

## **Health Hazards from Children Sitting Too Long & What You Can Do About It!**

*By Dr. Jason Matthews/ Proline Chiropractic*

Did you ever think that sitting was one of the worst things you can do as a kid? Does sitting create different types of diseases or make you more prone to getting them? It all starts from when we are younger, the time we were children. When children are in school they are made to sit around 5-6 hours, with the additional one or two hours doing homework. With the amount of time sitting at school you wouldn't think it would continue at home, right? When children are at home they are more likely to continue sitting while they are watching the television, playing video games, or reading.

Children on average spend roughly about 85% of their day sitting. Wow... think about it 85% of the day on average is spent sitting, so that only leave about 15% of the day left for standing, other physical activities, and exercise. If this is your life when you are younger, then all you knew when growing up is that sitting is mostly apart of your day to day activities, whether it be in school, at home, or at work. Now as an adult being in the working world you may have a desk job where your entire job is to sit at a computer for work. As an adult the amount of time that is spent sitting is on average 50% or more during the day. Through numerous types of studies and research across multiple fields of study, we know that an increased amount of time sitting can lead to an array of different health issues. Below is a list of health related conditions that you have an increased risk of obtaining due to prolonged sitting:

- Increased Risk of Heart Disease
- Type 2 Diabetes
- Cancer (Breast, Colon, Ovarian)
- Issues with your Posture
- Neck & Back Pain
- Potential Shorter Life Span
- Abdominal / Digestion Problems
- Potential Brain Damage
- Muscle Degeneration
- Leg Disorders (due to poor circulation from sitting)
- Obesity

Since there is not too much you can do about your kids sitting while there are at school or yourself sitting while you are at work, you can be more proactive when you are not at one of those places. All you have to think about is being more Proactive with your day, as the problem will not go away with out a different mindset of thinking. There are many things that you can do to help yourself be more proactive during your day to alleviate sitting as much as you do right now. With children it has to be taught, as it is a learning experience they have to learn. Below are some activities that you can do with your children to help them become more active while they are not at school.

- Before going to school try and spend about 10 minutes doing some type of physical activity, to get their body moving before they go to school where they will be sitting in class.

- After they get home from school, make sure when they are doing their homework that they take breaks. During these breaks you can do squats with them, lunges, jumping jacks, push-ups, sit-ups, ride bikes, or just even take a quick 5 minute walk.
- Either before or after dinner try and do something physical with the entire family, like take a nice stroll around the neighborhood. This will also give you time to talk to each other about your day.
- During family time with each other, try and avoid just sitting around. Make a game out of exercise or a setup different challenges like squats, push-up's, balance on 1 leg, jump rope, sit-ups, obstacle course around the house or yard. There are plenty of things that you can create challenges or games out of that will get you and your family moving around, rather than just sitting.

As most adults are not going to school anymore, but they are more than likely going to a job where the job duties are spent sitting and working. Some people have physical jobs, which keep them on their feet and moving around constantly during the day. The people who have jobs that requires a long commute to work where you are sitting for an extended period of time. Then you end up at work where you continue the trend of the day and sit during your workday. When it becomes lunchtime, you get up out of your office and walk either to the lunch area for your lunch, go walk outside to get a bite to eat, or others just order food and it gets delivered right to your desk where you don't even get up for lunch. Below are a few examples that will get your mind thinking about different ways to get moving during your workday. These tips will help you increase the level of physical activity during your workday.

- Instead of doing meetings sitting down while your brainstorming, take a walk with a co-worker to discuss the information.
- When on the phone, you could stand up at your desk and talk, or try and take a walk while you are on the phone, if it doesn't require important documents during the conversation.
- Instead of calling another co-worker on the phone about a topic, if possible walk over to their desk and talk to them about it.
- If your office is located not on the main floor, use the stairs instead of the elevator, as this will get your cardiovascular system pumping and ready for the day.
- When traveling for business or for pleasure, try and find hotels that have fitness rooms or swimming pools, this way you can get a little exercise in while you are away.
- Many people like sports, maybe setup some type of recreation league with the co-workers in your office.
- When scheduling meetings on your work calendar, also schedule your exercise time in your work calendar and treat it like a business meeting with your body.
- During a break in your day, don't just stand by the water cooler or surf the web, get up and walk around the office, around the building, or up and down the stairs at the building.
- If you are tired of sitting during your day for work, look into getting a stand-up desk, or a desk that allows you to change it from a sitting to a standing desk and vice-versa.

All of the above examples above, either with the kids getting them to become more active or yourself being more active while at work, all of these examples will get you started down the correct path with increasing your physical activities during your day. Contact Dr. Matthews at

(425) 531-7228 to schedule your appointment to get your body back on the right track, so you can live the pain free life you always dreamed of.

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