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Get Up Off of That Thing

Why Sitting is Killing You

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The Consequences of Sitting

Nearly 100,000 cases of cancer could be prevented in the U.S. each year if we all spent less time sitting in our cars, at our desks and on our couches.





The longer you sit, the higher your risk of cancer. The phenomenon isn't dependent on body weight or how much exercise people do.



Other studies have reported similar dire findings with chronic sitters at increased risk of cardiovascular disease, obesity and metabolic disorders.



Researchers believe excessive sitting causes the body to go into a type of “sleep mode” which shuts down muscle activity and has a negative effect on the body’s metabolic functions.

How Much Time Do You Spend Sitting?



Current data suggests that adults are sedentary for 9.3 hours of the day, which amounted to 60% of their time spent awake. Another 6.5 hours (or 35% of awake time) were spent in “light activity,” like walking to one’s car.

A Deadly Acronym

Dr. Frank Booth at the University of Missouri-Columbia doesn't mince words in his assessment of the situation:

“Sedentary Death Syndrome” (SeDS) is the term he uses to refer to the host of health disorders that are exacerbated due to a lack of physical activity, causing premature disability and death. In 2001, he declared that “60% of all Americans were at risk due to SeDS, including children,”

Exercise isn't the best antidote

A person who fits the traditional definition of someone who's physically active (150 minutes a week of physical activity), *is actually active just 3 percent of his waking day.*



Take a Stand Against Sitting



Recent evidence suggests that key indicators of cancer risk are lower when prolonged sitting is interrupted with brief (1-2 minute) breaks.

Practical Tips for Moving More



Forget the Old Rules



Dr. James Levine, an endocrinologist at the Mayo Clinic led a study showing that lean people burn about 350 more calories a day than those who are overweight, by doing ordinary things like fidgeting, pacing or walking to the copier.

Be Creative



Dr. Levine constructed a treadmill desk by sliding a bedside hospital tray over a \$400 treadmill.



Without breaking a sweat, the so-called work-walker can burn an estimated 100 to 130 calories an hour at speeds slower than two miles an hour, Mayo research shows.

Hold Walking Meetings



...or running meetings



...or cycling meetings



Rethink Your Office Furniture



Rethink Your Office Habits



Create a New Culture

