

BE HEALTHY.

LIFETM

The Bottom Line on Sitting

It's not your work that's killing you. It's the sitting. Millions of people working from their home and offices spend way too much time in their chairs. A habit that can lead to more than just a numb bum!

Too much sitting sets you up for a host of physical problems including poor circulation, chronic back and nerve pain, depression, osteoporosis, swollen spinal disks, fatigue and many other health problems. Women should be especially alerted as they are more likely than men to hold jobs requiring them to sit the majority of the time.

Stand Up for Yourself Health Savers

The President's Council on Physical Fitness and Sports has coined its own term for "sitting sickness". It recently identified Sedentary Death Syndrome (SeDS) as a growing life-threatening risk for many unsuspecting Americans. No need to worry though. You can stand strong against SeDS and other workplace "bummers" with these ten Health Savers:

1. **50/10 RULE:** don't sit for more than 50 minutes. Set a timer and take ten when it rings.
2. **BE A SWINGER:** Stand with hands on your hips and legs slightly more than shoulder width apart. Rotate hips clockwise in a full range of motion ten times. Reverse it. Second, stand next to your desk. Put all your weight on the right leg and gently swing the left leg in front of and behind you 10X. Repeat with other leg.

3. **DON'T BE A CROOKED SITTER OR SLOUCHER**
4. **TAKE YOUR LUNCH BREAK:** Get up and go somewhere even if you bring something in.
5. **GO MOBILE:** attach a portable unit to your stationary phone or use a cell.
6. **HOLD "MEETINGS ON THE MOVE":** meet clients on a hiking trail or outdoors.
7. **PUT A LUMBAR PILLOW IN YOUR CHAIR**
8. **INVEST IN AN ERGONOMIC CHAIR**
9. **STAND UP AND SURF:** raise your Workstation or monitor so you can net surf and type while standing.
10. **GO TO THE GYM- BUT STAY OFF THE STATIONARY BIKE**

Be Kind to Your Spine

Sitting is to the spine like sugar is to the teeth. Make sure you receive regular chiropractic check-ups and adjustments. These gentle realignments of the spine can re-enforce the structure and stamina of your circulatory, central nervous and muscular systems. You can also ask your chiropractor about nutritional, exercise, stretching and hydration techniques. Remember, an ounce of prevention is worth a ton of NOT having to find a cure. So, stand up for yourself.

Insert your doctor or practice name here
Insert your office address and phone number here