HOW SITTING ALL DAY IS AFFECTING YOU

Internal Organs

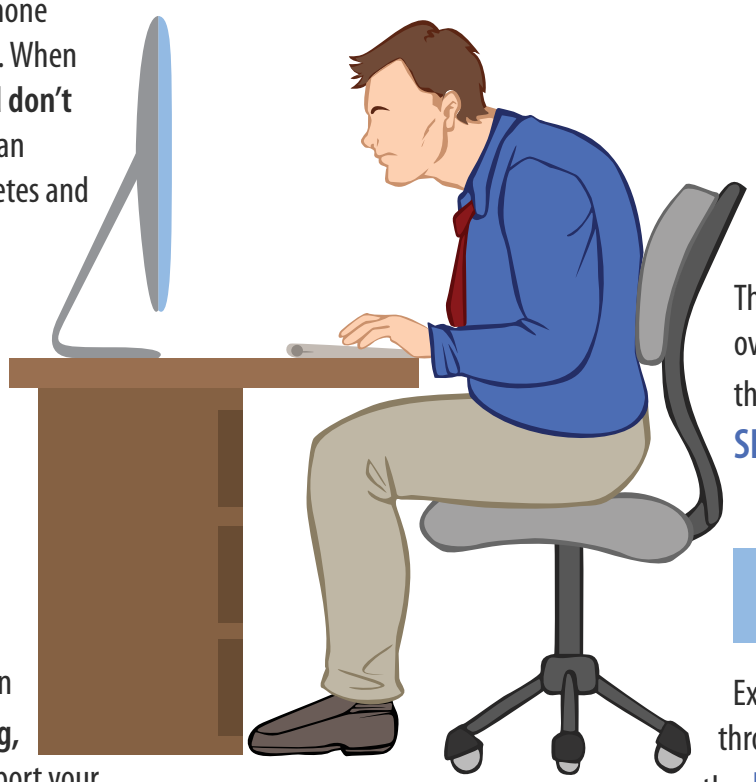
High blood pressure + **elevated cholesterol** is linked to sitting too much and **HEART DAMAGE**.

The **PANCREAS** produces insulin, a hormone that carries glucose to the cells for energy. When muscles are inactive, the cells are idle and **don't respond as readily to insulin**. Therefore an overproductive pancreas can lead to diabetes and other diseases.

Due to the **excess insulin** in the body and a **decrease in natural antioxidants** from too much sitting can lead to a variety of **CANCERS**.

Muscles

Sitting too much and being slumped in a chair - you are not using any abdominal muscles which results in **WEAK ABS**. You can **strengthen them by standing, moving, and sitting up straight**. This will help support your back and decrease back pain.



Upper Body & Back

If you sit for too long, everything including the **BRAIN** function slows down. Moving muscles pump fresh blood and oxygen through the brain and trigger the **release of beneficial chemicals**.

If most of your sitting is at a desk, cranking your neck forward toward a keyboard or tilting it to hold a phone - you suffer from a **STRAINED NECK.** This is due to the cervical vertebrae being misalighned and could lead to permanent imbalances.

The neck also causes the shoulder and back muscles to overextend - particularly the trapezius (which connects the neck adn shoulders) resulting in **SORE SHOULDERS AND BACK**.

Lower Body

Extended periods of sitting slows blood circulation throughout the body - hence causing **poor circulation** in the **LEGS** and could lead to swollen **ANKLES** and **possible blood clots**.

Sitting makes your **GLUTES** get used to doing nothing and become weak and inactive. Having strong glutes contributes to **increased stability/strength and are important in the aging process. TIGHT HIPS** can also casue imbalances, they become short and limit the range of motion and stride length. Studies show that decreased hip mobility could be the cause of elders falling.

OSTEOPOROSIS can be attributed to lack of activity. **Weight bearing activities** stimulates the bones in the lower body helping them **grow thicker and stronger**.

active vegetarian