Sedentary time is strongly associated with all cause mortality, cardiovascular disease, and type-2 diabetes.

Increased moderate to vigorous physical activity can decrease sedentary behavior risks.

Use standing or physical activity (at any intensity) to break up sitting time of 30 minutes or more!
How to spend less time sedentary

Leisure Time
- Multitask (clean, exercise, stretch) while watching TV or movies
- Choose video games where you can be active

Household
- Fold laundry while standing instead of seated
- Make household chores into a fun and active game

Transportation
- Walk children to school, friend's house, extracurriculars, etc. instead of driving if possible
- Leave earlier or later when going to and leaving work to avoid prolonged sitting in traffic

Work
- Take regular breaks to stretch, walk, or move around
- Stand/walk during calls
- If possible, get a standing desk to use periodically thorough the work day

Next Week:
The Myths and Misconceptions of Metabolism
Jonathan Cerna, MS