

Health & Science

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The health hazards of sitting

By Bonnie Berkowitz and Patterson Clark, Published: Jan. 20, 2014

We know sitting too much is bad, and most of us intuitively feel a little guilty after a long TV binge. But what exactly goes wrong in our bodies when we park ourselves for nearly eight hours per day, the average for a U.S. adult? Many things, say four experts, who detailed a chain of problems from head to toe. [Download a pdf poster of this graphic.](#)

Itching to move? Here are [some ways](#) to workout at work and eat [the right stuff](#).

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6/10/2014 6:13 PM GMT+0200

"People who watched the most TV in an 8.5-year study had a 61 percent greater risk of dying than those who watched less than one hour per day."

don't we all have roughly a 100% chance of dying?

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2

No Time Flat

2/23/2014 12:08 AM GMT+0100

Yipes. I can check off just about every one of the risk factors in this piece. If I am still alive in the morning, I will change my ways.

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1

ViennaVA24

2/2/2014 2:29 PM GMT+0100

How about a treadmill desk! Alexander B. Howard one of DC's finest tech analysts and can be followed at @digiphile took an old treadmill and added a frame on top so his laptop can sit on it...he has done more than 7 hours a day on it and he reminded us who follow him that Thomas Jefferson and others all had standing desks...I think more offices should offer these types of "desks" and have employees rotate...what a difference it could make it wellness, yes? And for the oldsters...every home should have mini bike pedal exercisers...for \$35-\$75 what a savings it would provide over the long run for those sitting too long seniors. Check out HighPerformanceAging on Facebook for more good info like this WAPO article.

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ViennaVA24

2/2/2014 2:35 PM GMT+0100

I should add, that "no" Alex does not walk all day on his treadmill desk but averages currently between 3-5 miles walking throughout the course of a day when he has it on.

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Ryeland Jango Sheffield

2/2/2014 1:39 PM GMT+0100

I stack two typical tables, top being smaller, and utilize computers more so than most. I got hit with the nerve gas pretty bad. It is a miracle I'm not paralyzed. I compare myself to a man I met near the Apostle Islands who crashed his motorcycle going 65 mph. In the struggle for agility aka mobility much of this is intuitive, however, it is great to have confirmation mixed with tid bits of ergonomic facts. Thanks for the article.

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Badgerjim

2/1/2014 11:50 PM GMT+0100

But standing for a long time can be hard on the feet....Would lying down to, say, read be better than sitting?

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1

CyberBhoot

1/27/2014 3:37 PM GMT+0100

So what can we do? Drink a lot of water. Besides flushing your body system of bad stuff, it will force you to get up more frequently and walk to pee.

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Two thousand miles from the border, Syracuse finds itself in immigration debate

Monica Hesse

When the issue is right in the neighborhood you love, she thought, it's so much more complicated than the news ever makes it out to be.

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vakate

1/31/2014 10:01 PM GMT+0100

That strategy really works for me - plus using a restroom on a different floor so I have to run up/down 4 flights of stairs each way each time. A lifesaver for sure.

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1

melindaboyd

2/2/2014 2:58 AM GMT+0100

Check your posture when you do something regularly, for instance. Perhaps every time you check your email, you also check your posture. Also, for every hour of sitting, get up and stretch or walk to a coworker's desk to tell them something rather than emailing. Anything is better than nothing!

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1

rlburnsideJR

1/27/2014 1:46 AM GMT+0100

This is one of the reasons I'm looking forward to retirement - I WON'T be sitting on my butt all day as I now do 9 - 5 five days a week.

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1

mnlakes

1/26/2014 3:43 PM GMT+0100

Juststand.org

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3

timbrown2

1/26/2014 12:44 AM GMT+0100

I'm paralyzed in a wheelchair, so running, climbing, walking, standing are kind of ruled out.

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1

hdak

1/25/2014 4:13 PM GMT+0100

I worked as a hair stylist for 48 years and I can't tell you how many obese people with bad backs said "It must be awful standing up all day". Their big butts could hardly fit in my chair!

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3

BobABooie

1/27/2014 12:46 AM GMT+0100

I knew I was over-tipping you for decades! How dare Ye?

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ted15

1/25/2014 4:06 PM GMT+0100

This is why I hate riding in a golf cart. Courses being built "Carts mandatory". Coupons out there, "Free golf, but you must pay for the cart." I've paid for the cart and left it at the club house.

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2

Tony Ivy

1/25/2014 1:31 AM GMT+0100

This highlights one of the health benefits of being a teacher.

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7

Parshuram Gautampurkar

1/23/2014 1:40 PM GMT+0100

Indeed a good article guiding well to those all who work in the offices and nature of their job wanting

long sitting. At home also ,the household ladies, belonging to middle class and below , do number of such jobs which they often like to accomplish by sitting on the floor for abnormally long hours ,particularly in our nation and precisely in villages. The sitting jobs which they prefer by sitting on the floor like - brushing cloths before finally washing , cleaning floor ,cooking,tailoring preparing their children to go schools etc.etc. There are so many household jobs which they prefer to do by sitting on the floor comfortably. Adding to this watching TV, working on computers, reading news papers or magazines,playing with children etc. This long sitting results in obesity,making the ladies plump and bulky. .The article may prove to be an eye opener to them too. .
P.Gautampurkar,Sawai Madhopur,Rajasthan,India.

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colortest125

1/23/2014 12:46 PM GMT+0100

long ago someone told me, "keep moving, that's the secret"

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4

ScamfortheRich

1/22/2014 11:18 PM GMT+0100

We're all gonna die, just a matter of how comfortably or not.....

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1

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