

GET MOVING!

AVOID THE HEALTH RISKS OF A SEDENTARY LIFESTYLE



We weren't made to sit around all day. Don't let your desk job impact your health. The experts at NorthShore University HealthSystem discuss the health risks associated with sitting for extended periods of time and share tips for getting back on your feet even while at work.



THE WORK / LIFE IMBALANCE



The average American spends approximately

13 HOURS sitting each day.

86%

of employed Americans have desk jobs that keep them seated most of the day.



ONLY 18% of adults get the **RECOMMENDED 2.5 HOURS** of physical activity each week.

STAND UP FOR YOUR HEALTH



Even if you exercise daily, **YOU STILL PUT YOUR HEALTH AT RISK IF YOU SIT FOR MORE THAN 4 CONTINUOUS HOURS A DAY.**

Long periods of inactivity like this can cause fat to accumulate in your **liver, brain and heart.**

Standing up for **2 MINUTES EVERY 20 MINUTES** makes a big impact!



Issues associated with prolonged sitting:

Weight Gain



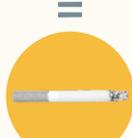
61%

of Americans snack at their desk.

Cardiovascular Illness



=



Prolonged sitters and smokers have a similar level of heart attack risk.

Type 2 Diabetes



People who sit for long periods of time are

TWICE

as likely to be at risk for developing diabetes than those who don't.

Prevention:



Walking Desk

Swap out your desk for a walking or standing desk to prevent inactivity throughout the day.



Exercise Ball

Swap out your chair for an exercise ball to help strengthen your body's core and balance.

EXERCISE AT WORK

STANDING UP, STRETCHING OR EVEN WIGGLING AT YOUR DESK is a great way to increase your activity level throughout the day. Take it up a notch with these fun suggestions for using your desk, chair and cube to workout at work.

WORKOUT YOUR CHEST & SHOULDERS

Lift your body by placing both hands on your chair and holding your weight before you sit back down.

repeat 15x.



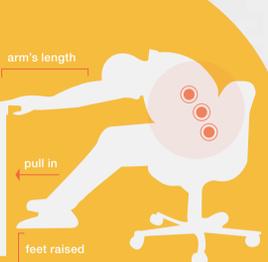
STRETCH YOUR BODY & RELAX YOUR MUSCLES

While sitting in your chair, stretch your arms and reach for the sky, alternating reaching each arm higher.

TRY SOME YOGA

With palms placed on a stable surface, turn your chest and abdomen to the right and your head in the opposite direction.

repeat on the other side. repeat 15x.



TIGHTEN YOUR CORE

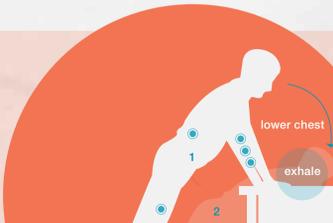
Sit in a rolling chair and position yourself an arm's length from your desk. Pull your weight back in with your arms while keeping your feet raised off the floor.

repeat 20x.

STRENGTHEN YOUR WHOLE BODY

Put your hands on your desk and step backwards. With your feet together, lower your chest to the edge of your desk and exhale as you push your body back up.

repeat 15x.



GET STRONGER LEGS

Alternate lifting each leg at a 90-degree angle from your core for 2 seconds.

repeat 15x.

Getting up from your desk for brief walks throughout the day is **GOOD FOR YOUR HEALTH.**

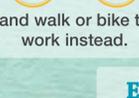
GET YOUR WALK IN

Approximately every minute of walking can extend your life by up to **2 minutes.**



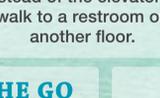
Workday-friendly walks:

SKIP THE CAR, BUS OR SUBWAY



and walk or bike to work instead.

TAKE THE STAIRS



instead of the elevator or walk to a restroom on another floor.

GET UP



and talk to your coworkers instead of emailing.

EAT ON THE GO



Take your lunch with you on a stroll during your break.

SCHEDULE A WALKING MEETING



with coworkers to encourage movement.

SOURCES

bbc.com/news
cnn.com
everydayhealth.com
health.usnews.com

mayoclinic.org
nbcnews.com
northshore.org
precisionnutrition.com

prevention.com/health
washingtonpost.com
webmd.com/fitness