

**Monthly
Wellness
SpotLight
by PSA**



IN GOOD HEALTH

SITTING OURSELVES TO DEATH!

We are spending more time at home these days, and with that, more time sitting. We sit while we work, watch Netflix, talk to friends, and when we're bored! But did you know prolonged sitting can be more dangerous than smoking?

Prolonged sitting increases your risk for cancer, heart disease, obesity, type 2 diabetes, hypertension, and muscular problems. A recent Time article reported findings of 43 studies that analyzed activities and cancer rates among people who reported prolonged sitting. These individuals had a 24% greater chance for developing colon cancer, a 32% higher risk of developing endometrial cancer, and a 21% high risk of lung cancer than their less sedentary counterparts.

A study by the American Cancer Society found that men who spent six or more hours a day sitting had a 20% higher death rate than those that sat for three hours or less. For women, it's 40% higher. Did that get your attention?

Our bodies aren't made for sitting! When we sit vs. stand, we don't burn calories as efficiently, our brains function differently, and we don't use energy as efficiently. When you sit, the electrical activity in your muscles shuts down. In addition, your metabolism drops to burning only one calorie per minute vs. three calories when standing.

MOVE TOWARD A HEALTHIER FUTURE

The more you are aware you are sitting, the more you will be motivated to stand and move around. Do it for your long-term health!

SIT LESS, MOVE MORE

Now that I have your attention, here are some ideas to get you moving!

- Rather than sitting to read, why not listen to a recorded book while exercising, taking a walk, or gardening.
- Stand up when doing chores like ironing, folding laundry or prepping meals.
- While watching TV, get up and walk around during the commercials.
- While at the office or at home, when talking on the phone, stand up!
- Take the dog (or yourself) for a walk. Use your smart phone to track your steps and set a daily goal.
- The American Heart Association suggests 10,000 steps per day but why not set your goal for 100 more steps than the day before?
- Google stretching exercises and strive to do them five times a day.

THERE'S AN APP FOR THAT!

These days, there's an app for everything, even to remind you to stand up! One of the simpler apps is Stand Up, which alerts you when it's time to stand. Apps like EVO include more features. Regardless of whether or not you use an app, it's important to set reminders to stand up, move, and stretch every 50 minutes.