

Avoid the hazards of sitting at your desk

When you sit, you use less energy than you do when you stand or move. Research has linked sitting for long periods of time with a number of health concerns.

They include obesity and a cluster of conditions – increased blood pressure, high blood sugar, excess fat around the waist and abnormal cholesterol levels – that make up metabolic syndrome. Too much sitting overall and prolonged periods of sitting also seem to increase the risk of death from cardiovascular disease and cancer.

Less sitting and more moving overall contribute to better health. You might start by simply standing rather than sitting when you have a chance or finding ways to walk while you work. For example:

- Take a break from sitting every 30 minutes.
- Stand while talking on the phone or watching television.
- If you work at a desk, try a standing desk – or improvise with a high table or counter.
- Walk with your colleagues for meetings rather than sitting in a conference room.

For starters, movement will burn more calories. This might lead to weight loss and increased energy. Also, physical activity helps maintain muscle tone, your ability to move and your mental well-being, especially as you age.

Click [HERE](#) for simple exercise moves at your desk.

