



THE DANGERS OF SITTING - WHY SITTING IS THE NEW SMOKING

By Yin Yin

In this two parts article, we will be sharing how does a sedentary lifestyle affect your body.

Hello 2021 ! Its January and usually this month reminds me much of the busy schedules and work calendar that we will set for the first quarter, typical of a corporate life when I was in legal practice.

After the holidays seasons, most of us will be back in the office sitting behind work desk. On average most people sit 6.5 hours behind the desk and add one hour at least if you drive to work, another 7 hours of lying down during sleep and not to mention sitting on the couch after dinner. Sitting or lying down for too long increases your risk of chronic health problems such as heart disease, diabetes and some cancers, a higher chance of being overweight and experiencing depression and anxiety.

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Humans are build to stand upright and move, your heart, cardiovascular system and bowel functions more efficiently when you are upright. Its common for people who are bedridden to experience problems with their bowel function.

Here is what will happen when you sit too long:

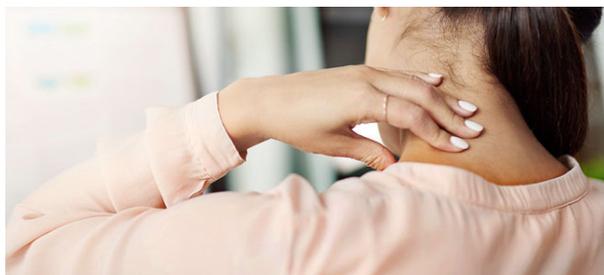
➔ **Your bum and legs will waste away**



Sitting for long hours can lead to weakening and wasting away of the large leg and gluteus muscles.

These large muscles are important for walking and stabilizing you. If these muscles are weak you are more likely to injure yourself from falls, and from strains when you exercise. After age 30, we lose as much as 3% to 5% muscle mass per decade, observe your elderly, do you notice as they age, they have thinner legs and a smaller bum? Long sitting with reduced physical activity will accelerate this process.

➔ Stiff neck and shoulders



If you spend a lot of time hunched over a computer keyboard, this can lead to stiffness in your neck and shoulders. Shoulder pain is a tough condition to live with, it restricts your quality of life, stops you from playing sports, or even just putting away groceries. There are many causes amongst which overuse, repetitive motions, poor movement patterns are related to poor posture.

➔ Hips and back



Just like your legs and glutes, your hips and back will not support you as well if you sit for long periods. Sitting causes your hip flexor to shorten which can lead to problems with your hip joints.

Your back will suffer especially if you sit with poor posture that turns off your core, it may also cause poor spine health such as compression in the spinal discs, leading to premature degeneration and pain.

➔ Weight gain

Moving your muscles helps your body digest the fats and sugars you eat. If you spend a lot of time sitting, digestion efficiency is impaired, so you retain those fats and sugars in your body.

Even if you exercise but spend a large amount of time sitting, you are still risking health problems such as metabolic syndrome. The latest research suggests you need 60-75 minutes per day of moderate-intensity activity to combat the dangers of excessive sitting.

What is metabolic syndrome



Metabolic syndrome is the medical term for a combination of diabetes, high blood pressure (hypertension) and obesity. It puts you at greater risk of getting coronary heart disease, stroke and other conditions that affect the blood vessels.

In the next article, we will continue to explore what are the other dangers of excessive sitting, more data to convince you why sitting is a contemporary health hazard and what simple steps you can incorporate into your lifestyle to be more active.

Hey ! If you are however ready to take charge and make a change to your sedentary lifestyle, register for this programme designed specifically for professionals & office workers who spent long hours sitting. In this programme you will learn the root cause of pain and discomfort caused by long hours sitting, posture correction, how to manage pain and simple exercises you can do to improve the quality of your life !

Register now