number of hours you sit in the **Sitting-Time Calculator**. Add up all your hours to see you're at risk for Sitting Disease. Then colour in how many hours you sit in the pie chart (each slice counts for 1 hour. You can fill in half a slice for 30 min or a quarter of a slice for 15 min). If you fill in the whole circle, that means you are at very high risk!

**Eat Breakfast**

**Commute to Work**

**Work in the Morning**

**Eat Lunch**

**Work in the Afternoon**

**Commute Home**

**Eat Dinner**

**Watch TV/gaming**

**Use the Computer**

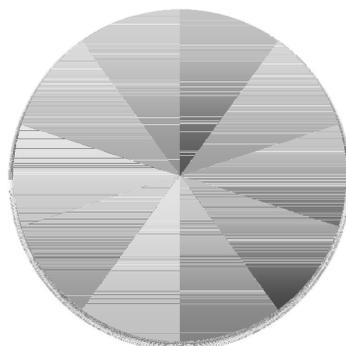
**Other (reading, etc)**

**Total Sitting Hours per Day**

**Risk for Sitting Disease**

- "Low" risk = sitting under 4 hours per day
- "Medium" risk = sitting 4 to 8 hours per day
- "High" risk = sitting 8 to 11 hours per day
- "Very High" risk = sitting over 11 hours per day

## Total Hours of Sitting per Waking Day



- Eat Breakfast
- Commute to Work
- Work in the Morning
- Eat Lunch
- Work in the Afternoon
- Commute Home
- Eat Dinner
- Watch TV/gaming
- Use the Computer
- Other (reading, etc)

## 6 Exercises and Stretches to do during your “9-5 Workday”

<p><b>1. Start Up Stretches:</b> Start your workday with these stretches to loosen tense muscles and energize your body.</p> 	<p><b>Neck</b></p> <ul style="list-style-type: none"> <li>○ Slowly tilt head toward shoulder. Hold for 10 seconds. Switch sides.</li> </ul> <p><b>Shoulders</b></p> <ul style="list-style-type: none"> <li>○ Roll both shoulders forward in circular motion. Roll backwards. Repeat 10 times.</li> </ul> <p><b>Wrists</b></p> <ul style="list-style-type: none"> <li>○ Stretch arm out with palm down. With other hand, pull fingers down. Hold for 3 seconds. Repeat alternating 3 times.</li> </ul> <p><b>Lower Body</b></p> <ul style="list-style-type: none"> <li>○ Hold one foot off the floor with your leg straight. Point your toes up. Point your toes down. Repeat 10 times with both legs.</li> </ul>
<p><b>2. Desk Dynamics:</b> As you’re checking emails or reading at the desk, strengthen your abs and stretch your legs right under your desk!</p> 	<p><b>Extended Leg Raises</b></p> <ul style="list-style-type: none"> <li>○ Start with feet flat on the floor. Sit tall at your desk. Hold your abdominals tight.</li> <li>○ Extend one leg until it is level with your hip. Hold for 10 seconds. Repeat 15 times and alternate legs.</li> </ul> <p><b>Chair Squats</b></p> <ul style="list-style-type: none"> <li>○ Stand tall. Keep back straight. Lower to one inch of chair pretending you are sitting down. Hold for 10 seconds. Lift back up to standing position.</li> </ul> <p><b>Resistance Leg Raises</b></p> <ul style="list-style-type: none"> <li>○ With legs straight, cross one on top of the other. Raise them off floor. Press top leg down and resist bottom leg. Hold for 10 seconds. Repeat with opposite legs top and bottom.</li> </ul>
<p><b>3. Glute Shapers:</b> Try these exercises to tighten and strengthen your glutes (butt muscles) and relieve back pain.</p> 	<p><b>Glute Squeezes</b></p> <ul style="list-style-type: none"> <li>○ Lift one glute up and almost off the chair. Perform in a side-to-side rocking motion for 30 seconds.</li> <li>○ Squeeze your glute muscles. Hold for 10 seconds and release. Repeat 5 times.</li> </ul> <p><b>Glute and Hamstring Circles</b></p> <ul style="list-style-type: none"> <li>○ Stand with your feet shoulder-width apart. Shift weight to left leg. Lift right leg behind you. Hold on to your desk or chair for balance.</li> <li>○ Slowly circle your left leg clockwise 25 times and counterclockwise 25 times. Switch legs.</li> </ul>

<p><b>4. Water Bottle Workouts:</b> Whether using light dumbbells or a full waterbottle, try these exercises to strengthen your upper body.</p> 	<p><b>Bicep Curls</b></p> <ul style="list-style-type: none"> <li>○ Sit tall with abs pulled in. Hold water bottle in right hand and curl up towards your shoulder. Do not move your elbows. Repeat 15 times and change arms.</li> </ul> <p><b>Front Arm Raises and Overhead Press</b></p> <ul style="list-style-type: none"> <li>○ Hold water bottle in right hand. Bend elbow. Extend arm overhead. Repeat 15 times and change arms.</li> </ul> <p><b>Torso Twists</b></p> <ul style="list-style-type: none"> <li>○ Hold water bottle at chest level. Twist to the right as far as you can. Twist back to center. Twist to the left. Repeat 10 times.</li> </ul>
<p><b>5. Conference Table Toners:</b> Just because you're sitting during meetings or in your office, doesn't mean you can't tone your muscles!</p> 	<p><b>Table Lifts</b></p> <ul style="list-style-type: none"> <li>○ Put your hand under the table. Press up against the table. Continue until your muscles are tired. Do this one hand at a time or both together. Repeat 10 times.</li> </ul> <p><b>Table Push</b></p> <ul style="list-style-type: none"> <li>○ Put hand on table, palm down. Press down as strongly as you can. Continue until your muscles are tired. Do this one hand at a time or both together. Repeat 10 times.</li> </ul> <p><b>Shoulder Shrugs</b></p> <ul style="list-style-type: none"> <li>○ Raise the top of your shoulders toward ears. Hold for 3-5 seconds. Relax. Repeat 10 times.</li> </ul> <p><b>Leg Holds</b></p> <ul style="list-style-type: none"> <li>○ Sit on edge of chair. Press down on table with both hands. Simultaneously lift legs as high as you can. Hold for 10 seconds. Repeat 5 times.</li> </ul>
<p><b>6. Innovative Isometrics:</b> These exercises are static where you do not move the joint.</p> 	<p><b>Wrist</b></p> <ul style="list-style-type: none"> <li>○ With or without a stress ball, make a fist or squeeze. Hold and release. Stretch fingers. Repeat 10 times.</li> </ul> <p><b>Calves and Ankles</b></p> <ul style="list-style-type: none"> <li>○ Stand and hold onto your chair. Rest your left foot on the back of your right calf. Raise up on your toes. Hold for 20-30 seconds. Repeat 3 times and change legs.</li> </ul>
<p><b>7. Office Chair Abdominals:</b> Replace your office chair with an exercise ball to improve balance, core strength and take the stress off your lower back.</p> 	<p><b>Core</b></p> <ul style="list-style-type: none"> <li>○ Sit on the ball and find your balance. Pull your navel in. Pull your shoulders back. Pull your shoulders back so you do not slouch. Place feet hip width apart.</li> <li>○ Try this at home first or start sitting on the ball for just one hour every day. Increase by one hour each week until you can sit on it all day.</li> </ul>

Source: <http://health.howstuffworks.com/>, <http://www.juststand.org/>