



-People with sitting jobs have **twice** the rate of **cardiovascular disease** as people with standing jobs

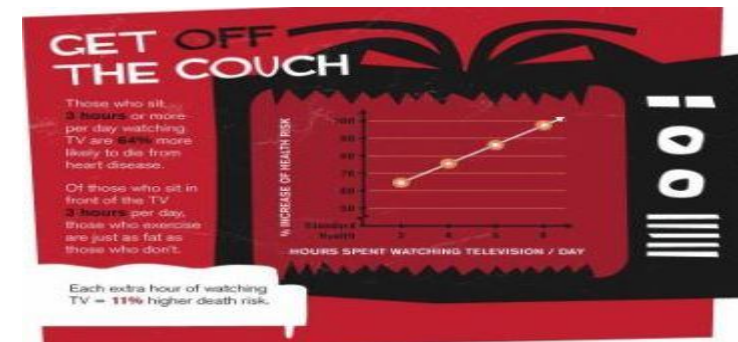
-The **human body** simply isn't built to sit for long periods of time

-30 minutes of activity will be helpful for our body



### As Soon as You Sits:

- Electrical activity in the leg muscles **Shut-Off**
- Calorie burning drops to **1 per minute**
- Enzymes that help break down fat drop **90%**
- Good cholesterol drops **20%** (after 2-hours)
- Insulin effectiveness drops 24% and risk of diabetes rises (After 24-hours)



### Between 1980 & 2000

- Exercise rates stayed the same
- Sitting time increased 8%
- Obesity doubled

## The Real Killer – Sitting!!!