

# Sitting Smarter

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RESEARCH NEWS

# There's More Evidence That Too Much Sitting Can Be Very Unhealthy

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HEALTH • EXERCISE & FITNESS

# Sitting Is Bad for Your Health, But Not All Types of Sitting Were Created Equal



## What are the risks of sitting too much?

Answer From Edward R. Laskowski, M.D.

- Take a break from sitting every 30 minutes.
- Stand while talking on the phone or watching television.
- If you work at a desk, try a standing desk — or improvise with a high table or counter.
- Walk with your colleagues for meetings rather than sitting in a conference room.
- Position your work surface above a treadmill — with a computer screen and keyboard on a stand or a specialized treadmill-ready vertical desk — so that you can be in motion throughout the day.



# Are we all doomed?

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In fact, the most sedentary people had a 22–49% greater risk of early death (6, 7<sup>✓</sup>).

However, even though the majority of evidence supports this finding, one study found no link between sitting time and overall mortality (8<sup>✓</sup>).

This study had some flaws, which likely explain why it contradicts all other research in the area.

## SUMMARY

Evidence suggests that sedentary behavior is correlated to a much greater risk of premature death.





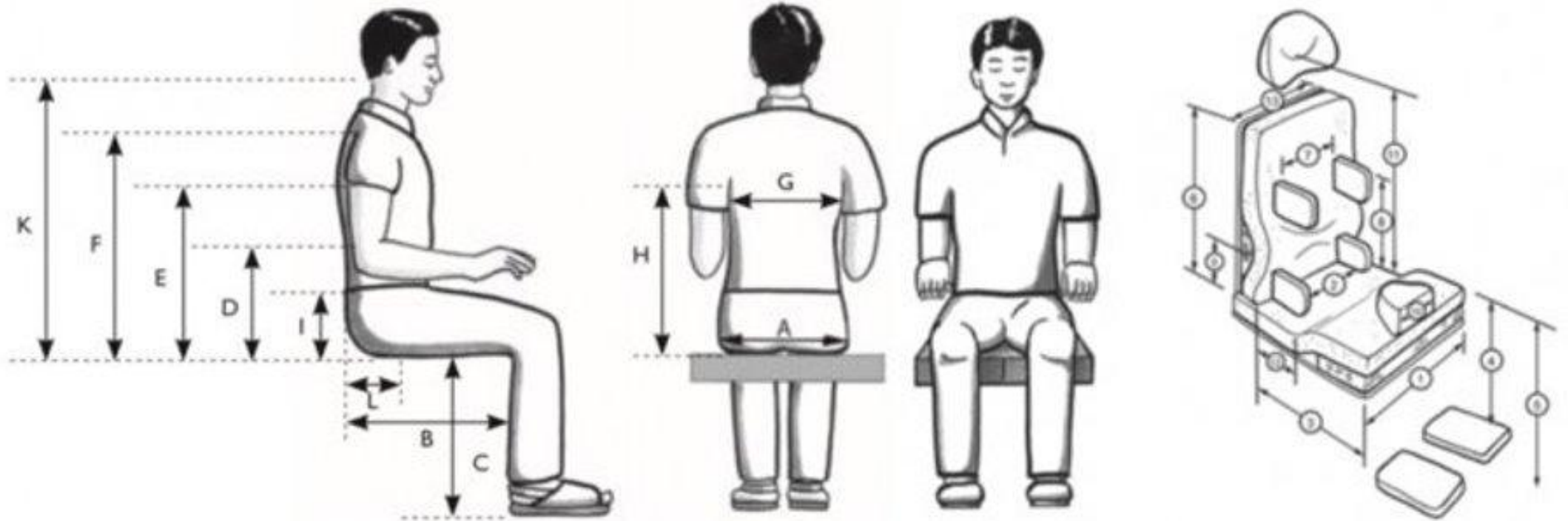
# Consult the Experts

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# How does one with a spinal cord injury sit in their wheelchair?

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# How do we approach prolonged sitting?

