



Pakistan State Oil



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)

Tips to avoid too much Sitting:

- **Take Breaks** – In most offices, no one will really mind if you step out 5-10 minutes a couple of times a day
- **Talk to people** – Get up and talk to your coworkers. Stop e-mailing people that who sits next / close to you
- **Work out at lunch time** – Those who are lucky enough to have a gym in their work place, can able to workout during lunch time
- **Read standing up** – This works great if you get a lot of reports to review on daily basis
- **Avoid Elevators** - Try to use stairs instead of elevators

-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



Between 1980 & 2010

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

The Real Killer – Sitting!!!