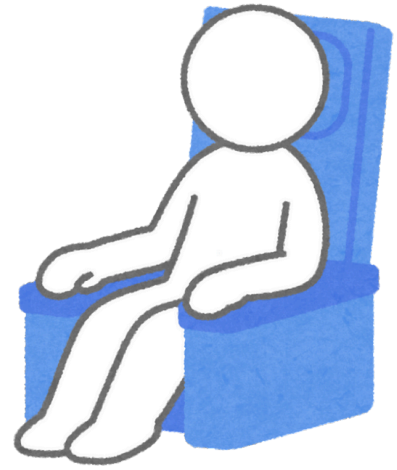


Sitting Disease: Risk For Developing Dementia

The idea that sitting is the new smoking is not new. It has been a hot topic of research and as a result, a new term has been coined: **Sitting Disease**. Research shows that multiple hours of sitting can lead to obesity, diabetes, heart disease, spine damage, muscle degeneration, organ damage, blood clots in the legs, many other illnesses, as well as premature death. This, despite exercising at the recommended levels. Many Americans sit or lay down for 21 hours every day!



New research has shown that extended sitting also increases the risk of dementia. The results underscore just how pervasive the consequences of sitting can be, affecting minds, as well as our bodies. People who worked out then plopped into chairs for 10 hour or more a day were as prone to dementia as people who hadn't exercised at all.

Stand as much as you can during the day. Standing improves posture, reduces osteoporosis, enhances brain power, reduces risk of cardiovascular disease and reduces the risk of death.

What Can We Do To Minimize The Time We Sit?

- Stroll around your office/home while talking on the phone. You will be amazed how many steps you will get in.
- Set a reminder on your phone to get up and move every 30 min.
- Stand as much as you can. If you work on a tablet or computer, consider standing to do this. Prop the device on a stack of books on the counter or the dresser. Get a standing desk converter.
- While watching TV, stand up, march in place and stretch during each commercial.
- Walk or bike to work.
- Do simple stretches or leg exercises while sitting at your desk.
- Use a pedometer, Fitbit or smart phone to track your steps. Have a goal of at least 10,000 steps a day. The average American only walks 2000-3000 a day. Make a goal to do better!

Now you have the tools so get up and move for better physical and mental health.



"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."
~3 John 1:2