

Improving a Sedentary Lifestyle

Sitting for long periods can slow down metabolism, which affects the body's ability to regulate blood sugar, blood pressure and break down body fat.



Many adults in the UK spend around **9 hours per day sitting**. This includes watching TV, using a computer, reading, doing homework and travelling in a vehicle. It does not include sleeping.

Tips to improve a sedentary lifestyle:



Use a diary to track how long you sit each day to help identify habits and plan change



Try walking at lunchtime or have a 'walk and talk' meeting at work. Join a community walking group.



Try using the stairs as much as possible



Using a standing desk can improve both your health & productivity



Exercise regularly
150 minutes of exercise is recommended per week. This can be spread out.



Take regular breaks from sitting throughout the day. You could use a timer to remind you.



Spread out activities such as housework during the week



Do some light gardening such as weeding, then increase to mowing or digging

Sitting down too much can cause your body harm:



Early death



Obesity



Cancer



Type 2 diabetes



Cardiovascular disease

Try and exercise regularly.

There is growing evidence that sitting down too much can be a risk to your health.