

Sitting is the new smoking

Many of us spend a significant portion of our day sitting, whether at a desk, in a car, or on the couch. Research shows prolonged sitting can have serious health consequences, earning it the ominous nickname, "the new smoking."



Sedentary behavior among adults in Asia (Sitting time):

47.7%

of Singaporeans spend
≥ 7 hours/day

8.3 hours/day

is the average time
South Korean adults
spend sitting



38% 33%
of Japanese adults spend
≥ 8 hours/per weekday

9.4 hours/day

is the average time
Chinese adults spend sitting

- Heart Disease: Linked to high blood pressure, sugar, and belly fat.
- Type 2 Diabetes: Sedentary habits can trigger insulin resistance.
- Cancer: Higher risks of colon, breast, rectal and endometrial cancers.

Chronic diseases

Sitting burns fewer calories, leading to obesity and related diseases

Obesity

Less movement = more anxiety and depression.

Physical activity boosts mood by releasing endorphins and easing stress.

Mental Health issues

Sitting over 4 hours a day raises the risk of early death. Risk is moderate at 4–8 hours and high at 8–11 hours.

Premature Mortality

Poor posture can lead to:

- Chronic back and neck pain
- Tight hip flexors
- Reduced mobility and flexibility

Musculoskeletal Problems

Regular movement breaks improve:

- Waist size
- Body Mass index (BMI)
- Triglycerides levels
- Blood sugar control

Metabolic Syndrome

Potential
health risks &
outcomes

4 ways to break the sitting habit

HOWDEN



Take breaks

Stand up and move around every 30 minutes.



Use a standing desk

Alternate between sitting and standing while working.



Walk-and-talk meetings

Take calls or meetings while walking.



Stretch regularly

Incorporate stretching exercises into your daily routine.

Reducing time spent sitting can significantly improve your overall health. By making small changes to your daily routine, you can combat the risks associated with a sedentary lifestyle and lead a healthier, more active life.

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References

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