



SCHNECK

Better Healthcare Begins Here

Don't be a sitting duck!

Sitting ducks are an easy target for many serious health conditions.

Did you know that too much sitting is harmful — even if you exercise regularly? Research shows that being sedentary outside of purposeful physical activity (for example, running or going to the gym) raises your risk of developing many serious health conditions, including coronary heart disease, type 2 diabetes, and breast and colon cancers. It also shortens your life expectancy.

**Quit
the Sit**

When you think about it, it's easy to understand how we've become so sedentary. We can hit the drive-through at the bank or Starbucks, or take the elevator rather than walk up the steps. The airport has motorized walkways to transport us from one place to another. Many of us spend hours in front of a computer during the workday and a TV screen in the evening. In fact, the average person today spends at least nine hours per day sitting. That's more than half of your waking hours!

The data suggests that we should ALL increase our standing and walking time during the day. In fact, if you are overweight, you should try to increase the amount of time you spend in non-exercise physical activity by two and a half hours a day. While that may sound a bit overwhelming at first, when you break it down into short intervals throughout the day, it's really not. Taking frequent standing and moving breaks can quickly add up.

It may help to know that you burn **30 percent more calories** when you stand versus when you sit. And the accumulation of muscle contractions required to move throughout the day actually uses **more energy** than a continuous period of dedicated physical exercise.

Here are a few tips for how YOU can Quit the Sit:

- Get up every 30 minutes when you are on your computer. Take a break for several minutes to stand, stretch and move about.
- Take the stairs instead of the escalator or elevator.
- Do chores standing up, such as ironing or folding laundry, when you're watching TV.
- Avoid drive-through services and instead park and walk into the building.
- Stand when you're talking on the phone.
- If you work in an office, encourage your colleagues to stand during meetings.
- Take a short walk during your lunch break.
- Use a fitness tracker to keep track of your steps throughout the day and set increasing goals for yourself.



DO NOTHING

Take 10,000 steps per day. If you've been sedentary, you may need to start with fewer steps and work your way up to 10,000. Set goals for yourself and use your fitness tracker to monitor your progress.