

## **Too Much Sitting can result in Health Risks**

Most adults are sitting about eight hours each day. We sit at work, we sit in the car, we sit while reading, in front of the television and on the computer and we sit while visiting with friends and family especially around meals. Important science-based research indicates that sitting too much is related to serious health problems even when you go to the gym or walk every day.

All that sitting causes your body to work against gravity affecting your large muscle groups in your legs, arms, and back. This means that these muscle groups need less fuel. You burn fewer calories and your blood sugar known as glucose and blood fats known as triglycerides rise. This can lead to health problems.

The good news is there are ways to increase your activity even when you have to sit all day at work or school. Here are some tips from Rutgers Cooperative Extension to help you get moving and the results can pay off in better overall health.

- Break ups sitting for long periods of time with small active movements by tapping your toes, fidgeting in your seat or leg raises or lower leg lifts.
- Tighten your stomach for a minute and then follow up with tightening other muscles in your legs, buttocks or arms.
- Stand when you are on the phone.
- Stand up every 15 to 20 minutes and do some simple stretches or march in place.
- Try some knee-bends or desk push-ups.
- Take a walk to the copy machine or down the hall. Walk each day at lunch for 30 minutes and you will see a difference in how you feel. You will be more awake and have more energy.
- Instead of sending a text or email, get-up and go to your co-worker's desk and talk to them instead.
- Try a stability ball to sit on instead of a typical desk chair.
- Consider a treadmill desk or stationery bike in your office. Rethink your chair and if you are the boss, try walking meetings either outdoors or indoors depending on your work location.
- Make sure you walk daily and try for 10,000 steps each day. Invite friends or co-workers to walk with you at work. Take the stairs instead of the elevator when you can.

Make sure you don't sit too long each day. All adults need to get at least 30 minutes of moderate exercise most days of the week.