

# DANGERS OF A SEDENTARY LIFESTYLE



## WHAT IS A SEDENTARY LIFESTYLE?

Do you typically walk at least 1.5 to 3 miles a day at 3 – 4 MPH throughout the day? If not, you lead a sedentary lifestyle, according to WebMD — and that is dangerous to your physical and mental health. If your daily routine involves a lot of sitting, driving, lying down, television viewing, computer use, reading, and/or sleeping, take careful note of the information below.

## SOBERING SEDENTARY STATISTICS

**20%** of deaths in people over 35 are attributable to physical inactivity <sup>1</sup>



**25%** of Americans spend more than **8 hours a day** sitting <sup>2</sup>

More than **40 million people** in the United States suffer from varicose veins <sup>3</sup>



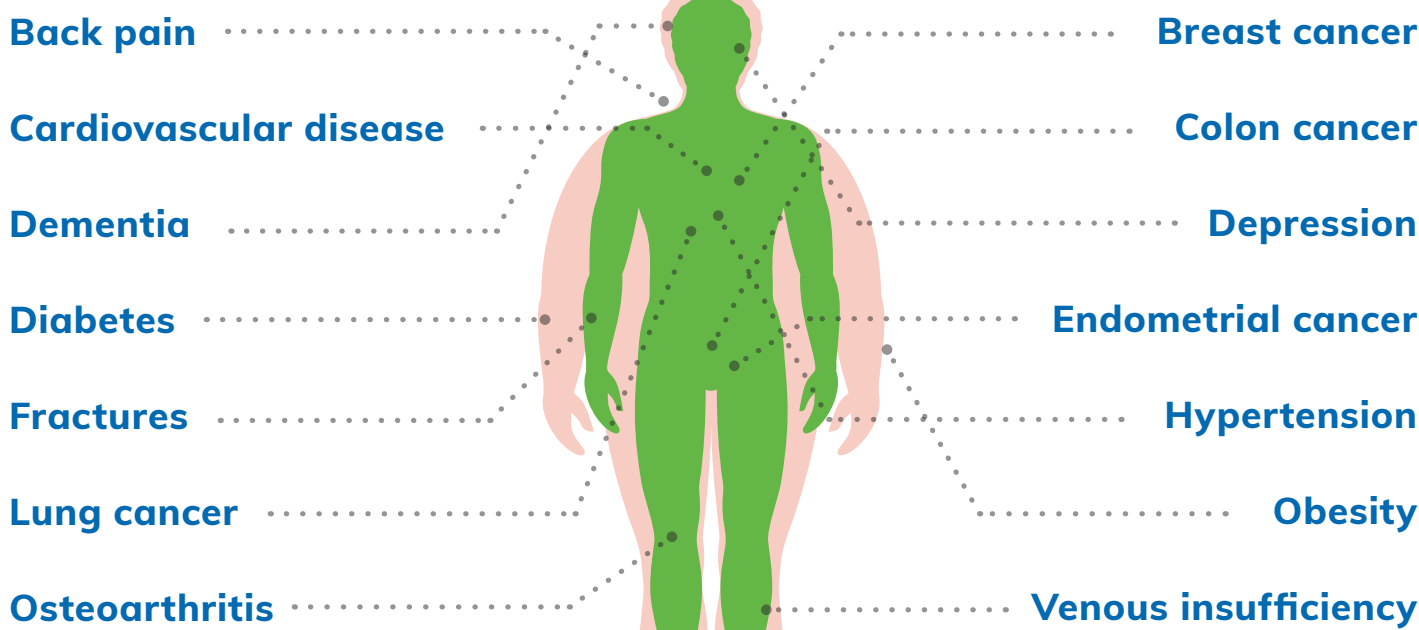
A sedentary lifestyle **increases the risk of cardiovascular disease as much as 147%** <sup>4</sup>

People who sit for more than 30 minutes at a time have a **55% higher risk of death** <sup>5</sup>



Sedentary lifestyles account for **\$24 billion a year in direct medical spending** <sup>6</sup>

## SEDENTARY LIFESTYLE INCREASES THE RISK OF DISEASE AND INJURY



### THE GOOD NEWS:

Physical activity significantly reduces the risk of these conditions

## HOW TO BECOME LESS SEDENTARY AND IMPROVE YOUR HEALTH

- Climb stairs whenever possible
- Join and regularly attend a kid-friendly gym
- Park far away from your destination
- Take a walk during your lunch break
- Exercise while you sit at work or watch TV
- Take a yoga or Pilates class
- Take on a new chore or project at home
- Take stretch breaks throughout the workday
- Take the kids swimming, skating or biking
- Try gardening as your new hobby
- Use a stand-up desk and alternate with sitting
- Stand or walk while taking phone calls
- Walk with your children to and from school

### Sources:

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