IS SITTING REALLY THE NEW SMOKING?
SITTING: IS IT KILLING YOU... OR NOT?

Some headlines claim that in terms of our health, sedentary work is as bad as smoking. But the research? It isn’t clear. Here’s what you need to know:
SITTING FOR LONG PERIODS MAY ...

- Reduce blood flow to the legs, increasing atherosclerosis risks
- Increase the risk of diabetes and obesity
- Cause or exacerbate muscle and back problems
- Increase the risk of depression – and reduce engagement, productivity and focus as a result
• **CAUSE THESE MEDICAL CONDITIONS ON ITS OWN.**
  British researchers found only a weak association between sitting and diabetes once they controlled for diet and genetic risks.

• **CAUSE IRREVERSIBLE DAMAGE.**
  Studies indicate that 60-75 minutes of activity a day, even broken into smaller chunks, can reverse the negative health effects of sitting.
FOR BETTER WELL-BEING. . .

MOVE IT!

Sitting may not be “the new smoking,” but too much of anything is never good. Regular movement helps with:

- Improved mood and engagement
- Boosting focus and attention
- Curbing “auto-snacking” for better weight management
WHAT DOESN’T WORK?

Research indicates that standing desks aren’t a substitute for actual walking – probably because people don’t expend much more energy standing than they do sitting.
TIPS FOR SITTERS

IF YOUR WORK DEMANDS YOU SIT:

• TAKE A 5-MINUTE WALK BREAK EVERY HOUR. Research indicates these provide greater benefits than one longer exercise session during your day.

• MAKE ACTIVITY A PRIORITY. If you just can’t leave your desk, make sure you move during lunch or before or after work. Any movement during your day is better than no movement.

• BUILD IN EXCUSES TO MOVE, like taking the stairs, walking to someone’s desk instead of sending an email or taking an extra lap around the office on your way to the restroom.

• MAKE IT A GAME. A pedometer can help you challenge yourself to beat each day’s step total.