

# Take a Stand Against the Sitting Disease-Be a Super Hero!



Studies show, on average, we sit 7.7 hours a day, and some estimates say up to 15 hours a day. The term “Sitting Disease” has been coined by the scientific community and is commonly used when referring to the ill-effects of an overly sedentary lifestyle, such as high blood pressure, obesity, diabetes and cancer. The obvious remedy to sitting disease is standing. Here are some tips to combat the sitting disease:

- 1 Identify opportunities throughout your day to walk.** Choose to deliberately take a break every hour to walk around the office and back to your desk. Pinpoint specific times throughout your workday to ensure you get some movement going:
  - Break time. You know when the brain batteries start to shut down. Instead of just grabbing another cup of coffee, consider taking a five minute stroll around the office.
  - Lunchtime. Whether your lunch break is 30 minutes or an hour, take advantage of this time to move and stretch. If possible, grab a friend and go for a walk.
  - Before or after work. Find a few minutes before or after work to walk or stretch, even if it's only 5 or 10 minutes. If your child plays sports that you attend after work, bring your exercise clothes and shoes to the field and do some walking while he or she practices.
- 2 Take phone calls while standing at your desk.** Standing at work will ultimately help you burn more calories. Boost the calorie burn by not only standing while chatting, but also pacing during your conversation.
- 3 Set an alarm as a reminder to get up and move.** It’s easy to get caught up with work, so you may need to set the timer or alarm as a stand up or walk reminder.
- 4 Clean your office before you leave each day.** A great way to enforce movement, while accomplishing a work-related task, is to straighten and organize your office before you leave every night.
- 5 Find a buddy to join you in your quest.** There’s nothing like having a friend to join you in your desire to move more. Team up with a friend who will find fun in your venture and commit to support each other.
- 6 Have fun moving and being active during the day.** Your desire to move and stand more doesn’t have to be robotic. Sometimes we just find ourselves in a bad habit of sitting, sitting, sitting until there seems like there isn't any other option. Find some fun and make it a game.
- 7 Keep working on standing and working more during your work day, wherever you are.** It may take a few weeks to turn this into a habit but you should notice changes, such as reduced tension in your neck and shoulders and perhaps a little less weight around the tummy. Over time, this extra movement all adds up to a healthier you!