Entrepreneurs: 8 reasons Why Sitting Kills!

Sitting Too Much is Linked to Health Problems!

 But few realize the health consequences of the result of this sedentary lifestyle, or the effects is having on our society at large.   Sitting at a desk, behind a wheel or in front of a screen, can be harmful. Your body was designed to be active and on the move all day long. When you stop moving for extended periods of time, it's like telling your body to shut down and prepare for death.

Katy Bowman, a scientist Organ Damage and author of the book: [Move Your DNA: Restore Your Health Through Natural Movement](#).

"Actively sedentary is a new category of people who are fit for one hour but sitting around the rest of the day… You can't offset 10 hours of stillness with one hour of exercise."

How Bad is Too Much Sitting?

The average adult spends 50 to 70 percent of their day sitting in an office environment. Sitting has been described as the "new smoking". According to the Physical Activity Council 2014, 28% of Americans or 80.2 million people, aged six and older are [physically inactive.](#) And just 30 minutes of some physical activity every day can halve the rate of premature deaths from heart disease and cancer.

About 30 percent of adults spend at least six hours a day during the week sitting around – and this rises to 37 percent on weekends. Roughly one-third of people who are sedentary will have at least two major health conditions, such as heart disease and type 2 diabetes.

8 Reasons Sitting Is a Killer

1. **It Hurts Your Heart**

Scientists first noticed that transit drivers, who sit most of the day, are about twice as likely to get [heart disease](#) as those that stand.

2. **It Can Shorten Your Life**

You're more likely to die earlier from any cause if you sit for long stretches at a time. It doesn't help even if you exercise every day.

3. **Dementia Is More Likely**

If you sit too much, your brain can look just like that of someone with dementia. Moving throughout the day can help even more than exercise to lower your risk for health problems.

4. **Raise Your Odds for Diabetes**

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Yup, you're more likely to have diabetes, if you sit all day. And it isn't only because you burn fewer calories. It's the actual sitting that seems to do it. It is the way your body reacts to insulin, the hormone that helps it burn sugar and carbs for energy.

5. You'll Gain Weight

Watch a lot of TV? Surf the web for hours on end? You're more likely to be overweight. If you exercise that is good, but it won't make a huge dent in extra weight you gain as a result of too much screen time.

6. Your Anxiety and Stress Might Spike

Too much time alone may cause you to withdraw from your friends and family.

7. It Affects Your Back

The seated position puts a huge stress on your back muscles, neck and spine. You may change chairs to a more ergonomic chair but, your back still will not like it. Get up and move around for a minute or two every thirty minutes.

8. Your Cancer Risk Goes Up

You may be more likely to get colon, endometrial, or lung cancer. The more you sit, the higher the odds. Older women have a higher risk of breast cancer. That doesn't change if you are super active. What does matter is how much you sit.

If you want to operate at your highest level, you need to take a holistic approach to life. You are a system. When you change a part of any system, you simultaneously change the whole. Improve one area of your life, all other areas improve in a virtuous cycle.

"To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear." ~ The Buddha

What Is the Takeaway from This Information?

Andrea LaCroix, PhD, director of the Women's Health Center of Excellence at the University of California, San Diego. ''Don't demonize sitting," LaCroix says. The message, she says, is to reduce sitting time by breaking it up. Although experts aren't sure how often you need to get up, they suggest getting up about every 30 minutes if possible.

You may want to start by simply standing rather than sitting when you have the chance or finding ways to walk while you work. For example:

- Take a break from sitting every 30 minutes
- Stand while you are on the phone or watching television.

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- If you work at a desk, try a standing desk- or improvise with a high counter or table.
- Walk with colleagues for meetings rather than sitting in a conference room.
- Take the stairs instead of the elevator
- Park your car further away from the entrance
- Take the long way around to get to your desk
- Organize your office to increase physical movement, such as needing to stand to reach files, the telephone, or your printer, rather than having everything in easy reach
- Use an exercise ball for a chair. Sitting on an exercise ball engages your core muscles and helps to improve balance
- Set a timer to remind you to stand and move around

Use movement or even leisurely movement as much as possible. For starters you'll burn more calories. This could lead to weight loss and increased energy. Also, physical activity helps maintain muscle tone, your ability to move and your mental well-being.

"True enjoyment comes from activity of the mind and exercise of the body; the two are ever united." ~ Wilhelm von Humboldt

30 Ways to Relax and Reduce Stress

I've created a course that will teach you how to become less stressed and more relaxed.

Access the training here now!