



# Health Hazards of Prolonged Sitting

According to research, sitting for extended periods of time is associated with an increased risk of developing chronic diseases, such as diabetes, cancer, heart disease, and high blood pressure. A recent analysis suggests there are 34 chronic diseases and conditions associated with excess sitting.



Even people who exercise regularly are at risk because they, too, are sitting too much and exercising does not negate the hazards of sitting.



According to Martha Grogan, Cardiologist, Mayo Clinic, sedentary lifestyles increase the risk of cardiovascular disease. "For people who sit most of the day, their risk of heart attack is about the same as smoking."

If you have been sitting for an hour, you've been sitting too long. You should get up for ten minutes of every hour.



If your job requires sitting for extended periods of time, consider the following activities:

- Walk more at work -- Park your car farther away from your building; use stairs not elevators; take a long route to the restroom or cafeteria.
- When you are working in front of a computer, get up and walk around every hour.
- Stand up when you talk on the phone.
- Don't send e-mails if the recipient is near; walk over and talk to him or her.
- Stand or exercise while you watch TV, or just stand and move around during commercial breaks.
- When you get up to have a glass of water or for a meal, walk around the house or office.



By just adding one hour of standing increases blood flow and metabolism, burns more calories, and improves focus and energy.

To calculate your daily sitting time or to see if you are at risk for sitting disease, visit [www.juststand.org](http://www.juststand.org).

For questions relating to this distribution, please contact the Office of Worker Safety and Health Policy at 301-903-6061.