TALKING POINTS

Statistics

- Typical American spends 21 hours inactive and 3 hours active.
- 87% of Americans sit all day at work. Full-time employees spend an average 2 out of 3 working hours in a sitting position.
- Women who were inactive and sat over 6 hours a day were 94% more likely to die more than those who were physically active and sat less than 3 hours a day.
- Men who were inactive and sat over 6 hours a day were 48% more likely to die than those who stand.

“Sitting Disease”

- Effects of prolonged sitting:
  - Obesity
  - Metabolic Syndrome (high blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels)
  - Increased risk of cancer.
  - Increased risk of death from cardiovascular disease
- Sitting stalls all processes in body, standing kicks it back into motion.
- The remedy for sitting disease is standing.

Increasing activity for adults

- Regular physical activity reduces the risk of many adverse health outcomes.
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.

Ideas to increase activity at work

- Park your car farther away from the building or look for furthest parking spot.
- Take a walk on your break or lunch or schedule walks or movement, including stretching into your day.
- Use stairs whenever possible and avoid escalators or elevators. Or get off a few floors early and take the stairs the rest of the way.
- Take a long route to the restroom.
- Stand up when talking on the phone at your desk or when attending a meeting. Walk laps with your colleagues rather than gathering in a conference room for meetings.
Ideas to increase activity while at home

- Work in the garden or mow the grass. Using a riding mower doesn't count! Rake leaves, prune, dig and pick up trash.
- Go out for a short walk before breakfast, after dinner or both. Start with 5-10 minutes and work up to 30 minutes.
- When walking, pick up the pace from leisurely to brisk. Choose a hilly route.
- When watching TV, sit up instead of lying on the sofa. Or stretch. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV. Throw away your video remote control.

Stretching

- Increases flexibility and range of motion
- Increases blood flow to the muscle
- To prevent or reduce stiffness and pain, try simple stretches throughout the day in the office.

Conclusion

- There are many ways to increase activity to gain the benefits from physical activity.
- Increasing activity, whether at home or at work can decrease the occurrence and reoccurrence of illness, prevent the development of chronic conditions, and increase a person’s lifespan. Studies have shown that it also leads to a better, healthier and happier life.
- If there are any barriers to increasing physical activity or if a person has a limitation or other medical conditions/health concerns, consult your health care provider before beginning a new activity regimen.