Dangers of Excessive Sitting Stats & Facts

FACTS

1. Sitting for prolonged periods of time can be a major cause of back pain, cause increased stress of the back, neck, arms and legs and can add a tremendous amount of pressure to the back muscles and spinal discs. Sitting in a slouched position can overstretch the spinal ligaments and strain the spinal discs.
2. When you sit, you use less energy than you do when you stand or move. Research has linked sitting for long periods of time with a number of health concerns. They include obesity and a cluster of conditions – increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels – that make up metabolic syndrome. Too much sitting overall and prolonged periods of sitting also seem to increase the risk of death from cardiovascular disease and cancer.
3. The impact of movement – even leisurely movement – can be profound. For starters, you'll burn more calories. This might lead to weight loss and increased energy. Also, physical activity helps maintain muscle tone, your ability to move and your mental well-being, especially as you age.

STATS

- On average, American's sit 11 hours/day.
- 300,000 deaths occur annually due to inactivity and poor dietary habits in the United States alone.
- 20% of all deaths of people 35 and older are attributed to a lack of physical activity.
- 65% of American's watch 2 or more hours of TV every day.
- Only 6.5% of American's meet the minimal physical guideline requirements for work.
- Sedentary lifestyles are responsible for an estimated $24 billion in direct medical spending.
- Women are more likely to lead sedentary lives than men.The majority of falls (60 percent) occur on the same level. (Canadian Centre for Occupational Health and Safety)