



SITTING DISEASE How Can we
Improve our Health at Work?

WHAT IS SITTING DISEASE??

Excessive sitting impacts our body's metabolic system: "Today, our bodies are breaking down from obesity, high blood pressure, diabetes, cancer, depression and the cascade of health ills and everyday malaise that come from what scientists have named sitting disease." ~ James Levine, MD, PhD



WHY IS SITTING DISEASE EVEN A THING OR IDEA?

- 1. Obesity Crisis
- 2. Increase in Chronic Health Problems
- 3. Increase in Rates of Depression and Anxiety
- 4. Metabolic Syndrome
- 5. Low Back Pain and/or Joint Pain
- 6. Decreased Productivity
- 7. Increase in Fatigue
- 8. Alzheimer's and Memory Loss
- 9. Death!

HOW IS SITTING RELATED TO OBESITY?

- Obese people sit 2.5 more hours per day than non-obese people
- Exercise rates have been relatively consistent over the past 20 years
- We are now sitting at least 10% more than we used to
- Obesity rates have doubled since 1980 and are projected to keep growing



WHERE ARE WE HEADING?

Health Cost of Obesity

- **11 Billion**

Future Predictions

Taking into account regional variations, scientists predict that, by 2019, the prevalence of obesity will increase to a point where half of the Canadian provinces will have more overweight or obese adults than normal-weight adults.

Canadian Medical Association Journal, 2013

WHAT HAPPENS WHEN WE SIT?

Plasma Insulin



Insulin effectiveness will drop and risk of Diabetes will increase

Glucose Levels



Fat Levels in the Blood



HDL



With two hours of sitting “Healthy Cholesterol” decreases by 20%

WHAT HAPPENS WHEN WE MOVE

Blood Flow and Circulation



Muscular Contraction and Tone



Posture Improves



Lipoprotein Lipase



(activities of skeletal muscles, heart and adipose tissues)

ACTIVE COUCH POTATOES

Being Physically Active does not make up for or CANCEL OUT the hours you spend sitting!!

WHAT CAN WE DO AT WORK?

- Walk to Work
- Park Farther Away
- Walking Meetings
- Standing Desks
- Walk to the Farthest Bathroom
- Go for a Walk During Breaks
- Standing Meetings
- Stretching Breaks
- Make TWO Trips
- Use the Stairs More

Mike Evans- move more

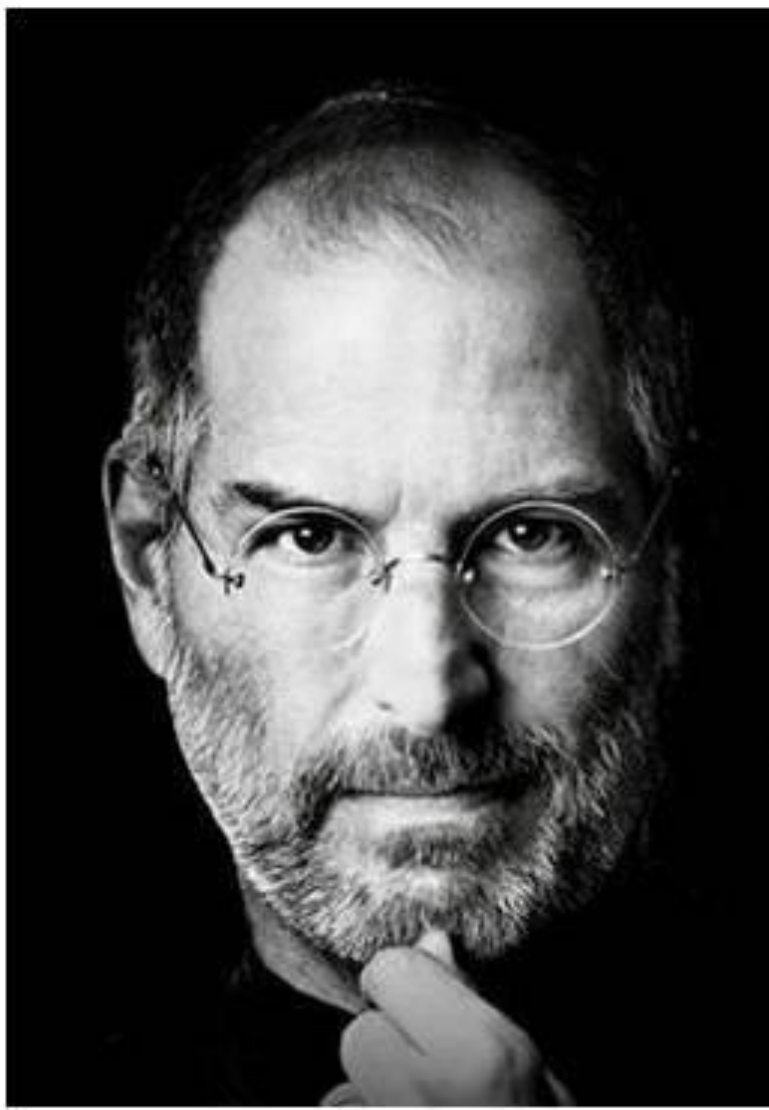
<http://www.youtube.com/watch?v=QQRIaFqUPeQ>

Please watch the video above

BIG THINKERS



Steve job, walking, hiking meetings

A black and white portrait of Steve Jobs, looking directly at the camera with a slight smile. He is wearing his signature round glasses and has a short beard. His hand is visible near his chin, resting on his chin.

Because the
people who
are crazy enough
to think they can
change the world
are the ones
who do.

R.I.P. Steve Jobs

WHY SHOULD WE CARE?

It is not just about adding years to your life...it is about adding life to your years!



THANK YOU FOR MOVING!
#MOVEMORE



As mentioned in my speech. The information contained in these slides was obtained through Dr. Stacy Irvine's presentation at the Partners and Prevention 2014 H&S conference.