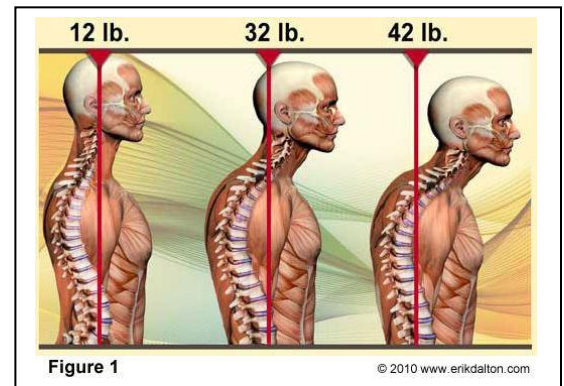


“Sitting is the new smoking” ...

Excessive sitting has been linked to:

- Obesity
- Increased blood pressure
- High blood sugar
- Excess body fat around the waist
- Unhealthy cholesterol levels
- Poor mental health
- Increased pain (poor posture)
- Chronic diseases including cardiovascular disease, diabetes, and cancer



If you work behind a desk you may want to incorporate a few “take action” steps:

- 1) Wear a pedometer
 - a. Measuring your steps may be a way to ensure you are maintaining a sufficient daily activity level. While the goal is 10,000 steps, the best advice is to establish a baseline and then work on improving. For example, maybe you monitor yourself for a week and find your average number of daily steps is 3,000. Using that baseline you would focus on a slight increase (3,500 or 4,000 steps per day).
- 2) Add a Stretch & Flex Program
 - a. Prolonged sitting can result in poor posture (Figure 1) causing neck, shoulder, and lower back pain (not to mention headaches). While working as a fitness professional in an setting where I saw many people who spent hours behind a desk, I was blown away at how many work-related injuries there were. While I expected some things such as carpal tunnel, the number of shoulder injuries and rotator cuff surgeries astounded me. There were some people whose muscles were so restricted they had difficulty simply lifting their arms above their head. Based on experience, I would suggest it is worth the effort to stretch a couple of times per day.
- 3) Get up and move around for 5 minutes each hour.

