

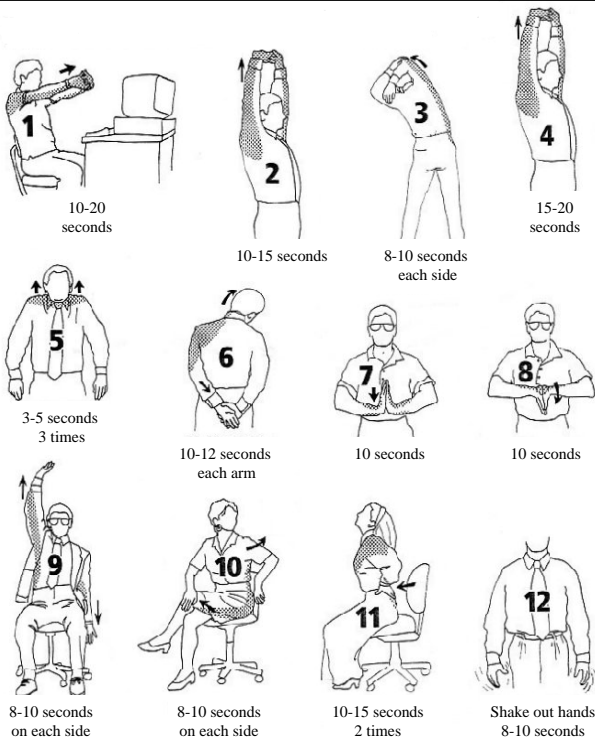


# SITTING DISEASE?

Do you sit too much? Count how many hours a day you sit. Include time spent driving and working, or while at home shopping online, paying bills, reading, and playing. Did you count up to 8 hours a day or more? Unfortunately, that's how many hours a day most people are sitting. We work, shop, bank, pay bills, and drive without ever so much standing up. All this sitting is making us fat, unhealthy, and achy. Sitting is hard on our bodies because it slows down circulation, slows down digestion, and puts tremendous force on the vertebra disks (140 psi). Also, static positions can lead to cumulative trauma disorders or CTD's.

## How can we prevent this?

Do these stretches every 30 to 60 minutes throughout the day, or whenever you feel stiff. It only takes 4 minutes to do!

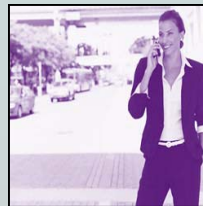


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## Also try some of these ideas...



- Have a couple of walk and talk meetings throughout the day.



- Hand deliver the mail.
- Use a cordless phone and pace while talking.



- Take a 15-30 minute walk at lunch.

- Take the stairs instead of the elevator.



- Stretch in the opposite direction to balance muscle use.

By getting up and moving around more frequently, you'll have more energy, reduce stress and aches, and save your back, neck, shoulders and body! For more movement ideas, go to

<http://www.sparkpeople.com/resource/fitness.asp>