



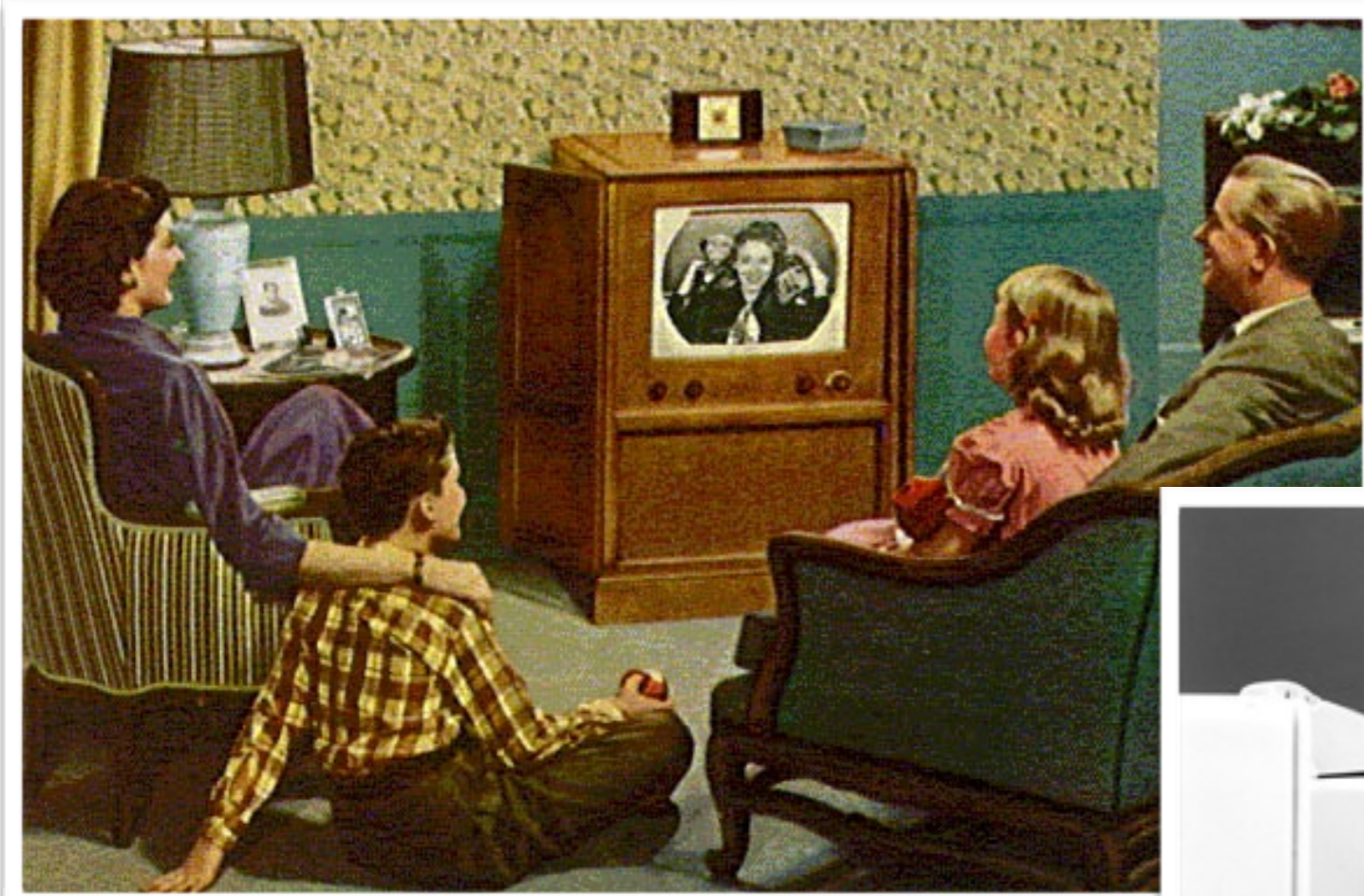
*Are you sitting
comfortably ?*

I'm not a healthcare professional...

