

CHAIRS ATTACKS!

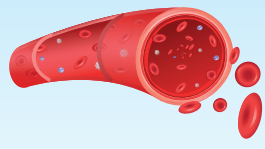


THE DANGERS OF SITTING

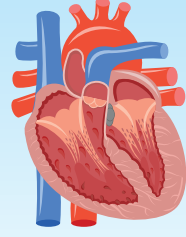
THE AVERAGE WORKER NOW SPENDS OVER **8.9 HOURS SITTING** EACH DAY, DO YOU EVER STOP TO THINK...

HOW EXACTLY IS SITTING FOR SO LONG AFFECTING MY BODY!

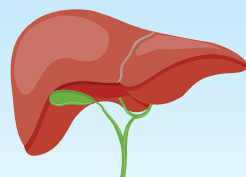
SITTING CAN KILL YOU!



Special enzymes in the walls of blood capillaries responsible for breaking down harmful blood fats temporarily shut down.



Irrespective of your level of physical activity, the result can lead to increased risks of heart disease and some types of cancers.



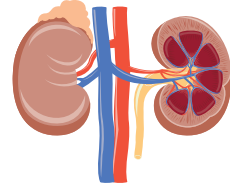
This slowing of your metabolism also affects your body's ability to regulate blood sugar and blood pressure levels.



Calorie burning drops to about 1 calorie per minute.



Perhaps most shocking of all, sitting for over six hours a day for a decade or two can actually result in you losing seven quality adjusted life years.



It can also contribute to diabetes, kidney and liver problems.

So simply put, sitting can kill you!

That's the bad news. The good news is you don't need to banish your chair and immediately quit your office job for a more active profession.

Happily, there are simple things you can do to ward off the dangers of sitting.

We're not saying that you shouldn't ever sit down.

But when you are sitting down for long periods, try to break it up, even if it's just for a couple of minutes.

Here are ten simple ways you can sit less during your working day:

- 1 Take regular breaks from sitting by standing up every 30 minutes.
- 2 Whenever possible, take the stairs instead of the lift.
- 3 Stand up or pace while on the phone.
- 4 Instead of emailing a co-worker, walk over and speak to them.
- 5 Move your rubbish bin away from your desk.
- 6 Limit your screen time.
- 7 Drink lots of water, it's great for you, and will ensure frequent toilet trips.
- 8 Hold a walking meeting.
- 9 Try a standing meeting
- 10 If possible, try a sit-stand desk.



REMEMBER THAT YOU ARE DESIGNED TO MOVE, NOT SIT STILL.

Takeaway

The message coming from experts is clear, you need to spend less time sitting down.

We all know the risks with inactivity, but this course is asking you to link regular exercise with reduced sitting time.

Especially at work, where the majority of us spend most of our waking hours.