How Sitting for Long Periods of Time Can Impact Your Health

When we move, more blood and oxygen flows to the brain. This helps to maintain clarity and keep our minds sharp.

When you sit for too long, the disks in the vertebrae can become uneven and compact causing problems such as chronic back pain and poor posture.

Sitting does not require the use of your abdominal muscles. If they are unused, it may lead to overextension (swayback) of the spine's natural arch. Plus, sitting too long will decrease flexibility in the hip and back, which aid in balancing the body. The glute muscles may also become soft and hinder your ability to take long strides.

Being seated for long periods may lead to heart, and cardiovascular disease, even colon cancer, due to the overproduction of insulin, which can lead to weight gain. Sitting too long can cause blood to pool, resulting in swollen ankles, varicose veins, and harmful blood clots. Bones may gradually become weaker and less dense.

If you have to sit for long periods of time for work or other purposes, sit up straight, and make sure to get up and stretch at least every thirty minutes, or walk around your office or space available.

Walking helps blood and oxygen flow more freely through the body, reducing the risk of health problems.