



# The Hazards of Sitting

## Are you sitting comfortably?

Well...you might want to change that! Studies around the world show that excessive sitting has been linked to increased risk of diabetes, cardiovascular disease, premature death, disability, depression, weight gain and even some cancers (i.e. colon, breast).

### Health Concerns:

#### Organ Damage

- ◆ Heart Disease
- ◆ Overproductive pancreas (diabetes)
- ◆ Colon, breast cancer

#### Muscle Degeneration

- ◆ Mushy abs
- ◆ Tight hips
- ◆ Limp glutes

#### Leg Disorders

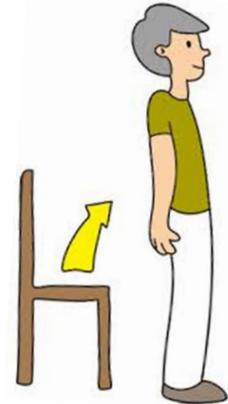
- ◆ Poor circulation in legs
- ◆ Soft Bones

#### Trouble at the Top

- ◆ Foggy brain
- ◆ Strained neck
- ◆ Sore shoulders and back

#### Bad Back

- ◆ Inflexible spine
- ◆ Disk damage



### According to World Health Organization...

- Physical inactivity **is the fourth leading risk factor for death worldwide**, behind high blood pressure, tobacco use & high blood glucose.
- Approximately **3.2 million people die each year** because of physical inactivity.
- Physical inactivity is the **main cause** for approximately 21-25% of breast & colon cancers, 27% of diabetes & 30% of heart disease.

Therefore, there is a very large opportunity to improve health, prevent disease, and postpone death if we can find effective & sustainable ways to decrease our inactivity and increase our physical activity.

### The Cause??

When you sit, you expend fewer calories than while standing, and you demand little effort from your muscles. Muscle activity needed for standing & other movement seems to trigger processes related to the breakdown of fats & sugars within the body. When you sit, these processes stall—and your health risks increase. Conversely, when you're standing or actively moving, you kick the processes back into action.

The recommendation—sitting for no more than 30 minutes at a time & standing as much as possible throughout the day.



**People who sit for four or more hours a day have a 50% increased risk of death from any cause and about 125% increased risk of developing some sort of cardiovascular disease.**

## Tips to Reduce Your Sitting Time

If you find that you are sitting for extended periods of time at work or at home, try setting a timer to remind yourself to stand up on a regular basis even if it is just to stand up and stretch or move around for 5 minutes.

### At Home

- Get off the couch & walk around the house during commercial breaks or do a quick task
- Move around when watching TV: walk or march in place, exercise & stretch
- Do household chores, such as folding clothes, washing dishes or ironing, while watching TV
- Do tasks manually—vacuum or sweep the floor yourself. Get some fresh air & sunshine & mow your lawn
- Walk around while you're talking on the phone or stand when checking text messages & email on your cell phone
- Go for a walk with a friend or the family pet
- Stand to read the morning newspaper



### At Work

- Stand & take a break from your computer every 30 minutes
- Take breaks in sitting time in long meetings
- Have standing or walking meetings
- Stand at the back of the room during presentations
- Drink more water—going to the water cooler & washroom will break up sitting time
- Use a height-adjustable desk so you can work standing or sitting—or sit on a therapy ball instead of a chair
- Move your bin away from your desk so you have to stand up to put something in it
- Walk to your colleagues' desk instead of phoning or emailing
- Use headsets or the speaker phone during teleconferences so you can stand
- Stand during phone calls
- Eat your lunch away from your desk
- Use the stairs

### While Travelling

- Walk or cycle instead of taking the car for short errands
- If taking your car, park your car further away from your destination & walk the rest of the way
- Do leg extensions or try seated marching
- Point & flex your feet or do ankle circles
- Plan regular breaks during long car trips
- Leave your car at home and take public transportation so you can walk to and from stops/stations
- Get on/off public transportation one stop/station earlier

**Most Canadians spend about 69% of their waking hours sitting or being sedentary.**

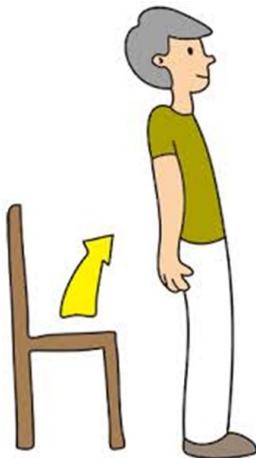
**\*For more information or references used contact**

**Forever...in motion at  
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## References

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**Reduce the amount of time  
you spend sitting...**

**SIT LESS,  
MOVE MORE!!!**



Forever...  
*in motion*<sup>™</sup>  
Physical Activity - do it for life!