



Sitting Time



& RISK OF EARLY DEATH

During your waking hours, how much time do you spend each day sitting?

(This includes sitting while eating, driving to work or school, sitting at work or in a classroom, driving back home, watching TV or movies in the evening, surfing the web, playing computer games, or just relaxing)

Amount of Time (hours)	Sitting Activities (average time spent during waking hours)
24	24 hours daily
	- minus number of hours you sleep
	= TOTAL WAKING HOURS
	Sitting while eating meals
	Commuting to work or school
	At work or school
	Commuting back home
	Watching TV or movies in the evening
	Surfing the web
	Playing computer games
	Just relaxing or talking
	Reading, studying, or other quiet activity
	All other sitting activities
	TOTAL SITTING TIME (hours)
÷	divide by TOTAL WAKING HOURS (from above)
	PERCENT OF DAY SPENT SITTING



Research shows that people who sit a lot have a higher risk of cardiovascular disease and death from all causes than do people who sit very little.

Your risk of early death only goes up when you sit at least 50% of each day. While daily exercise is important and beneficial, avoiding excess sedentary living by sitting too much also has health advantages.

>80% Sitting almost all of the time

Compared to people who sit “very little,” people who sit “almost all of the time” during their waking hours each day increase their risk of death from:

- ✓ Coronary heart disease by 54%.
- ✓ Any cause by 54%.

60-79% Mostly sitting

Compared to people who sit “very little” during the day, people who sit “about three-fourths of the time” during their waking hours each day are at:

- ✓ 47% increased risk of death from coronary heart disease.
- ✓ 36% increased risk of death from any cause.

30-59% Partial sitting

Compared to people who sit “very little” during the day, those who sit “about half the time” during their waking hours each day increase the risk of death from:

- ✓ Coronary heart disease by 22%.
- ✓ Any cause by 11%.

20-29% Some sitting

Compared to people who sit “very little” during the day, the risk of death from:

- ✓ Coronary heart disease is about the same as for non-sitters.
- ✓ Any cause is not increased due to limited sitting.

<20% Very little sitting

If you sit “very little” during your waking hours each day, you have no increased risk.

- ✓ Death from coronary heart disease is not increased.
- ✓ Death from all causes is not increased due to sitting.

On the right, find the percent that you have calculated. Then read about the risks associated with that amount of sitting time.

In a very sedentary society, it's important to plan ways to sit less and be more active during the majority of your day.



Ways to SIT LESS & Be MORE ACTIVE Daily



- ✓ **Get up frequently at work** to walk around when talking on the phone, thinking, discussing concepts with co-workers, and reading reports.
- ✓ **Take a message to a colleague in person** rather than making a phone call.
- ✓ **Stand during meetings**, or conduct meetings while walking around the block.
- ✓ **Commute to work by riding your bike**, taking public transportation (walking to and from the bus or train stop), or even walking or jogging all the way to work occasionally. You'll improve your health and the environment.
- ✓ **Around home**, instead of watching TV or being on the computer all evening, work in the garden, go for a walk, play active games with the kids (e.g., ping pong or jump rope), and work around the house.
- ✓ **Be creative.** See what you can do to sit less each day.

For best health and longevity, everyone should:

1. **Maintain a normal body weight** (being obese and sitting a lot had the highest mortality)
2. **Get regular moderate physical activity** (30+ minutes, 5+ days each week)
3. **And limit the amount of time spent sitting every day.**

Reference: Katzmarzyk PT, et al. Sitting time and mortality from all causes. Medicine and Science in Sports and Exercise. 41(5):998-1005.

