

**IS SITTING THE NEW SMOKING?**

There's no running away from it: The more you sit, the poorer your health and the earlier you may die.

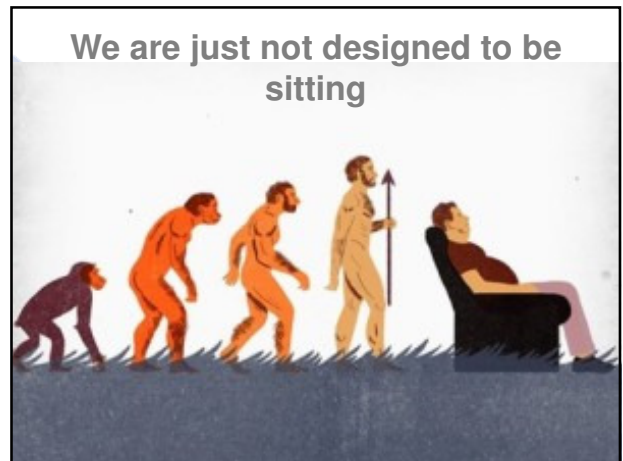
no matter how fit you are

BY SELLENE YEAGER

ILLUSTRATION BY NICK FERNET

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**THE MOVEMENT PROJECT**

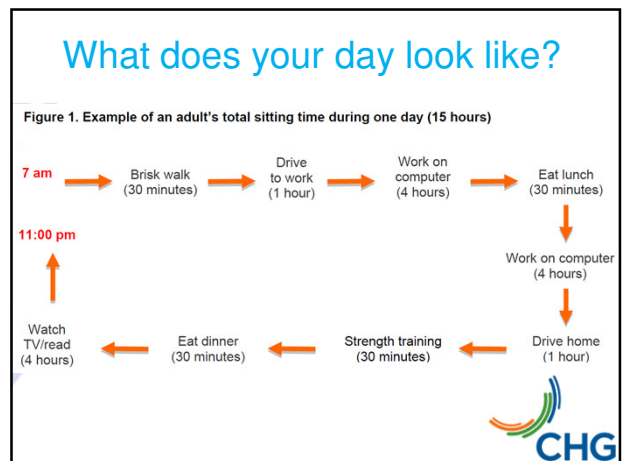


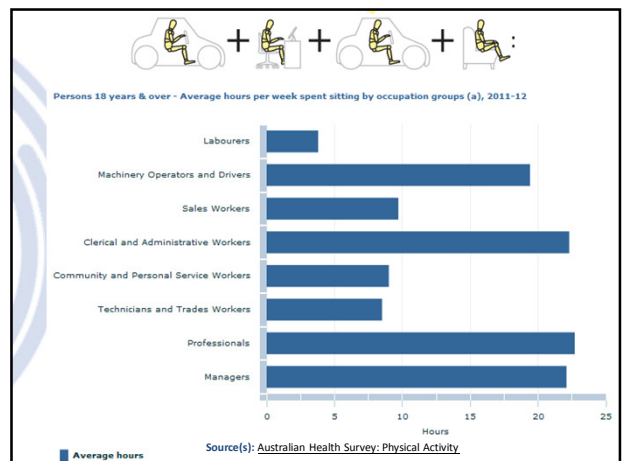
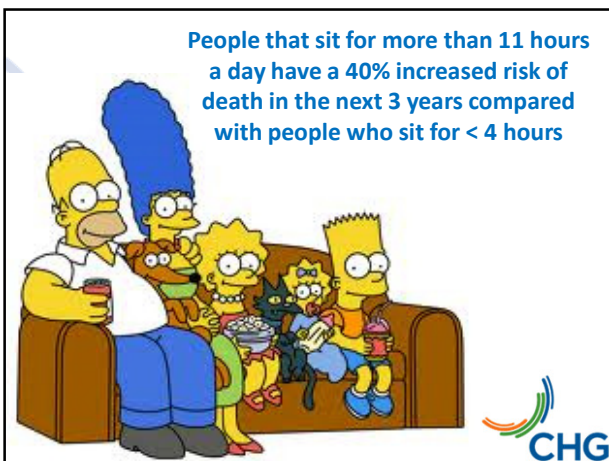
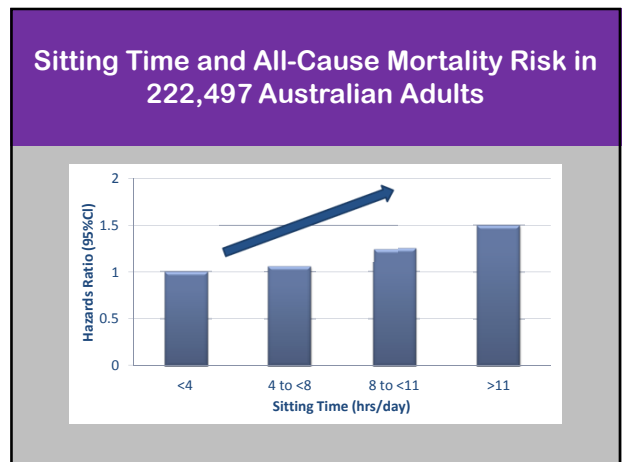
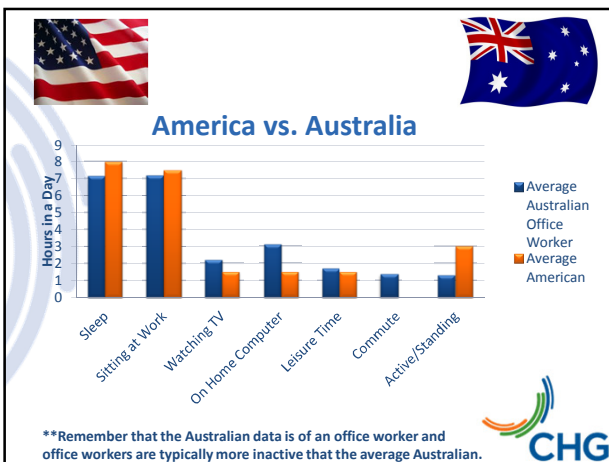
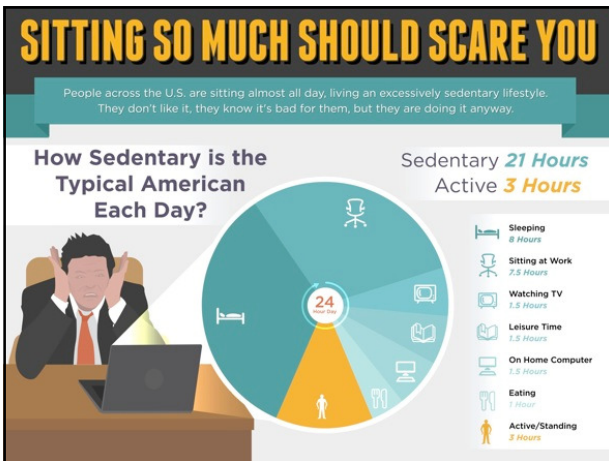
- Do you have sitting disease?
- What does that mean?
- How can I change?



