

# PREVENTING NEGATIVE EFFECTS OF A SEDENTARY LIFESTYLE



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## WHAT IS A SEDENTARY LIFESTYLE?

A sedentary lifestyle is when we sit for more than 8 hours a day. When picturing a sedentary lifestyle, we all think of the iconic scene of office workers sitting behind a desk all day. That does happen, but in our modern world they are not the only ones who sit more than 8 hours a day. We are also sedentary when sitting on a couch while working on a laptop or watching tv/video games. Those who drive for a living are also sedentary due to the nature of the job.

**So, why is sitting all day a problem?**

## EFFECTS OF SEDENTARY LIFESTYLE:

According to the Mayo Clinic, research has shown that sitting for long periods is associated with a higher risk of heart disease, cancer, diabetes, depression, and anxiety.

Research also shows that 60–75 minutes per day of moderate activity can counteract the effects of too much sitting.

Don't have time to exercise every day? That's ok; there are ways to increase your daily activity.

## HOW TO MOVE MORE DURING THE DAY:

- Get up at least once an hour to move around: take a short walk, stretch, play with your dog, or exercise in place. Can't remember to do it? Set an alarm for every hour to remind you.
- Walk or pace while talking on the phone. Make meetings walkable when possible.
- Elevate your desk so you can stand while you work. If you can, work at a treadmill desk.
- Take the stairs instead of elevators.
- Go for a walk during lunch and at your breaks.
- While driving, try to stop every couple of hours and take a 5- to 10-minute walk, even if it's walking around a parking lot or rest stop.
- Even at home, move more. Stand up to fold laundry, walk around the room while watching TV, and take a 10-minute walk after meals.

**Feeling overwhelmed by so many changes? Here are some suggestions so it's not so scary:**

- Start small. Make one change and see how it goes. Once it feels normal, pick another one to try.
- Find a movement pal. Someone who can make changes with you It's easier to stick with change when you do it with someone else.
- Set small goals. Make them specific and something you can realistically do. Ex: I will walk up the stairs to get to my office when I arrive at work and when I come back from lunch.

**Finally, if you have health questions or concerns relating to exercise, talk to your primary health care provider.**