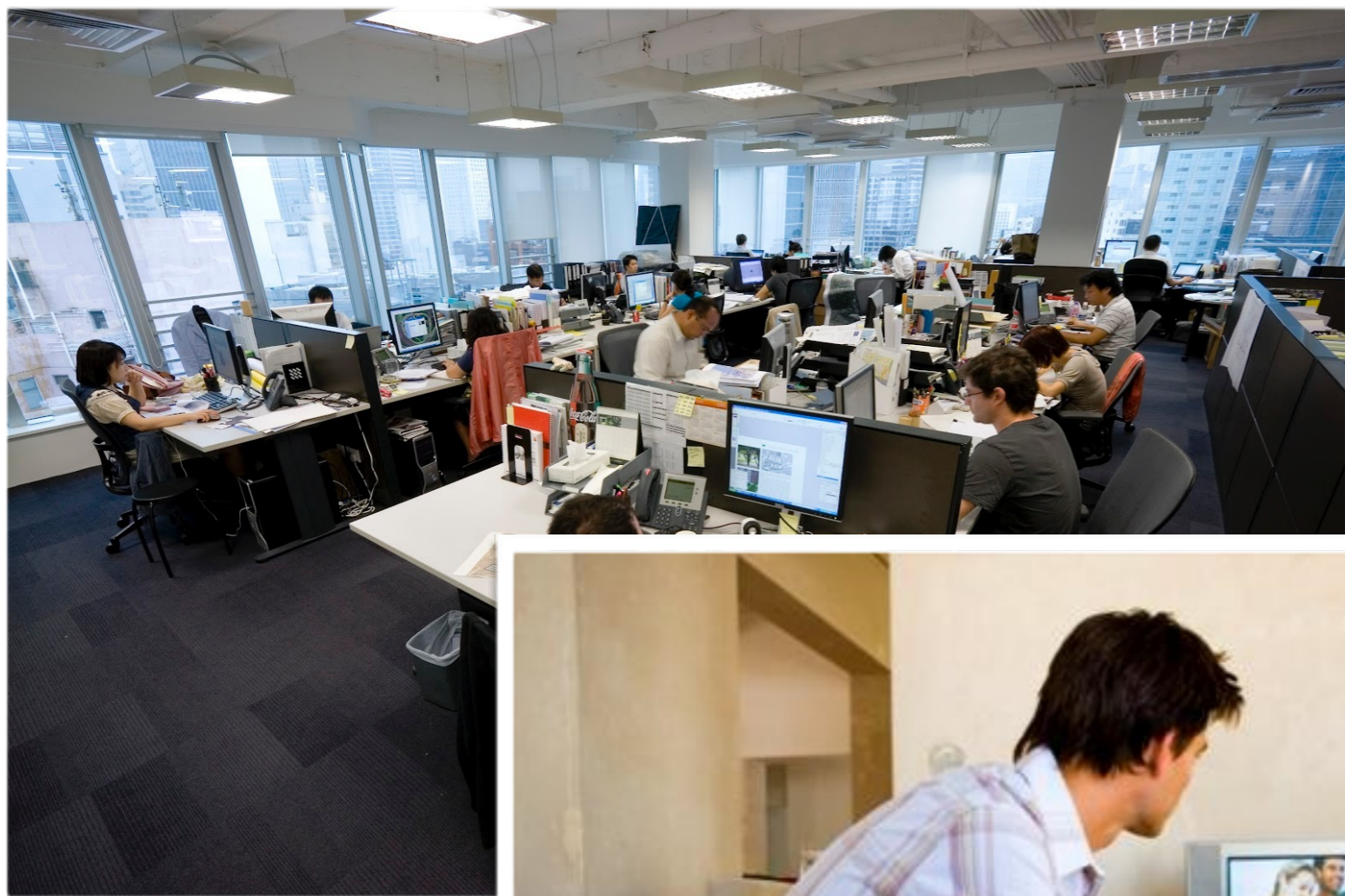
.....but I have spent a lot of the last
20 years sitting down....

