

August Fitness Tip

Sedentary lifestyle and the harmful effects



Prolonged periods of sitting and sedentary behavior are associated with health consequences. Health consequences include: *all-cause mortality, cardiovascular disease, cancer, bone density loss, mental health, and a decrease in metabolic health.*

Try to **add movement** into daily life to prevent these health consequences. **150** minutes of exercise each week can be so beneficial!!

Get up and get moving it only takes **20 minutes a day!**