Sitting is the New Smoking
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Couch potato lifestyle

- Is killing us at about the same rate as smoking
- Statistics
- What to do
Flat back syndrome

- Condition that leads the normal curvatures of the spine to become imbalanced, causing the individual to lean forward:
  - Difficulty with standing upright
  - Ongoing back or leg pain
Flat back syndrome (continued)

- Symptoms usually worsen as the day goes on.
- The individual will feel they lean further and further forward the longer they try to stand erect (gravity).

Living in flexion
What if I exercise regularly?

Sitting is the New Smoking - Even for Runners

There's no running away from it: The more you sit, the poorer your health and the earlier you may die, no matter how fit you are.

By Selena Yeager; Image by Rick Ferrara
Published July 20, 2013
The active couch potato (continued)

- Until very recently, if you exercised for 60 minutes or more a day, you were considered physically active, case closed.

- Emerging research suggests it is entirely possible to meet current physical activity guidelines while still being incredibly sedentary, and that sitting increases your risk of death and disease, even if you are getting plenty of physical activity.

- Smoking is bad for you even if you get lots of exercise. So is sitting too much.
Unless you have a job that keeps you moving, most of your non-running time is likely spent sitting. And that would make you an "active couch potato."— Genevieve Healy, Ph.D.

Sitting Disease – More Health Risks
Sitting disease

- Body designed to move — prolonged sitting shuts down metabolic activity.
- Muscles — when immobile circulation slows.
- Use less blood sugar and burn less fat, increasing risk of heart disease and diabetes.
- Study of 3,757 women — for every 2 hours they sat in a work day, risk of developing diabetes went up 7%.
- AJE — A man who sits more than six hours a day has 18% increased risk of dying from heart disease and a 7.8% increased chance of dying from diabetes compared with someone who sits for three hours a day.

Sitting disease (continued)

- Running is good, but if you spend the rest of your waking hours sitting, health benefits depreciate.
- In a 12-year Canadian study, it was found that the more time people spent sitting, the earlier they died — regardless of age, body, weight, or how much they exercised.
Sitting disease (continued)

- One recent study compared adults who spent less than two hours a day in front of the TV or other screen-based entertainment with those who logged more than four hours a day of recreational screen time. Those with more screen time had:
  - A nearly 50% increased risk of death from any cause.
  - About a 125% increased risk of events associated with cardiovascular disease, such as chest pain (angina) or heart attack.
  - The increased risk was separate from other traditional risk factors for cardiovascular disease, such as smoking or high blood pressure.

Sitting disease (continued)

- Adding to the mounting evidence – recent discovery of a key gene (called lipid phosphate phosphatase-1 or LPP1) that helps prevent blood clotting and inflammation to keep your cardiovascular system healthy is significantly suppressed when you sit for a few hours.

- LPP1 was not impacted by exercise if the muscles were inactive most of the day.
Even more health risks

- Cancer
- Depression

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Prolonged Sitting May Increase Risk of Certain Cancers

More sitting time per day is associated with the risk of colon and endometrial cancer
Jun 19, 2014 by Agata Blaszczak-Boxe and LiveScience

Researchers found that, with each 2-hour increase in people’s sitting time per day, their risk of colon cancer increased by 8 percent, and women’s risk of endometrial cancer increased by 10 percent.

The more time people spend sitting, the higher their risk of certain types of cancer, according to a new review of previous studies.

What’s more, it didn’t matter how active the study participants were when they were not sitting, according to the findings, published today (June 16) in the Journal of the National Cancer Institute.

"The results were independent of physical activity, showing that sedentary behavior represents a potential cancer risk factor, distinct from physical inactivity," study author Dr. Daniela Schmid, of the University of Regensburg in Germany
Too much sitting leads to feelings of depression: study

Women who sit more than 7 hours a day were nearly 50% more likely to report depressive symptoms than women who sat 4 hours or less, Australian researchers found.

Findings published in the American Journal of Preventive Medicine showed that women who sat for more than seven hours a day were at a 47% higher risk for depressive symptoms than women who sat for four hours or less per day. Women who didn’t exercise had a 99 percent higher risk for depression compared with women who exercised for 30 minutes a day on most days.
Good news – what you can do

- Stand up and take an active break every half hour – let’s stand up right now!
- Do exercises throughout the day
  - Stretching, Anytime, Anywhere
- Look for ways to get up and moving, not excuses (Do One Thing)
- Walking meetings

Ergonomics

![Workstation ergonomics: ideal set-up]

- Top of monitor at eye level or just below
- Monitor roughly arm’s length away
- Minimal bend at wrists
- Elbows close to body
- Backrest supporting lower back
- Front half not pressing on each of knees
- Feet flat on ground or resting on footrest
Standing desks

Treadmill desks
Exercise

“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Why exercise?

- Reduce stress
- Boost happy chemicals
- Improve self-confidence
- Enjoy the great outdoors
- Prevent cognitive decline
- Alleviate anxiety
- Boost brainpower
- Sharpen memory
- Increase relaxation
- Get more done
- Tap into creativity
- Prevent excess weight gain
- Combat health conditions and diseases
- Have fun!
- Solve problems!
Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wilderness is a necessity; and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life.
— John Muir

Walking may prolong life in chronic kidney disease (CKD) patients

- Researchers found that overall, individuals who walked for exercise were 21% less likely to need dialysis or a kidney transplant and 33% less likely to die, compared with patients who did not engage in this physical activity.

- The team also found that the more walking individuals did, the less likely they were to die. Those who walked 1-2 times a week were 17% less likely to die than individuals who did not walk, while those who walked, 3-4, 5-6, and 7 times or more a week were 28%, 58% and 59% less likely to die, respectively.
Alzheimer’s

- More than 5 million Americans
- Every 67 seconds someone in the U.S. develops Alzheimer’s
- 6th leading cause of death
- 500,000 people dying each year
- 1 in 3 seniors dies with Alzheimer’s or another form of dementia

The brain benefits of exercise
Common sense keys to healthy living

- Genetics
- Move – get outside
- Meditate
- Moderate eating
- Challenge brain
- No smoking
- Give it a rest
- Get your rest (sleep)
- Prevention – see PCP – BP, cholesterol, glucose, immunizations, other age appropriate studies

Walking is man’s best medicine

All parts of the body which have a function, if used in moderation and exercised in labors in which each is accustomed, become thereby healthy, well developed and age more slowly, but if unused they become liable to disease, defective in growth and age quickly. — Hippocrates
Questions?