



THE HAZARDS OF SITTING

Are you sitting comfortably? Well, you might want to change that. According to research, too much sitting can wreak havoc on your body and your health.

Most Canadians spend about 69% of their waking hours sitting or being sedentary.

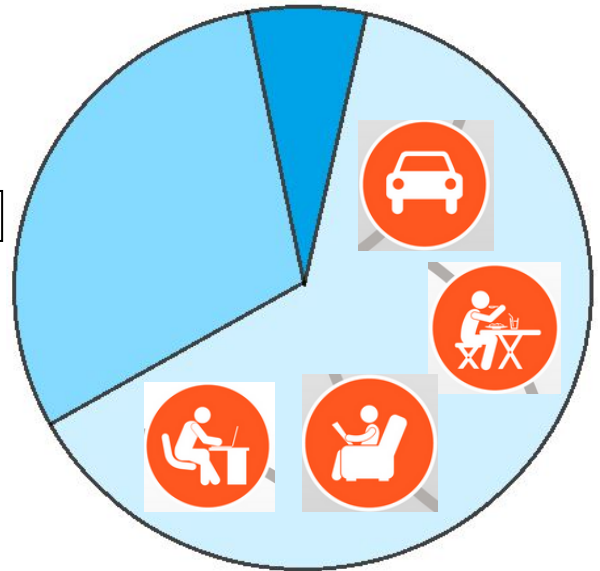
Sedentary

Light physical activity

Moderate-to-vigorous physical activity

4 HOURS

24 MINUTES



9.7 HOURS

And only 15% of Canadian adults meet the recommended 150 minutes of exercise per week.



Extended periods of sitting have been linked to short and long-term impacts on the human body.

ACUTE EFFECTS	CHRONIC EFFECTS
<i>Felt within 0-7 days of prolonged sitting.</i>	<i>Felt 7 or more days after prolonged sitting.</i>
<ul style="list-style-type: none"> ▶ metabolism changes ▶ reduced load on skeleton weakens bones 	<ul style="list-style-type: none"> ▶ higher risk of developing diabetes, cardiovascular disease, some cancers ▶ weight gain ▶ depression ▶ musculoskeletal symptoms ▶ increased risk of premature death
<i>Bus drivers had a higher risk of heart disease and twice the number of heart attacks than conductors who stood all day, according to a British study in the 1950s.</i>	

REDUCING THE DAMAGE

Simply standing up every 30 minutes is ***cardio-metabolically protective...***



...meaning it can help reduce your risk of heart attack, stroke and diabetes.



HOW TO MOVE MORE & SIT LESS

- Walk around while you're talking on the phone
- Take regular breaks from your desk at work to get water or walk to a central waste basket
- Walk instead of taking the car for short errands
- Limit the amount of time you spend on the computer or watching TV
- Use a standing desk if possible, or sit on a therapy ball instead of a chair

REFERENCES

Canadian Health Measures Survey. Directly measured physical activity of Canadians, 2007 to 2011. Statistics Canada.

Sedentary Behaviour. Canadian Cancer Society.

Physical activity of Canadian adults: Accelerometer results from the 2007 to 2009 Canadian Health Measures Survey. Statistics Canada.

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