

SITTING IS KILLING YOU

The Truth About Sitting Down



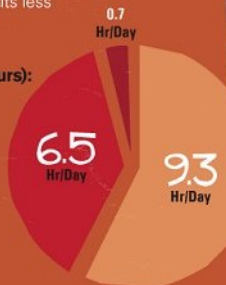
Whether tending our crops or hunting wild boar, most of our lives as humans were lived on our feet. But with the advent of TV, computers, and the desk job, we're sitting down more than ever before in history: **9.3 hours a day**, even more time than we spend sleeping (7.7 hours). Our bodies weren't built for that, and it's starting to take its toll. You might want to stand up for this.

SITTING INCREASES RISK OF DEATH UP TO 40%

Sitting 6+ hours per day makes you up to **40% likelier** to die within 15 years than someone who sits less than 3. Even if you exercise.

Average Physical Activity (Waking Hours):

- Sedentary
- Low-Intensity Physical Activity (Walking, Standing)
- Medium-Vigorous Physical Activity (Running, Sports)



Studies show that only reducing sitting time helps. **It's clear that sitting is killing us: but how?**

HOW SITTING WRECKS YOUR BODY

- As Soon As You Sit:**
 - Electrical activity in the leg muscles **shuts off**
 - Calorie burning drops to **1 per minute**
 - Enzymes that help break down fat drop **90%**
- After 2 Hours:**
 - Good cholesterol drops **20%**
- After 24 Hours:**
 - Insulin effectiveness drops **24%** and risk of diabetes rises



People with **sitting jobs** have **twice the rate** of cardiovascular disease as people with standing jobs.



HOW TO GET OUT OF YOUR CHAIR ALIVE

For many of us, sitting for **8 hours a day** at our job is inevitable. But it's the extra sitting outside of work that turns a serious problem **deadly**.

The recommended **30 minutes** of activity per day is **not enough**. Interrupt sitting whenever you can:



Stretching

Walking/Marching In Place

Jumping Jacks

Walking burns **3-5 times** the calories that sitting does. Take every opportunity to walk around the office.

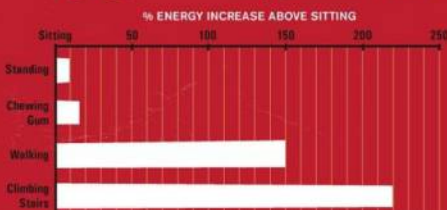
SITTING MAKES US FAT

Obese people sit for **2.5 more hours per day** than thin people.

1 in 3 Americans is obese.

- Between 1980 and 2000:
- Exercise rates stayed the same
 - Sitting time increased 8%
 - Obesity doubled

Sitting expends almost **no energy**.



Effects of sitting aren't just long term, though. Your body goes into meltdown the moment you sit down.

GET OFF THE COUCH

Those who sit **3 hours** or more per day watching TV are **64%** more likely to die from heart disease.

Of those who sit in front of the TV **3 hours** per day, those who exercise are just as fat as those who don't.




Each extra hour of watching TV = **11%** higher death risk.

TAKE THE EXTRA STEP

Sitting time adds up, whether it's at the desk or in the car. Walk, ride your bike, and take the stairs instead of the elevator. Also, interrupt sitting time whenever you can.



Sitting at 135° puts less strain on your back than hunching forward or even sitting straight.



The human body simply isn't built to sit for long periods of time. A hundred years ago, when we were all out toiling in the fields and factories, obesity was basically nonexistent. But since we can't exactly run free in the fields til the end of our days, we have to help our bodies in other ways. We have to stand up for our right to stand up.

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