

VitaMin

Vital health information in a minute



AVOID THE SIDE EFFECTS OF SITTING

Do you spend most of your day sitting? If you have a desk job, a typical day might look something like this: Commute 30 minutes to work. Sit at a desk for eight hours. Drive home 30 minutes. Eat dinner. Watch TV for three hours. The time you spend sitting adds up fast, and it can be a big risk for your health.

Sitting hazards from head to toe

It's hard to believe that something as harmless as sitting in a chair can have such a big impact on your health. But the good news is, you have the power to improve your health by making a few small changes every day.

Here's how sitting takes a toll on your body, and what you can do about it.

Brain fog: Too much sitting can be a drain on your thinking skills and memory.¹

Try this: Go for a power walk if you're feeling sluggish.

Neck and back pain: Sitting puts a lot of stress on your back, neck and spine.²

Try this: Use good posture to keep your head and neck in alignment. Avoid tilting your head down and hunching over when looking at a computer screen or smartphone.

Sources:

1. University of California – Los Angeles. "Sitting is bad for your brain – not just your metabolism or heart." <https://www.sciencedaily.com/releases/2018/04/180412141014.htm> (last reviewed/updated April 12, 2018).
2. Harvard Health. "The dangers of sitting." <https://www.health.harvard.edu/pain/the-dangers-of-sitting> (accessed April 25, 2019).
3. Mayo Clinic. "What are the risks of sitting too much?" <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005> (last reviewed/updated May 8, 2018).

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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