



Standing up for your health, or being your own health advocate is important... but what we really mean is that you should literally stand up to improve your health.

Stand Up for your health

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We sit to eat. We sit to read or watch TV. We often sit on our way to and from work. Many of us sit while at work. Add the time we spend sitting during our leisure activities and that is a whole lot of sitting. Adults spend almost 10 waking hours a day sitting. You are likely sitting right now. This is doing us more harm than we realize!

Research shows that even if you are active enough to meet Canada's Physical Activity Guidelines of 150 minutes per week of moderate to vigorous physical activity, sitting for long periods of time increases your risk of cardiovascular disease, diabetes, cancer, obesity and death. "Are you active enough?" is no longer the only question we need to ask. We also need to ask: "Are you sitting too much?"

Little Movements Matter

Breaking up sedentary time with small movements can reduce health risks. Look at your day to see where you can stand when you would normally sit. Here are some ideas:

- Stand while on the phone
- Use a printer that is down the hall or on another floor
- Walk to refill your water bottle

- Set an automated calendar reminder to pop up every hour reminding you to get up and stretch
- Stand during a meeting or while listening to a presentation

Adding movement to your day to reduce sitting time doesn't have to mean adding a lunch time workout, although that is great. Think about breaking up the time you spend sitting.

Reaping Major Benefits from Minor Movements

Why bother?

Reducing the time you sit in a typical day can have major benefits. Going from sitting the majority of the time to sitting 1/4 of the time, can reduce your risk of death by over two thirds. Sitting less can

lower your risk for developing cardiovascular disease and reduce your triglyceride levels. It can even have an impact on your waistline! Studies show that getting up for frequent 1 minute breaks can reduce your waist circumference by 4 cm.

For more information on Canada's Sedentary Behaviour and Physical Activity Guidelines – visit www.csep.ca/guidelines

Breaking up sedentary time in your day

Here are a few ideas of how you can break up the time spent sitting and turn it into active time.

Sedentary Behaviour	Breaking up Sedentary Behaviour	Adding Physical Activity
<i>sitting most of the time</i> → <i>sitting less</i> → <i>mostly moving</i>		
Driving to work	<ul style="list-style-type: none"> • Take the bus • Stand up while you ride 	<ul style="list-style-type: none"> • Get off the bus early • Walk a few stops • Walk or bike to work
Sitting to watch TV	<ul style="list-style-type: none"> • Stand during commercials 	<ul style="list-style-type: none"> • Walk on a treadmill or cycle on a stationary bike while watching TV • Substitute TV time with an active past time
Talking on the phone	<ul style="list-style-type: none"> • Stand when on the phone 	<ul style="list-style-type: none"> • Organize walking meetings
Sitting at a desk job	<ul style="list-style-type: none"> • Schedule reminders in your calendar every hour to go for a short walk around the office or climb a few flights of stairs • Install a standing desk 	<ul style="list-style-type: none"> • Install a treadmill desk to keep you walking at a slow place

Sedentary Behaviour Guidelines

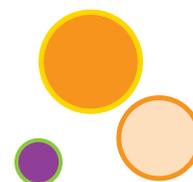
Guidelines have been developed for early years (0–4 years), children (5–11 years), youth (12–17 years).

The Canadian Society of Exercise Physiology describes sedentary behaviour as a "distinct class of behaviours characterized by little physical movement and low energy expenditure."

It is time that you are awake but barely moving...usually sitting.

Some examples include:

- watching TV
- sitting to play video games
- using the computer
- sitting at a desk
- driving to work



Physical Activity. It's Good for Your Health. Do it for Life! For more information on how you and your family can get "in motion" visit winnipeginmotion.ca or call 204.940.3648