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1. Optimize
2. Strategize
3. Exercise



# Optimize



KNOW YOUR  
DIMENSIONS



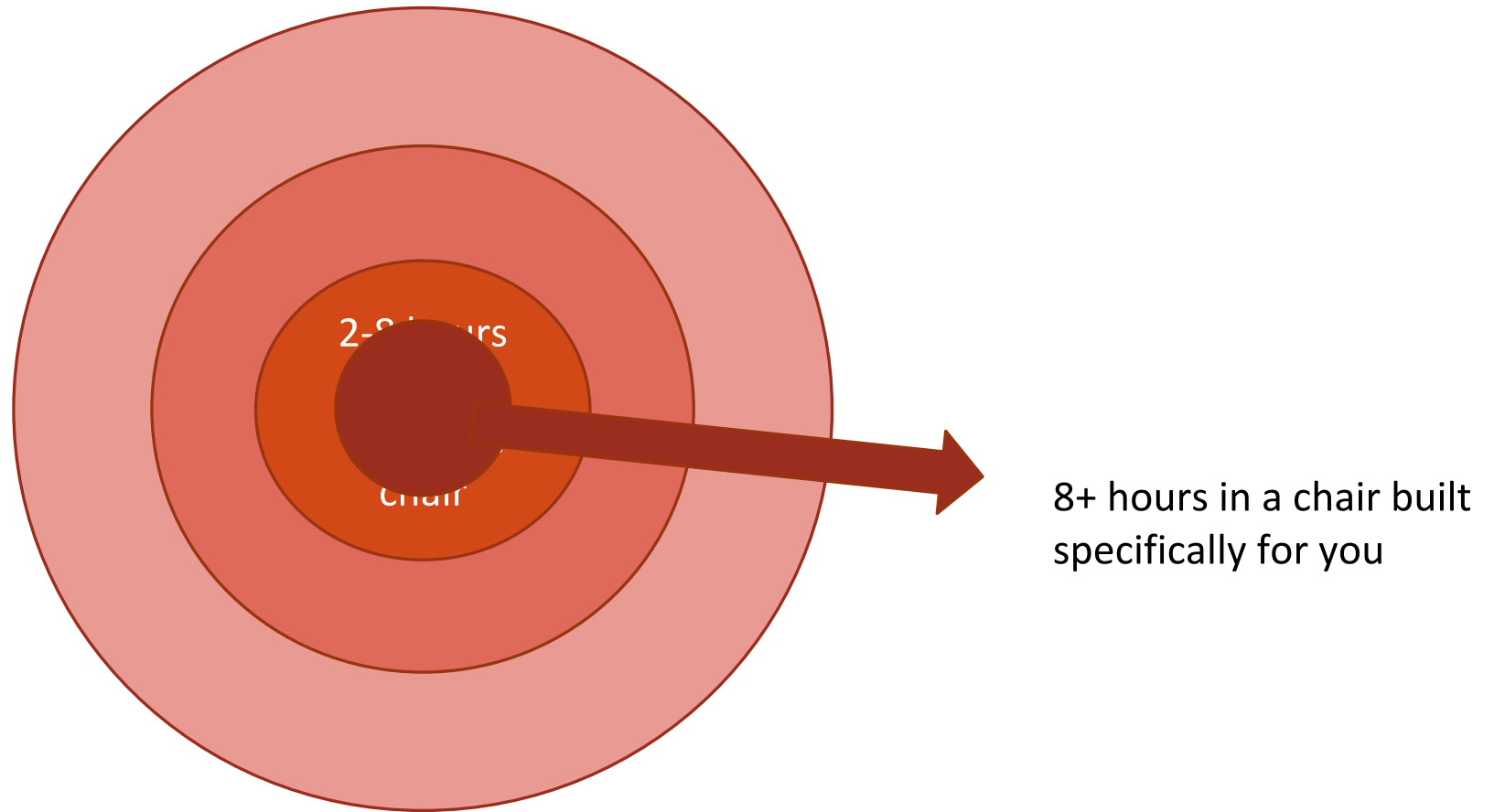
ASK FOR HELP



BE TASK  
SPECIFIC

# Strategize

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# EXERCISE!!!!!!!!!!

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Running

Rock climbing

Sports

Walking

Elliptical

Swimming

Chasing your kids

Chasing your friend's kids

Chasing your friends

Cycling

Rowing



Watching TV

# Exercises to do throughout the day

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World's greatest

Lunges

Lateral lunges

Scapular retractions

Doorway stretch

# Questions?

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