All about "The Sitting Disease"

Why sitting is bad for your health:

- What is sedentary behaviour? Sedentary behaviour is characterized by low energy expenditure while in the sitting or reclined position. So, if you're standing at work, you're probably not sedentary.
- Increased sitting time is associated with a higher risk of cardiovascular disease, type 2 diabetes, anxiety, and some types of cancers.
- For office workers, 65-75% of working hours are spent sitting.
- Risk of high sitting time is independent of physical activity level. In other words, sitting is bad for you, even if you are an otherwise active person.

What you can do to sit less, and move more at work:

- During your workday, try to stand and/or participate in light activities for at least 2 hours per day. As you get used to this, work your way up to 4 hours per day of standing/light activity.
- Try to regularly break up your sitting time with standing activities. Same goes for standing - make sure to break up your standing time with short breaks to get you moving.
- While working to increase your standing time, expect to experience some fatigue as part of the process. Remember, you're doing a new activity and your body will need to adapt! If you experience fatigue, try moving around or taking a sitting break.
- Employers should promote increased standing time (at work and in free time) to employees, along with promoting improved physical activity and nutrition, reduced stress, alcohol and tobacco.


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