

How is sitting “hurting” you ...

According to Dr. Levine from the Mayo Clinic, sitting is more dangerous than smoking, kills more people than HIV and is more treacherous than parachuting. We are sitting ourselves to death.

- Sitting more than 6 hours a day makes you more likely to develop heart disease than those who sit for 3 hours a day or less.
- Sitting for long periods of time increases your risk of colon and possibly lung cancer. Even in active adults, sitting for more than 2 hours has negative effects on your health.
- Sitting increases the risk of obesity.
- Prolonged sitting increases the risk of Type II diabetes.
- Long periods of sitting of more than 8 hours may cause you to lose proficiency at running, jumping or even just standing.
- Long periods of sitting interferes with LPL – lipoprotein lipase – an enzyme used to break down fat. If not used, the fat is stored.
- The answer is not just moving at the end of the day or going to Zumba after work. You must stand throughout the day.
- A sedentary lifestyle is associated with a higher risk of depression.

Think about the typical American day. Add up 2 hours sitting for meals, 1 hour sitting in the car, bus, or train while commuting, 8 hours behind a computer at work, up to 5 hours watching TV, and 7 hours sleeping. That adds up to 23 out of 24 hours off your feet. Now, think about the most sedentary people you know. Can you honestly say they're on their feet for 3 hours a day? Probably not. We would guess that there are millions of Americans who spend as little as 1 hour being up and moving briskly during a typical day.

Calculate how much you sit:

At home in the a.m. _____

At work before lunch _____

At lunch _____

At work after lunch _____

Driving _____

After work _____

Watching TV _____

Solutions

Find ways to stand at work

- Stand while talking on the phone or texting
- Text standing on one foot
- Use a standing desk or put your monitor on a small shelf or use a laptop on a counter
- Walk back and forth while on the phone – pace!
- Always take the stairs, even if you don't have to
- Hold a walking meeting
- Park your car as far away as you can. Don't look for the perfect spot.
- Dance when you can – 60-second dance-off every hour, YouTube videos
- Clean off a shelf
- Stand and do heel raises
- Yoga in your chair
- Wall stretches
- Don't send an e-mail if the other party is within walking distance
- Fidget
- Drink water – small amounts all day. Go to the bathroom at least once an hour – even if you don't really have to go.
- Walk for at least half of your lunch hour
- Do jumping jacks
- Do wall pushups
- Door "traction"
- Put your arms in the air for 30 seconds every 15 minutes to lengthen your spine
- Beach towel bridging
- Get up and down from the floor 10 times a day
- Hand-deliver any mail you have for another department
- Lunch-time aerobics/yoga class –pitch in with your workmates and pay someone to come to your place
- Wear clothes that allow you to move at work. Squat-test your pants.
- High-kneel on a garden pad instead of sitting. Or use a folded yoga mat.

Make the most of your time AWAY FROM work to avoid sitting

- Turn TV time into a work-out: use a treadmill or exercise bike, walk in place, do squats during commercials
- Raise up and down on your toes while brushing your teeth
- Yard work vs. gardening
- “Weekend Walking” – see how much you can give up your car on the weekends
- Pull weeds
- Walk the dog
- Practice your golf or tennis swing
- Mulch the beds
- Look for unusual birds
- Bicycle
- Visit a neighbor
- Shopping mall or Costco walking – leave your wallet at home. Practice “reverse shopping” (“I have that”, “I have that”, “I have that” ...)
- Spend at least 1 hour outdoors each week. There’s a direct correlation between fitness levels and the amount of time you spend outdoors vs. indoors. Think about it – people who spend time outside are by nature more energized, upbeat and fit.

Drink lots ... pee lots!