

Health tip: stand for health.

Whether it's time spent working (in the office, school or home), driving, eating or watching TV, the impacts of our sedentary lifestyles may be one of the most unanticipated health threats of our modern time.

Standing facts to know.¹



The amount of time the average person is sitting (aka sedentary) a day.



3.2 million deaths a year are related to physical inactivity.



The 4th leading risk factor for global mortality is physical inactivity.

The term “Sitting Disease” has been coined by the scientific community and is commonly used when referring to the ill-effects of an overly sedentary lifestyle.

Even if you engage in the recommended 150 minutes of moderate to vigorous physical activity per week, you may still experience the negative impact of too much sitting.

According to the American Academy of Family Physicians, prolonged periods of sitting increase the risk for heart disease, diabetes, cancer, stroke and death, even among people who exercise regularly.²

Current research is showing that sedentary time is rising. On average, U.S. adults now spending an estimated 12 hours a day engaged in sedentary behavior, which includes sitting, driving, reading, TV viewing, screen time and computer use.³

Try a new approach:

Alternate between sitting and standing every 30 minutes for improved health.



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Benefits of standing and moving more⁴:

- Reduce major health risk factors.
- Support bone health and reduce the risk of osteoporosis.
- Enhance brain power and improve mood state.
- Burn calories and tone body composition.
- Improve circulation.
- Aid in pain relief.

Changes to help reduce sitting time:

You can make small changes that may reduce your sitting time. For example, you can:

- Stand while folding laundry.
- Do a light workout while watching TV or stand or stretch during commercial breaks.
- Park farther away from where you are going.
- Stand during conference calls.
- Stand up or walk during phone calls.
- Make shorter meetings “standing” meetings, if you are the organizer.
- If you sit at work, take a 1- to 2-minute break every hour to stand or walk around.
- Take the stairs.

Sources:

¹ www.juststand.org, accessed February 3, 2020.

² American Academy of Family Physicians, Prolonged Sitting Linked to Serious Health Risks, Death, <https://www.aafp.org/news/health-of-the-public/20150127sitting.html>, accessed February 3, 2020.

³ www.juststand.org, accessed February 3, 2020.

⁴ www.juststand.org, accessed February 3, 2020.

This information is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.