**PLEASE FEEL FREE TO**

**STAND UP**





### BUT You Told Me....

CHG

### WORK THROUGH OR TAKE A BREAK

**3.8 million** workers don't take a lunch break

**1 in 2** people who don't take lunch say they are too busy

**44%** of those who do take lunch eat while they work

**79%** of people say taking a break makes them more productive

**3 million** people find that taking a full lunch break makes work less stressful

**3.5 million** people think breaks make work more fun

### Active

**GOUCH POTATO**

### BRAIN AFTER SITTING QUIETLY

### BRAIN AFTER 20 MINUTE WALK

Research/scan compliments of Dr. Chuck Hillman University of Illinois

### HOW SITTING AFFECTS THE BODY

AS SOON AS YOU SIT

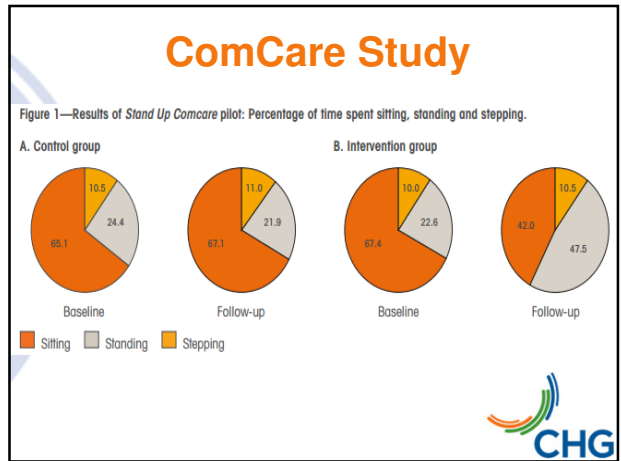
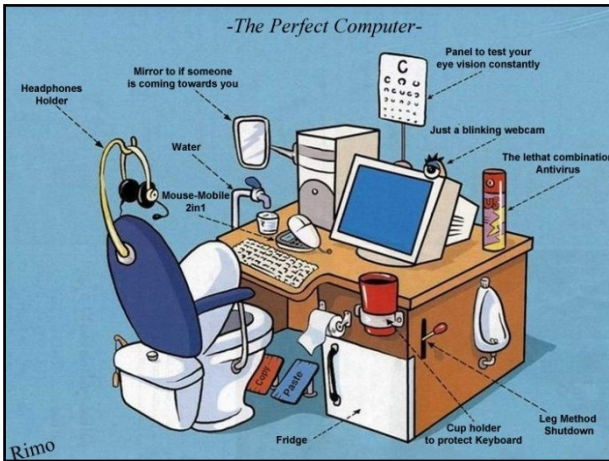
- Electrical activity in the leg muscles shuts off
- Caloric burning rate plunges to about one per minute, a third of what it would have been if you walked
- Enzymes that help break down fat drop
- After 2 hours: Good cholesterol drops 20%
- After 24 hours: Insulin effect drops 24% and risk of diabetes rises

### SITTING EXPENDS ALMOST NO ENERGY

Activity	% Energy Increase Above Sitting
Standing	~10
Chewing Gum	~15
Walking	~100
Climbing Stairs	~250

### POSTURAL CHANGE





**Other benefits from the research included:**

- ✓ Reduced health care system cost
- ✓ Quicker recovery from neck and upper limb injuries and symptoms
- ✓ Improvements in pain
- ✓ Lower risk of chronic disease



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*"If I have to be at these boring meetings,  
I might as well get something out of it."*