

LIFESTYLE TIP OF THE MONTH - January 2023

ARE YOU
SITTING
Too Much?

Prolonged Sitting and Heart disease



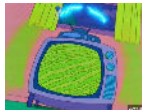
-Physical activity lowers the risk of heart disease, diabetes, stroke, and some forms of cancer.



-Physical inactivity is considered the fourth leading cause of death.



-Prolonged sitting has been associated with increased cholesterol and waist circumference.



-TV viewing for more than 7 h/d in individuals meeting or exceeding the physical activity guidelines is still associated with a 2- to 2.5-fold increased risk of death from heart disease.

TV watching is not only problematic because of its passive nature, but also because of its association with increased caloric intake.



-Breaking up prolonged periods of sitting with short bouts of activity may counteract some of the ill effects of high amounts of sitting time.

So break the habit of prolonged sitting!