

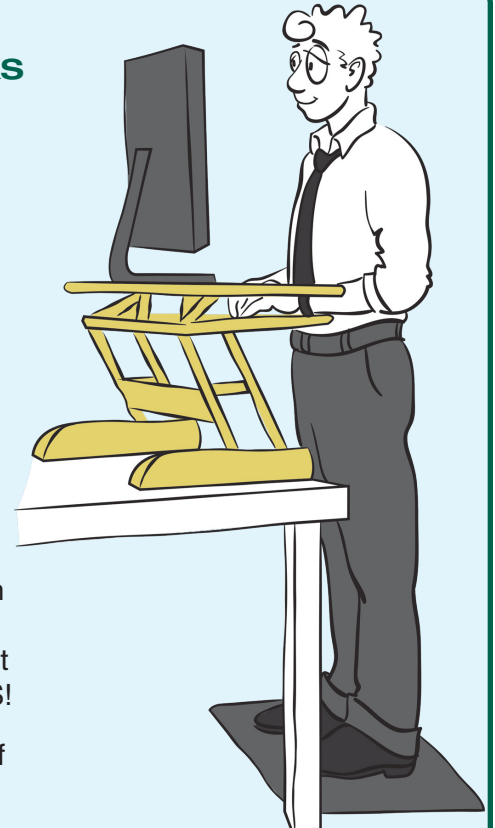
Excessive Sitting Linked to Major Health Risks

So, you love your job, but it requires you to sit for 7-8 hours per day. What can you do? It's not unordinary, especially in a workplace, to sit for long periods of time. As we do, we find our bodies losing muscle mass, and gaining the opposite... fatty tissues. "Deskercise" – or exercise at your desk – can help!

As funny as the term may seem, deskercising is fairly simple and the results can help to reduce your health risks while improving your mood. MedBen WellLiving promotes, for overall health, a person get regular exercise of at least 30 minutes, 3 days a week. Though deskercising will not account for all aspects of "regular exercise" it's a good place to start.

And start soon! The University of Chicago revealed that those who live sedentary work lives averaged a Body Mass Index (BMI) of 3.3 greater than those who were active and are twice as likely to be overweight. Even more shocking than physical appearance, WebMD states that studies have also linked excess sitting to worse mental health, higher risk of heart disease and heart attack, and even a higher risk of being disabled. YIKES!

Getting started is simple and discrete. Below you'll find some examples of how you (and anyone at your office) can start deskercising today.



Exercises for Everyone at Your Office

Ways to subtly incorporate exercise into your everyday (sitting at a desk) routine.

- **Break from sitting** – Seize the opportunity to stand up while reading afternoon e-mails.
- **Secret Handshake** – Clasp hands together (thumbs in opposite direction). Pull arms in opposite direction, but resist movement.
- **Walk to Talk** – Need to discuss an e-mail? Go see that person for face-to-face interaction. Remember, walk briskly to increase blood flow.
- **Standing Desk** – These desks allow you to take a break from sitting without compromising your work.
- **Seated leg raiser** – While seated, raise legs out straight holding for 5 seconds. Lower back down, just before feet touch the ground and repeat.
- **Fab Desk Abs** – Contract the abdominal muscles and hold for 10 seconds. Relax and repeat.



SOURCES: WebMD, Sparkpeople, Greatest.com