

Could Sitting Be Sabotaging Your Health?

Sitting is part of daily life, but when it takes up too much time, it can lead to problems you might not expect. Here's what you need to know — and simple ways to move more.

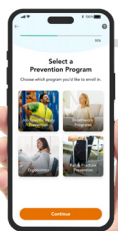
The average adult now spends over 9 hours a day sitting, much of it at work.

This shift is fueled by a mix of factors—from increased screen time to more desk-based and remote jobs that keep us sitting longer.

Here's how sitting might be affecting your health:

- **Muscles and Joints:** "Move it or lose it." Lack of daily movement can lead to muscle loss and the deterioration of connective soft tissue.
- **Posture:** Prolonged sitting can alter our movement patterns. Poor posture can create muscular imbalances, potentially leading to chronic conditions and injuries.
- **Cardiovascular Health:** Sitting more than 10 hours a day—even with regular exercise—has been linked to a significantly higher risk of heart disease and early death. We need to move regularly to keep our heart and circulation strong.¹
- **Mental Well-being:** Too much sitting is associated with higher levels of stress, anxiety, and depression. Just standing up and moving throughout the day can help boost mood and mental clarity.²

Consider trying SimpleTherapy's occupational injury prevention programs, which offer personalized stretches tailored to your job profile and work environment.

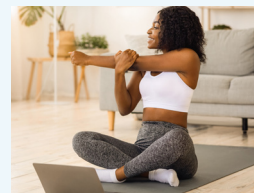


Get a program tailored to your job profile today!

Scan to create your free account.



Tips for Incorporating Daily Movement:



Morning Movement

Start your day with 15-20 minutes of low-impact exercise like stretching or walking.



Take the Stairs

Opt for the stairs whenever possible—it adds up!



Frequent Breaks

Take 3-5 minute breaks every hour to reduce accumulated stress. Doing this 5-8 times a day can add up to 15-40 minutes of hidden movement!

¹ Source: Harvard/Mass General Brigham study, JACC: Heart Failure, 2024

² Source: Scientific Reports, 2022; American Journal of Preventive Medicine, 2021