

Proven Side Effects of Sitting All Day

Sitting can have short- and long-term effects on your health and body, making this seemingly benign activity potentially deadly. It can impact not only your health, but the lives of your loved ones and expenditures towards healthcare.

- 1) **Increased Risk of Heart Disease** - Sitting can hurt your heart, potentially leading to cardiovascular disease. One study found that men who spent more than 23 hours per week watching television had a 64 percent greater risk of dying from cardiovascular disease than men who only watched television for 11 hours. Experts say people who sit more have a 147 percent higher risk of suffering from a heart attack or stroke.
- 2) **Diabetes Risk** - People who spend more time sitting also have a 112 percent increased risk of diabetes. In one study that looked at the effects of just five days of bed rest, researchers saw increased insulin resistance, a precursor to diabetes. Sitting all day causes your body to slow down considerably and can result in increased blood sugar insulin resistance (since your body does not need the sugar for energy, it simply stays in your system), and a much less healthy you.
- 3) **Herniated Disk** – Our bodies are not designed to sit all day long. Sitting puts a lot of pressure on your hips and spine, and can lead to injuries, such as herniated disks, over an extended period of time. Continued pressure on your spine may cause a disk to come out of place, creating a painful condition that can require medication, physical therapy or even surgery.
- 4) **Poor Posture/Neck & Back Pain** – Sitting with our heads forward for prolonged periods of time can start to harm the muscles and joints in the neck and lead to constant pain. The pressure sitting puts on the lower back causes weakened muscles and tight joints and can leave you feeling tired, cause extreme lower back and neck pain and harm your body as a whole.
- 5) **Varicose Veins/Deep Vein Thrombosis** – Sitting too long, whether it is a long flight or sitting in chair at home, can cause blood to pool in the legs. This can lead to varicose veins, or spider veins, a smaller version of the former. Though generally not harmful themselves, these swollen and visible veins can be unsightly. In rare cases, they can lead to more serious conditions, like blood clots. If you do not get up and walk around occasionally, you could be putting yourself at risk of potentially deadly blood clots in your legs.
- 6) **Muscle weakness** – It makes sense that moving less results in loss of muscle mass and muscle weakness. One of the hardest hit muscles is the gluteus maximus, or the buttocks. It is one of the largest muscles in the body and plays a huge role in most movements you could want to do, so it is essential that it stays strong to help you maintain your balance and independence. Weak glute muscles can result in lower back pain and hip bursitis as well.
- 7) **Slowed Metabolism/Weight Gain** – When you sit for an extended period of time, your circulation slows, and you are burning fewer calories and fewer fat burning enzymes are moving through your body. All of this can lead to an overall slowed metabolism that can affect your energy levels and cause you to gain weight.
- 8) **Shorter Life Span** – Those who sit more than six hours a day are at an increased risk of early death from all causes, higher by an average 35% for women and 18% for men, for those who exercise. Those who do not exercise and sit all day are at a 94% higher risk of premature death for women and a 48% higher risk for men. GET UP & GET MOVING.....start reducing the effects of being sedentary before it is too late!