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Springtime Science

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.

Stand Up Against Sitting Down

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Quick Tips:

- 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



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Next Week:

The Myths and
Misconceptions of
Metabolism

Jonathan Cerna, MS



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