Stand Up and Move!
Carla Jackson MPH
FSFW Instructor
Don’t Just Sit There…

- Sitting for long periods linked to increased risk of:
  - Heart disease
  - High blood pressure
  - Cancer
  - Premature death
  - Disability
  - Obesity
  - Bad cholesterol
  - Poor mental health
Prolonged sitting defined

- 11 hours or more fared worst
- Anything over 6 hours showed adverse effects
- Even people who exercise are at risk!
Intentional Exercise

Optimal Health

At Risk

Light activity through the day

Poor health Outcomes
Why? Some hypotheses:

- Less muscular action causes sluggish blood flow
- Stalls breakdown of fats and blood sugar
- Delayed removal of toxins
- Fewer calories burned
- Caloric intake stays the same
  - Sitting=snacking
- Affects DNA
Where are we sedentary?

- Work
- Car
- Home
- Leisure Time
Take Action!

- Meet weekly PA recommendations
  - 30 min/5 days per week (vigorous activity for 15 mins)
  - 2 x week strength training
- Build movement into your day at:
  - Work
  - Home
  - Leisure Time
At Work:

- Aim to move every 30-60 min
- Walk down hall to talk to colleagues
- Take bathroom/water fountain breaks
- Take the stairs
- Park further away
- Stand up when you talk on the phone
- Schedule walking meetings
- Wiggle at your desk/desk exercises
Movement at your desk:

- Leg extensions
- Toe taps
- Squats
- Shoulder circles
- Overhead press
- Arm curl and extend
- Ab tighten
Instant Recess

- 5-10 minute movement breaks
- Many resources on the web
- Can be done at your desk
- Try one before you eat lunch, or during breaks
The future...

- Workstations are beginning to change
  - Stability ball chair
  - Stand-up desks
  - Treadmill desks
At Home:

- Stand up to do chores
- Stand/walk during phone calls
- March in place during commercials
- Walk or bike to do errands close by
- Park in one place and walk to do errands
During Leisure Time:

- Schedule walks/hikes or other physical activities to catch up with friends/family.
- Try a new activity (kayak, bike ride, play a game at the park)
- Take the dog for a walk
- Visit a park, museum, festival or other location that encourages movement.
resources

• Instant recess
  ◦ http://www.youtube.com/watch?v=tMuZ0_-Y7n4
  ◦ http://www.youtube.com/watch?v=b0k3zk8b-YU

• Exercise at work
  ◦ http://www.everydayhealth.com/weight-pictures/10-ways-to-exercise-at-work-1028.aspx#01