If we're lucky,
we're all going to
keep getting older.

Since the 1970's - Screen time has increased dramatically



Compared with our parents or grandparents, we are spending increasing amounts of time in environments that not only limit physical activity but require prolonged sitting—at work, at home, and in our cars and communities.





Sitting while working can increase risk of diabetes

7 May 2014 Last updated at 07:56 BST

Whether it's at home, in the office or in the car, there's a chance sitting down is a big part of your day...but should it be?

British researchers believe sitting for long periods of time can increase the risk of diabetes, heart disease and even death.

‘British researchers believe sitting for long periods of time can increase the risk of diabetes, heart disease and even death.’

‘Being sedentary was about as much of a risk to physical health as not doing enough exercise’

A sedentary lifestyle and lack of physical activity can contribute to or be a risk factor for:

Anxiety

Cardiovascular disease

Mortality

Deep vein thrombosis

Depression

Diabetes

Colon cancer

High blood pressure

Obesity

Osteoporosis

Lipid disorders

Kidney stones

Spinal disc herniation (Low back pain)

<http://lifehacker.com/this-graphic-explains-all-the-health-hazards-of-sitting-1595834900>

http://en.wikipedia.org/wiki/Sedentary_lifestyle

So, what can we do about it?

Desk Exercises





Gentle pedalling while:

Watching Netflix
Gaming on PS3
Reading

Email - Inbox shovelling
Long conference calls*

500 miles last year

*Don't get out of breath!



James Morris

@JimmyMorrisUK

 Follow

Hooray the standing desk has arrived.

12:08 PM - 4 Aug 2014

1 FAVORITE



James Morris

@JimmyMorrisUK

 Follow

[@alpower](#) VARIDESK Single Plus. It's a communal work desk.

1:09 PM - 4 Aug 2014

1 FAVORITE





Sit-standing desk

Build up

Anti-fatigue mat

4-5 hours a day

Modes of thought



@alpower

<https://alpower.com/blog/2015-01-28-ikea-sit-stand-desk/>



Form Habits

~ 66 days

3 stages:

The Honeymoon

The Fight Thru

Second Nature

<http://jamesclear.com/new-habit>

http://www.huffingtonpost.com/james-clear/forming-new-habits_b_5104807.html

Keep a log

“you can’t really manage what you don’t measure”

<http://jamesclear.com/new-habit>

http://www.huffingtonpost.com/james-clear/forming-new-habits_b_5104807.html

The Quantified Self



Data, APIs, IFTTT



featured

Haven't achieved your daily goal? Get an Android notification

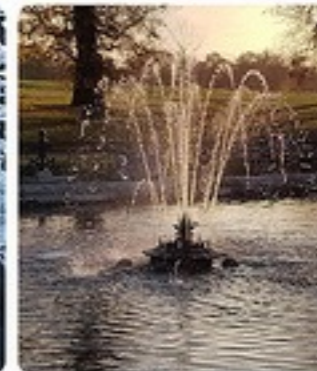
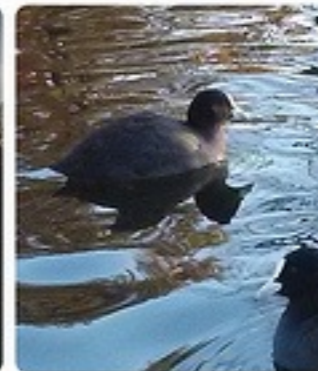
by **fitbit**

670 86

IFTTT recipe card showing the Fitbit icon on the left and the Twitter icon on the right, indicating a connection between the two services.

