Desk-Bound?
That’s No Excuse, Get Active!

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Have you heard that sitting is the new smoking? We are not sure how true that is, but sitting all day is definitely not helping us. A 2008 Microsoft study reported that 68% of all office workers report aches and pains as a result of their desk-bound lifestyle.

“For people who sit most of the day, their risk of heart attack is about the same as smoking.”~ Martha Grogan, Cardiologist, Mayo Clinic
Overview

- Sitting stats
- Sitting and your health
- Physical activity is not enough
- Move more ideas
- Time to get active!
Sitting as a Disease

• Medical experts have started referring to long periods of physical inactivity and its negative consequences as “sitting disease”.

• For every 2 hours spent sitting, it reduces blood flow, raises blood sugar and drops good cholesterol levels by 20%.
Sitting Stats

20-35% Percent who watch TV ≥4hrs

55% Percent of US adult waking time spent sedentary

70% Percent of work day sitting

2008 Vanderbilt University Study of 6,300
How Sedentary is the Typical American Each Day?

Typical American Day

21 Hours Sedentary

3 Hours Active/Standing

Sedentary Time

- Sleeping: 8hrs
- Sitting at Work: 7.5hrs
- Watching TV: 1.5hrs
- Leisure Time: 1.5hrs
- Home Computer: 1.5 hrs
- Eating: 1hr

Juststand.org
Sitting and Your Health

Linked to:
- Obesity
- Early mortality

Negatively affects:
- Organs
- Bones
- Muscles

Key risk factor in 4/7 top US killers:
- Heart disease
- Stroke
- Diabetes
- Some cancers

Mental Health
- Loneliness or depression
- Reduced social skills

Your Health is Affected
9 Ways Excessive Sitting Can Harm You.

**HEAD**
Sitting for long periods of time can cause blood clots to form which can travel to the brain causing a stroke.

**LUNGS**
You are twice as likely to develop a pulmonary embolism, or blood clot, if you sit most of your day.

**ARMS**
The reduction of physical activity leads to hypertension or high blood pressure.

**STOMACH**
Excessive sitting contributes to obesity & colon cancer. Enzymes in the blood vessels of muscles responsible for burning fat shut down leading to the disruption of the body’s method of metabolizing fuels.

**FEET**
Numbness in the feet can be caused by poor circulation. It can also cause nerve damage or pressure on nerves when you sit for long periods.

**NECK**
Fluid retained in the legs during the day moves to the neck at night & contributes to sleep apnea. Neck muscles are stressed leading to pain.

**HEART**
People who live a sedentary lifestyle are up to twice as likely to die or develop diabetes and heart disease than those who move frequently.

**LEGS**
Fluid collects in the legs during sitting. Standing & walking helps pump it through your body.

**BACK**
Sitting for long periods of time place a high amount on the spine. Over time, sitting can result in compression of the spinal disks. Because muscles are tight from pressure, sudden movements can lead to injury.
SITTING DOWN IS SLOWLY KILLING US

90% HIGHER RISK OF DEATH CAUSED IN PART BY A SEDENTARY LIFESTYLE.

A study published in the American Journal of Epidemiology by the American Cancer Society after following 123,216 subjects from a 2010 study.

SITTING RELATED HEALTH ISSUES CAUSE MORE PREMATURE DEATHS

- Females that sat for over 6 hours a day with a sedentary lifestyle: 90% more likely to die
- Males who sat over 6 hours a day in comparison to active co-workers: 40% more likely to die

THE AMOUNT OF EXERCISE HAD NO EFFECT ON THE HARM THAT SITTING WAS CAUSING. THE ONLY WAY TO REVERSE SITTING PROBLEMS IS TO STAND AND MOVE MORE.

DON'T BE A STATISTIC. STAND UP MORE. LIVE LONGER.
Bottom Line: Daily exercise may not be enough to counteract excessive sitting.
Call to Action

• Centers for Disease Control
  – Adjustable sit-to-stand products are an effective solution for reducing prolonged sitting.

• American Medical Association
  – Recommends alternative means to prolonged sitting:
    • Standing desks
    • Exercise balls
    • Treadmills

• American Cancer Society
  – Recommends all public health messages should include both being physically active and reducing time spent sitting.
What To Do At Work

“If I have to be at these boring meetings, I might as well get something out of it.”
Standing Benefits

Research shows if people sat 3 hours less a day, it would add 2 years to the average U.S. life expectancy!
Is Standing Enough?

The point is to MOVE MORE!

- Standing or walking meetings
- Walk to a farther restroom
- Walk to a co-worker instead of emailing them
- Get up and do some light stretching or exercises
- Take the stairs EVERY chance you can
- Stand up for at least 1-2 minutes every hour and march in place
Move More Ideas

Reduce Sedentary Time & Get Active!

- Set a timer to go off every 1-2 hours
- Grab a co-worker and do a wall sit, plank, or push-ups
- Take the long route
- Stand up when talking on the phone
- Waiting? Stand up!
- March or walk around during pesky commercial breaks
Is this you at your desk?

Most common pain areas:

- **SHOULDER**: 38%
- **NECK**: 53%
- **LOW BACK**: 63%
- **WRIST**: 33%

Chronic back pain, reduced flexibility, and weak core are all of concern with excessive sitting. The following stretches and exercises can help combat these problems and help you feel better – even with those long meetings and hours glued to the computer screen.
Simple Stretches

• 1x through once a day (or more)
Simple Stretches

1. Neck and shoulder stretch
2. Upper cervical spine stretch
3. Chin tuck
4. Chest stretch
5. Upper back stretch
6. Hip flexor stretch with lateral reach
Simple Strength Exercises

• 10 reps of each 1x through once a day (or more)
10 reps of each 1x through once a day (or more)

1. Triceps desk push-up
2. Carpal tunnel reliever (x2 10 sec hold each)
3. Standing side leg raise
4. Chair squats
5. Shoulder blade squeeze (x2 10 sec hold each)
6. Split squat or Bulgarian split squat
BONUS: Plank Challenge!
Thank you

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