

## Preventing harm from prolonged sitting

Sitting too long may cause bad impact on human health. Suckhoe & Doi song news site recommends ways to prevent such harm.

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Studies show that prolonged sitting may affect human health, causing cardiovascular diseases, diabetes, high blood pressure, osteoporosis, backache, and depression.

Sitting for too long a time may cause weight gain. During physical movements, muscles will secrete lipoprotein lipase, an enzyme that helps break down triglycerides in the blood. Prolonged sedentary activities decrease the secretion of this enzyme, resulting in weight gain and metabolic syndrome.

A study announced by Springer Nature journal shows that prolonged sitting increases the risk of mental problems like anxiety and depression. This sedentary position may increase the risk of type 2 diabetes and obesity, which will heighten the risk of heart disease.

Sitting for a long time may cause varicose veins, a medical condition in which superficial veins become enlarged and twisted. The sedentary posture may also cause deep vein thrombosis (DVT). DVT occurs when a blood clot (thrombus) forms in one or more of the deep veins in the body, commonly in the legs.

Prolonged sitting may weaken the legs and backside, which may give rise to amyotrophy. You can lose 20-40% of your muscle mass due to old age, and a long sedentary position makes it even worse.

### Tips on how to prevent and mitigate prolonged sitting harm

The best way to prevent negative impacts of prolonged sitting is a positive rest. However, it is not easy to take a positive rest, especially for office workers. The following are recommendations for those moving around to avoid a sedentary position.

**Taking a rest every 30 minutes of sitting:** A five-minute rest is good, but moving around for a few minutes is also healthful. For those who work from home, watering plants, washing dishes, walking fast, climbing up and down the stairs, or doing pushups are recommended. As for office workers, it is advisable to walk around now and then to drink water or sip a cup of coffee. Use the alarm mode on your cellphone to remind you of the times to leave your desk or your computer for a short while when at work.

**Standing up and sitting down alternately at times:** Studies show that these simple movements can help lengthen your life. Or, sitting on the edge of a chair, with both feet on the ground, straight back and arms extending straight in front; standing up and sitting down as slowly as possible; repeating the movements a few times.

**When sitting in the chair, pay attention to your right posture to prevent neckache and backache.** Sit with your head and back straight and your feet flat on the ground. You can turn your neck right and left while seated to relax your neck and shoulders.

**Doing physical exercises or playing a favorite sport after work, where you have to sit for a long time, can help mitigate the harmful impacts of prolonged sitting.**