



ELITE

Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

8/15: Sitting Disease

What is "sitting disease"?

"Sitting disease" refers to prolonged sitting. It may not sound very scientific, but it is. In fact, a sedentary lifestyle that involves prolonged sitting is associated with 34 different chronic diseases or conditions – everything from heart disease, stroke, type II diabetes, obesity, depression, cognitive decline, premature aging and premature death.



If exercise is linked to a growing list of health benefits, then prolonged sitting represents the detriments. It's ironic. In the long run, something people do to relax and feel better makes them feel worse.

Why is prolonged sitting harmful?

Page after page could be written, but here are a few explanations:

- The human body is designed for activity, movement and exercise. Lack of movement has a detrimental effect on every physiological system in the body. Humans are designed to stand upright. Your heart and cardiovascular system work more effectively that way. Your bowel also functions more efficiently when you are upright. This is why it's common for people who are bedridden in hospitals to have problems with bowel function.
- When you are physically active, your overall energy and endurance improve, your bones maintain strength and cognitive brain function is stimulated. When muscles are not active, they don't take up glucose from the bloodstream as efficiently. Blood pressure rises. Sleep suffers. Muscles become weak, sore and stiff. Joints tighten. There are even changes on the cellular level.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

- A gene (which encodes for an enzyme called lipid phosphate phosphatase -1, or LPP1) helps prevent blood clotting and chronic low-grade inflammation. This gene functions optimally when we're engaged in regular exercise. However, it becomes dysfunctional with prolonged sitting.

What are some simple ways to sit less and move more?

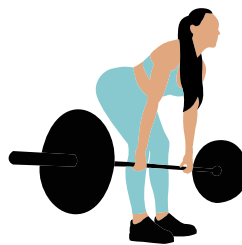
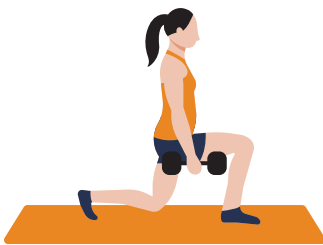
Take your phone call standing up. Walk or do some physical tasks as you talk on the phone or text. Consider a standing desk. Hold walking meetings. Spend time sitting on a stability ball at work or as you watch TV. No stability ball? Try sitting on the floor to watch TV. That way you can perform certain exercises while watching. During commercials, you can walk, stretch or simply move about. Find reasons to move up and down the stairs more. If you have an Apple watch, you can use the stand feature, which alerts you to get up and move every hour and keeps track of when you stand up.



Are there specific exercises to counteract prolonged sitting?

Yes. There are numerous stretches and exercises that mitigate the effects of too much sitting. These include lunges, hinges, squats and dozens more. Let us advise. Your body will feel so much better as you move and exercise.

If you want to decrease your quality of life and perhaps die prematurely, just keep sitting around. If you want to make positive changes, give us a call. Following a thorough consult, Elite Personal Training and Fitness Solutions will evaluate your needs and make appropriate recommendations.



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