



Stand Up For Your Health!

SITTING AT WORK COULD BE DETRIMENTAL TO YOUR HEALTH...

Our culture has led to an excess of sitting, whether its during your long commutes to and from work, your desk oriented workplace, or spending your evening on the couch. However, prolonged sitting can lead to a number of adverse health effects, according to a number of studies.

- ◆ In occupations who sit for 80% of their time have an increased rate of cardiovascular and metabolic mortality of up to 45% as compared to occupations involving more lifting and moving.
- ◆ Prolonged sitting has been linked to elevated cholesterol, high blood pressure, and are twice as likely to develop cardiovascular disease.
- ◆ Decreased muscle movement slows blood flow which leads to:
 - ◆ fatty acids allowing to collect in heart tissue.
 - ◆ decreased fresh blood and oxygen supply to the brain and can lead to decreased brain function.
- ◆ Sitting allows the hip flexors (psoas) connecting your legs and low back to tighten, and when you finally stand up, it compresses your lumbar spine which leads to low back pain and possibly disc damage.
- ◆ Looking toward a keyboard or tilting the neck to cradle the phone moves the spine out of its normal position which can strain the muscles and lead to permanent imbalances.
- ◆ Sitting with your arms removed from your side will turn on your muscles controlling your shoulder (trapezius) leading to exhaustion and development of the most common trigger point in the body.



WHAT CAN YOU DO?

- Sit up straight with your back against your chair.
- Adjust your arm rests to stay close to your sides
- Position your chair so your feet are flat on the floor and your elbows are bent at 90 degrees
- Position computer monitor directly in front of you .
- Stand up and walk around the room at least twice an hour.
- Stand up while talking on the phone.
- Trade your desk chair in for a stability ball or something wobbly.
- Stretch your hip flexors at least two times a day.