How Sitting Makes Us Fat



HSE Bulletin: 299



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 The recommended 30 minutes of activity per day is not enough, interrupt sating whenever you con:
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 Each extra hour of vestching

 TV = 1196 higher death risk.



- -People with sitting jobs have **twice** the rate of **cardiovascular disease** as peoplewith standing jobs
- -The human body simply isn't built to sit for long periods of time
- -30 minutes of activity will 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!!!

