





THE DANGERS OF SITTING ALL DAY

 BY NISHA JACKSON, PHD NP HHP

Here's the truth you probably already knew but might need to be reminded of; sit less, move more, live longer. No matter how healthy you are, sitting for long periods of time is a risk factor for early death. There is now documented research showing a direct relationship between the time spent sitting and early death. As the total sitting time increases, so does your health risk. The good news is that if you can manage your routine and sit for less than 30 minutes at a time, this will greatly lower your chances of health complications. It's a pretty simple change that is definitely worth making!

For every 30 minutes you sit, get up, move around, or walk for five minutes at a brisk pace. Even better, start using a stand-up desk with some exercise bands close by to work your muscles in between emails. You'll reduce health risks and clear your mind. It is vital for you to understand that as you age, your physical and mental function decline and you become more sedentary. You need to reverse this by moving more while you are healthy and able. As we become more successful and more driven and pushed for more production in our professional lives, we sit more and forgo moving our body, thinking that makes us more productive. But this is the exact opposite of what we should be doing.

10 TIPS TO FIND MORE TIME TO MOVE YOUR BODY

1. Put your shoes on right when you get out of bed, when you have no distractions, and start early. This could mean getting up 30 minutes earlier. Before you say that's too early, here's an easy fix: Simply go to bed 30 minutes earlier.
2. At lunch, take a walk with a coworker and get some business dealt with at the same time.
3. Take your kids outside and move your body as fast as you can for 10–20 minutes. They'll love it!
4. Play ball with your kids instead of your precious time on social media.
5. Take exercise bands with you to work and use them in between emails. At home, have them out while watching TV, and spend the first ten minutes of your favorite show doing a band workout on four body parts while watching TV.
6. Call a friend or family member while you're on your exercise bike, out on a walk, or a hike in nature.
7. Get a partner to work out with you. The most successful people I know need accountability (like me).
8. Listen to audiobooks or podcasts that teach you something new or expand your horizons while you exercise.
9. Meditate while you are working out (yes, this works) by playing a favorite app on your phone specifically designed for this. I love this. It sets my day exactly in line with my intentions.
10. Every time you go to the bathroom during the day, do ten lunges or squats followed by ten very slow wall push-ups (feet away from the wall, with hands on the wall slowly moving in to touch your chest on the wall). Don't worry about people watching you; they will join in after they realize how amazing you look.

Long story short, get up from your desk, chair, or wherever you are and MOVE YOUR BODY! If you are having trouble finding motivation, or would like guidance on how to live a healthier and happier lifestyle, consider making an appointment at [OnePeakMedical.com](https://www.onepeakmedical.com) to get on a plan for optimal health in all areas. 🐾



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