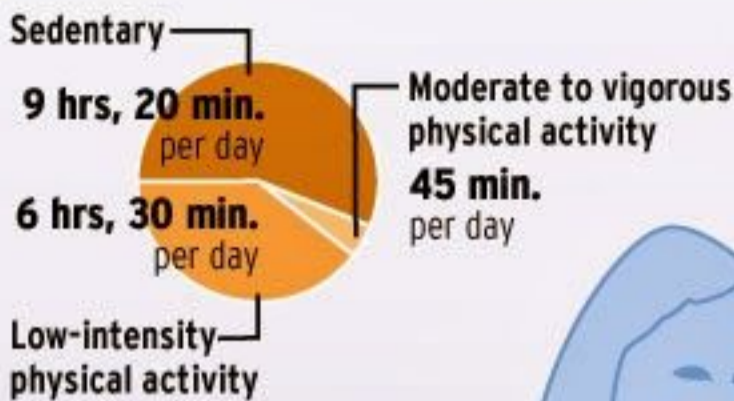


Sitting's toll on the body

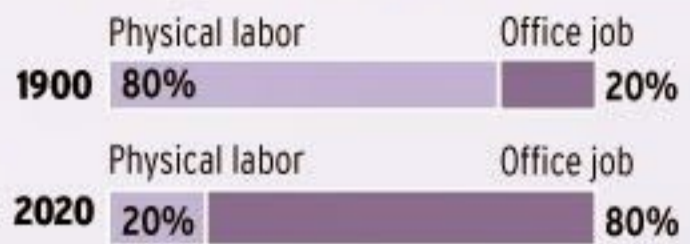
Studies show that sitting for more than 95 percent of the time at work increases the risk for physical injury and disease.

Average activity during waking hours



From the farm to the office

A century ago in the U.S. there were 11.5 million farmers; now there are about 851,000. It is estimated that by 2020 the workforce will have completed the reversal from physical labor to office work:



How sitting harms the body

AS SOON AS YOU SIT:

Electrical activity in the leg muscles shuts off

Calorie burning drops to **1 per minute**

Enzymes that help break down fat drop by 90%

AFTER 2 HOURS:

Good cholesterol drops by 20%

AFTER 24 HOURS:

Insulin effectiveness drops by 24% and risk of diabetes rises

High amounts of stress are placed on the spine, specifically in the lower back and neck regions.

OVER TIME:

Holding the muscles in the torso, neck and shoulders in a somewhat fixed position **squeezes the blood vessels** reducing blood flow and causing fatigue.

Many experience **decreased fitness**, reduced lung and heart efficiency and a higher risk for injury and disease, especially those who also have little to no physical activity in their lives.

Blood often pools in the lower legs, resulting in numbness and varicose veins.

Two changes to make

Adjust the seat

Sitting at 135 degrees puts less strain on your back than hunching forward or even sitting straight.



Get up and move

The recommended 30 minutes of activity per day is not enough.

Interrupt sitting whenever you can:

- Walk around the office
- Take the stairs
- Walk to co-worker instead of messaging

