

Sitting is killing us!!

You've already heard that sitting is the new smoking. Here are some highlights!

- Studies have long connected sedentary behavior to poor health, including heart disease, diabetes, obesity and hypertension. Sitting down for extended periods is as detrimental to our health as smoking or over-exposure to the sun.
- A recent study showed that the relationship between sitting and all health causes of mortality was strong, even if people are meeting the minimal physical activity guidelines.
- A standing body uses energy altogether differently from a sedentary body—and also from an exercising one. We burn calories at a different rate, store them in different ways, and our brains function differently, too.
- A recent review of 43 studies analyzing daily activity and cancer rates found that people who reported sitting for more hours of the day had a 24% greater risk of developing colon cancer, a 32% higher risk of endometrial cancer and a 21% higher risk of lung cancer—regardless of how much they exercised.
- In another study involving a group of men and women who reported exercising the same amount, each additional hour they spent sitting was linked to a drop in their fitness levels. In other words, sitting was chipping away at some of the benefits of exercise.

Source: <http://time.com/sitting/>

Ways to move more at work:

- At least 6 hours of each working day get out of your chair every 55 minutes and walk for 5 minutes.
- Take at least two 15 minute breaks throughout each day and walk around campus
- Have a goal of 10,000 steps a day.
- Park farthest spot away from doors at work
- Use the farthest restroom during the day
- Invest in a Kangaroo Desk or a Standing desk. Contact me for more information or if you are interested in seeing my standing desk ☺
- Get an anti-fatigue mat for your standing desk (I suggest the brand Imprint)

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“If your typing slows down, the special ergonomic keyboard injects coffee directly into your fingertips.”

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