

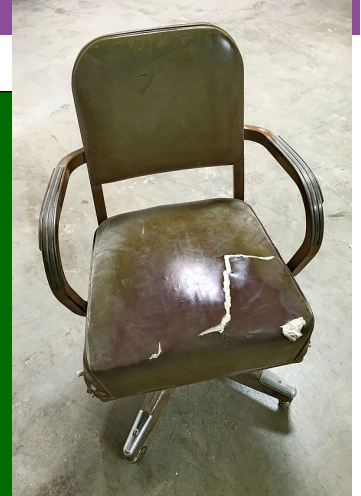
Sitting is the New Smoking!

Katzmarzyk et al. (2009) Sitting time and mortality from all causes, cardiovascular disease, and cancer. *Med. Sci. Sports Exerc.*, Vol. 41, No. 5, pp. 998-100

QUOTE BOARD:

"The effects of extended periods of sedentary behavior in otherwise physically active individuals have begun to be delineated, and they seem to be characterized by metabolic alterations commonly seen in diabetogenic [diabetes] and atherogenic [heart disease] profiles."

"Independent of physical activity, television viewing has been reported to be associated with obesity, metabolic syndrome, and incident type 2 diabetes among adults. A recent study has also reported an independent effect of television viewing on metabolic risk factors in a sample of adults who met the physical activity guidelines for physical activity."



What You Need to Know:

Research is clear, sitting for prolonged, uninterrupted periods causes shifts in your metabolism that mirror those seen with smoking.

Sitting is not just a deficiency of movement, it is itself a toxic stressor. Even if you exercise and meet the daily physical activity guidelines, if you sit for prolonged periods, you are still at risk for chronic illness and early death.

Surprisingly, even people who have the same aerobic fitness levels as their counterparts but who sit more, are at significantly greater risk for developing chronic illness. Sitting, independent of exercise levels, is toxic and dangerous for your mind and body.

What You Need to Do:

You need to get up every hour and do some full body movement. Ask your practitioner about the Wellness Practice Y,W,T,L posture exercises - these are great exercises for your posture and for your overall health. Stand up and do 10 deep squats every hour and the Y,W,T,L and other range of motion exercises and you will be healthier, feel better, have more energy, and live longer!

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