



Health Effects of Prolonged Sitting

In 2013 a review of literature published in *Harefuah*, the journal of Israel Medical Association, the authors found a consistently demonstrated relationship between sedentary behavior and health risks. The problem is compounded by the fact that sitting doesn't just take place at work; workers sit in their cars on the way to and from the workplace, they sit at work, and they sit for recreational activities like watching television, movies and sporting events.

Researchers found that prolonged sitting—for a total of 8 or 9 hours per day, including working, television time, and time in a vehicle—is strongly correlated with:

- Premature death from all causes;
- Chronic diseases, including cardiovascular disease, diabetes, and cancer;
- Metabolic syndrome (a precursor to diabetes);
- Back, neck and should pain; and
- Obesity.

Suggestions to Counteract the Effects of Prolonged Sitting:

- Move around routinely, taking frequent breaks if possible. Stretch, do some exercise and relax your muscles for a couple of minutes at least once every 45 minutes to an hour.
- Walk more. Take the long way to restrooms or break rooms. Park further away than necessary.
- Take the stairs to nearby floors instead of the elevator. If you don't change floors for meetings during your day, get off the elevator a floor or two early in the morning and use the stairs to reach your destination.



