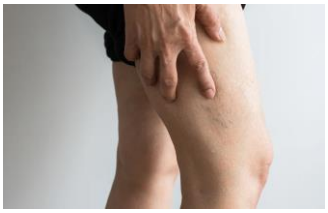
Prolonged Sitting

Risks of Prolonged Sitting

- If your spine is not moving it can become more vulnerable to injuries especially lower back pain.
- Your abdominal muscles and glutes can weaken over time which may cause a loss in core strength and balance.
- Sitting makes blood flow sluggish and increases the risk of clotting and the possibility of Deep vein thrombosis (DVT).
- Your hip flexor muscles can tighten, reducing the motion of your hips.
- You expend fewer calories seated, which may lead to weight gain.
- Slower circulation can lead to higher blood pressure and cholesterol levels and increase the risk of heart disease.
- Your brain depends on good blood flow and glucose metabolism, sitting for long periods can have a negative impact on your mental health.

How to prevent Prolonged Sitting

- Periodically moving around in your seat.
- Organizing breaks throughout the day to stretch and move your body.
- Using a stand-up desk if possible.
- Walking outside, or around your office space.
- Engaging in a fitness program for physical, and mental wellbeing.