

# Sitting is the New Smoking



## HOLY SMOKES!

### Did You Know that too much sitting is a health hazard?

- Prolonged sitting **slows down circulation and metabolism** of glucose, fat and cholesterol
- Fat-absorbing enzyme (lipase) shuts down, leaving fat in blood stream to be **stored as body fat or clog arteries**
- Result: Increased risk of cancers (**colon, endometrial**), cardiovascular (**heart disease, stroke**) and metabolic diseases (**diabetes, obesity**)

### Do you experience any of the following from “sitting disease?”:

- **Muscle stiffness and pain**
- **Poor posture**
- **Back pain**
- **Fatigue**
- **Low energy levels**
- **Reduced alertness and productivity**



### Sitting Can Kill You

Sitting for long stretches (6+ hours per day) makes you at least **18% more likely to die earlier** than someone who sits less than 3 hours per day – no matter how fit you are!



### DR. KIM'S PRESCRIPTION



**Get up and move often** throughout the day to get the blood flowing to the muscles and oxygen to the brain