



# All about "The Sitting Disease"



## Why sitting is bad for your health:

- What is sedentary behaviour? Sedentary behaviour is characterized by low energy expenditure while in the sitting or reclined position. So, if you're standing at work, you're probably not sedentary.
- Increased sitting time is associated with a higher risk of cardiovascular disease, type 2 diabetes, anxiety, and some types of cancers.
- For office workers, 65-75% of working hours are spent sitting.
- Risk of high sitting time is independent of physical activity level. In other words, sitting is bad for you, even if you are an otherwise active person.

## What you can do to sit less, and move more at work:

- ✓ During your workday, try to stand and/or participate in light activities for at least 2 hours per day. As you get used to this, work your way up to 4 hours per day of standing/light activity.
- ✓ Try to regularly break up your sitting time with standing activities. Same goes for standing - make sure to break up your standing time with short breaks to get you moving.
- ✓ While working to increase your standing time, expect to experience some fatigue as part of the process. Remember, you're doing a new activity and your body will need to adapt! If you experience fatigue, try moving around or taking a sitting break.
- ✓ Employers should promote increased standing time (at work and in free time) to employees, along with promoting improved physical activity and nutrition, reduced stress, alcohol and tobacco).

