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Tips to sit less and move more

Build at least 10 minutes standing and walking time into every hour of the day

If you have to sit get up to stretch and move every 20 minutes

Park in the furthest parking space wherever you are going to give yourself a walk

Get off the bus or the train a stop earlier and walk the last mile

Stand up and walk around when you take or make a phone call

Take a 30 minute walk each day whatever the weather!

Walk fast enough that you feel slightly out of breath

Make sure your evenings are filled with on your feet activities rather than the TV

Spending hours on end in a chair is one of the worst things you can do for your health. Nowadays the average person spends almost 55 hours a week sitting. Working out in the gym isn't enough of an antidote. People who sit continuously for more than six hours a day have roughly a 40% higher risk of dying from any cause, regardless of their fitness level, compared with those who sit continuously for fewer than three hours a day.

The human body evolved to move but we are now more sedentary than ever before, driven by our increasing use of technology.

Sitting all day has been shown to have adverse effects on:

- ◆ the quality of your sleep
- ◆ the type and amount of fat laid down in body tissues
- ◆ your blood circulation, which becomes more sluggish,
- ◆ your memory, as the hippocampus (memory centre) in the brain relies on activity to regenerate its cells which keep it working well

Extra vigorous, push-till-you-drop workouts are not enough to combat too much time spent sitting. The key is to simply spend more time on your feet.

All that is required is low-impact movements that keep your metabolism humming and your circulation flowing. Activities such as cooking, shopping, gardening or visiting colleagues in the office instead of sending emails do the trick. The key is to move around as often as you can. Focus on reducing overall sedentary time.



