

Get up and move!



**Sitting is
the new smoking!**

The older we get, the more likely we are to lapse into a sedentary lifestyle. In fact, an estimated 67% of older adults report sitting for more than eight hours per day, and only 28% to 34% of adults ages 65 to 74 are physically active, according to the Department of Health and Human Services.

Evelyn O'Neill, manager of outpatient exercise programs at the Harvard-affiliated Hebrew Rehabilitation Center, sees the consequences of too much sitting every day. "Sitting is the new smoking in terms of health risks," she says. "Lack of movement is perhaps more to blame than anything for a host of health problems."

A sedentary life can affect your health in ways you may not realize. For example, prolonged sitting, like spending hours watching television, can increase your chance of developing venous thrombosis (potentially fatal blood clots that form in the deep veins of the legs), according to a study of more than 15,000 people. In fact, people who watched television the most had a 70% greater risk of suffering from venous thrombosis compared with those who never or seldom watched TV.

Focus on adding just 30 minutes of extra activity into your day, three days a week. "You can break it down into smaller segments, too, like 10 minutes in the morning, afternoon, and evening," says O'Neill. What can you do during that time? Here are some strategies to help you move more every day:

- Use soup cans as dumbbells and do 10 to 20 reps of biceps curls.
- Perform up to 10 reps of stand-and-sit exercises, where you rise from a chair without using your arms and then sit down again to complete one rep.
- Get up and walk around or march in place during TV commercials.
- Do a few sets of heel raises, where you stand on your toes.
- Always stand or walk around when you're on the phone.
- Do a set or two of push-ups against the kitchen counter.
- Walk for five minutes every two hours.



*This healthy living information is provided by
your Doctor of Chiropractic and the
Idaho Association of Chiropractic Physicians (IACP) .*