



Did You Know?

“Sitting is the New Smoking”

Americans are spending more time seated than ever, and researchers say it's wreaking havoc on our bodies. Studies show all that sitting is taking a major toll on employee health. The *Los Angeles Times* recently interviewed Dr. James Levine, director of the Mayo Clinic-Arizona State University Obesity Solutions Initiative and inventor of the treadmill desk. Levine has been studying the adverse effects of our increasingly sedentary lifestyles for years and has summed up his findings in two sentences ***“Sitting is more dangerous than smoking, kills more people than HIV and is more treacherous than parachuting. We are sitting ourselves to death”.***

Researchers have found and continue to find evidence that prolonged sitting increases the risk of developing several serious illnesses like various types of cancer, heart disease and type 2 diabetes.

So, what can you do about it? Try adding activity into your work day. Get up from your desk every hour and do 2 minutes of vigorous exercise. By the end of day, you will have 15-20 minutes under your belt. Add a brisk walk or workout at the end of your day, and you are on your way to a healthier life!

Go to <http://www.minuteman-nashoba.org/wellness/mnhg-wellness-programs/> to see the desk workout exercises. You can also schedule a desk workout program at your worksite. Contact Marcy Morrison at Marcymo@comcast.net