<https://ifttt.com/fitbit>

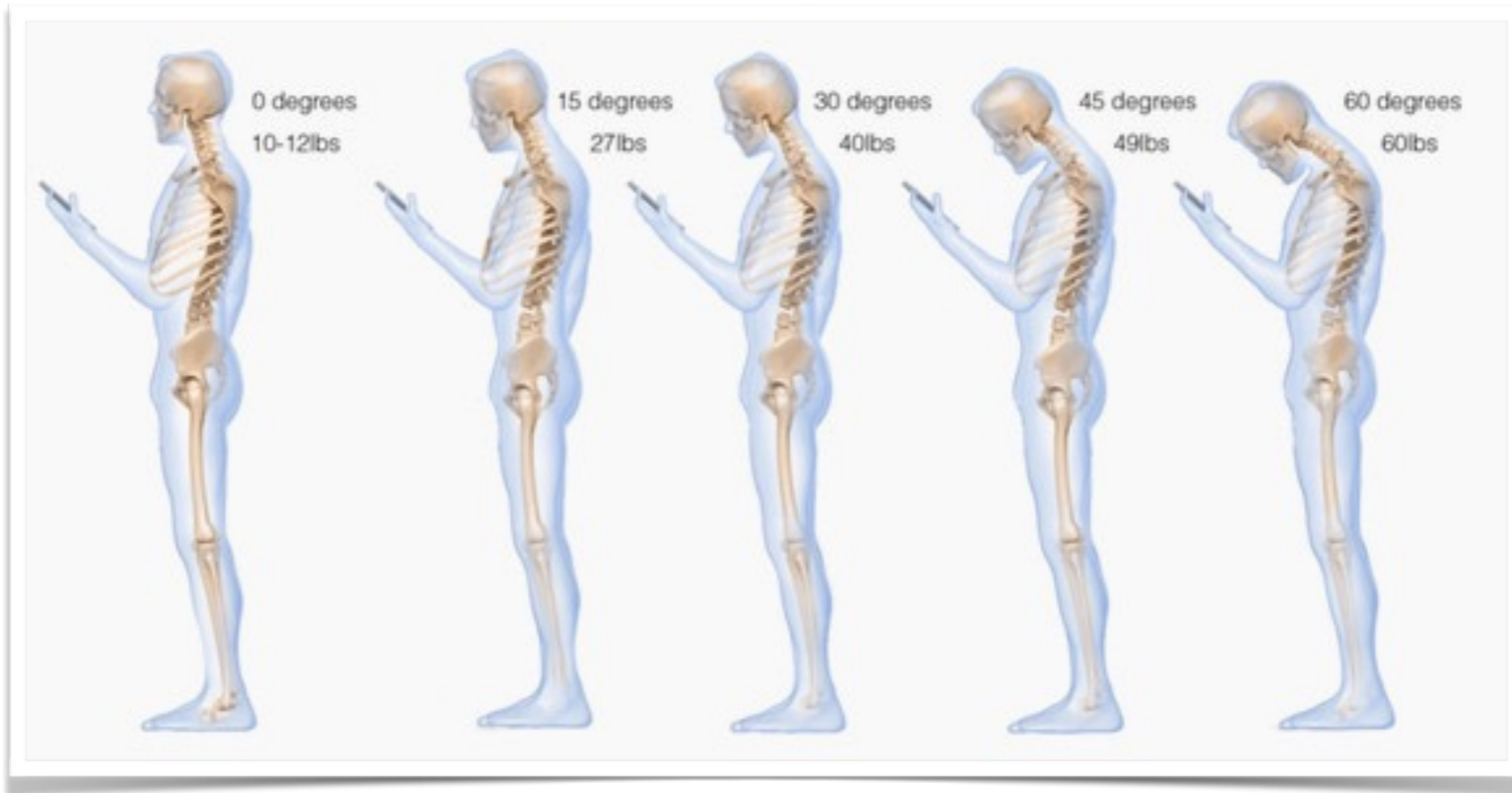
Walk a longer route



What you can start doing tomorrow:

- standing up for at least few minutes every hour
- do some gentle stretching exercises at your desk
- take the stairs
- walk a longer route

One More Thing: “Text Neck”



60lb
=
27kg

“As the head tilts forward the forces seen by the neck surges...”

<http://qz.com/299079/what-texting-does-to-the-spine/>

<http://edition.cnn.com/2012/09/20/health/mobile-society-neck-pain/>

Thank you...

and be careful
out there ;)

@bseymour