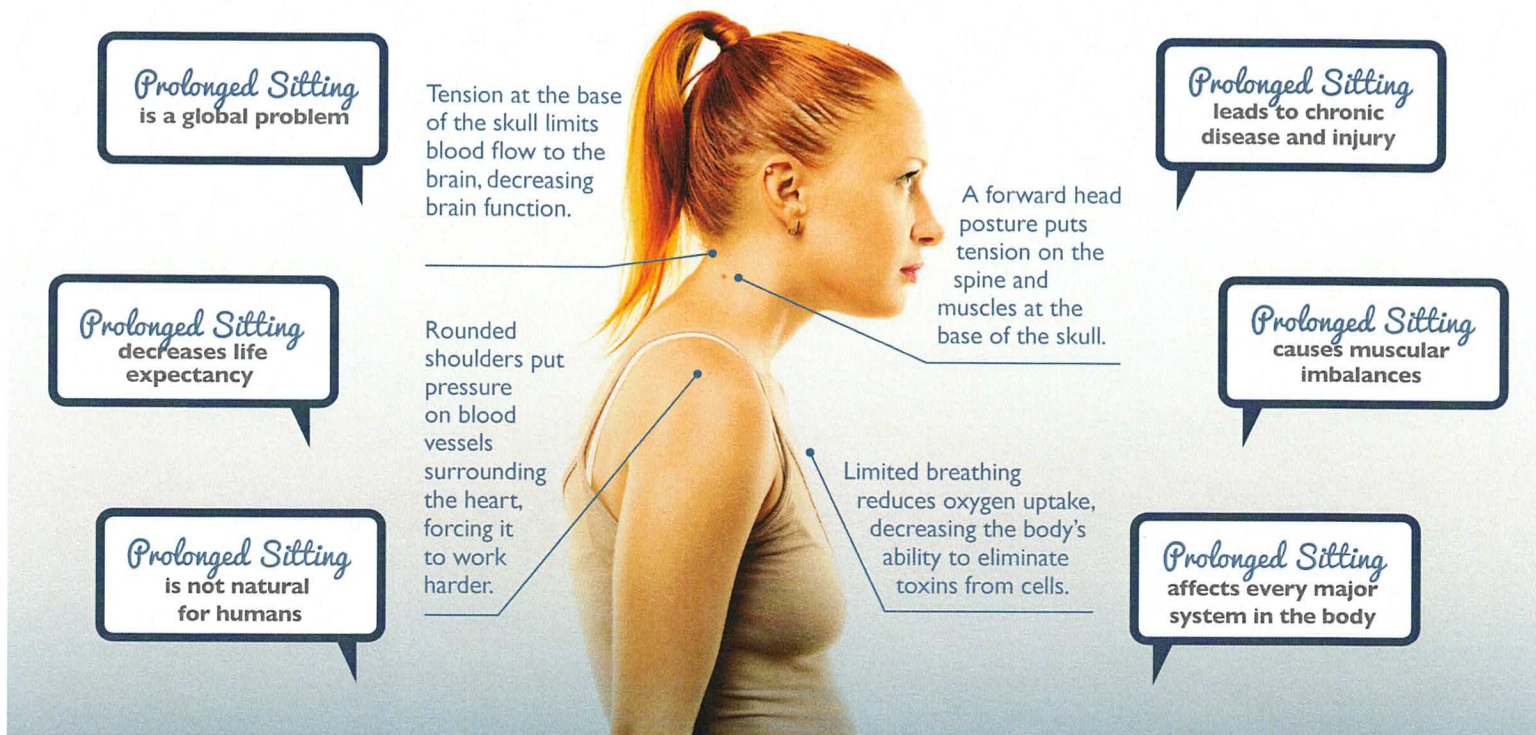


The Dangers of *Sitting*

Avoiding a Modern Day Hazard



Why is sitting down so bad for my health?

Even though the human body is capable of remaining in a seated position, our anatomy was not designed to properly support this position long-term. Aside from the unnatural positions themselves, prolonged sitting often goes hand-in-hand with physical inactivity in general, which has numerous adverse health effects.

Upper Crossed Syndrome

Prolonged sitting leads to a familiar pattern of tight / overactive muscles with other weak / inhibited muscles, collectively known as Upper Crossed Syndrome, characterized most notably by rounded shoulders and a forward head posture. Left unattended, this pattern becomes ingrained over time and results in unwanted stress to the spine, muscular system and nervous system.

Solutions

- Ergonomic assessments and alterations to work stations at the office can help limit sedentary behavior while on the job.
- Get up! Limiting sitting to less than 3 hours each day may immediately increase your life expectancy by 2 years.
- Attend regular visits with your chiropractor, massage therapist and other wellness professionals to ensure the effects of sitting are being properly eliminated and prevented.



Move!

Even those required to sit at work can incorporate a reminder to get up and stretch every hour, walk to the bathroom, grab a drink of water and walk a flight of stairs.

The Effects of **Prolonged Sitting**



Cardiovascular: ↑ heart rate, ↓ cardiac output, ↓ capacity for exercise



Muscular: ↑ muscle fatigue, ↓ muscle strength, ↓ muscle mass



Skeletal: ↓ bone density, ↓ tendon stiffness, ↑ risk of tendon injury



Metabolism: ↓ oxygen uptake, ↑ insulin resistance, ↑ blood pressure, ↑ blood sugar, ↑ risk of diabetes and heart disease, ↑ risk of cancer



Mental: ↑ chance of mental disorder, ↓ self-esteem, ↓ body satisfaction (especially in kids)