

FI-FIT PALOOZA 5k

A Sedentary Lifestyle

Long-standing evidence shows that moderate-to-vigorous-intensity exercise aid in preventing cardiovascular disease (CVD), type 2 diabetes, obesity, and some cancers. Don't Sit, Get Fit! Challenge derives from the fact that a sedentary lifestyle can be detrimental to one's health. Prolonged sitting on a daily basis could include such activities as riding in a car, working at a desk and/or at a computer, watching television, eating a meal at a table, and playing video games. In the U.S., adults and children spend the majority of their waking day, aside from exercising, with some form of sedentary behavior. Indeed, for a physically active person, it is estimated that 70% of the waking day tends to be in a sitting behavior.



ACSM's Physical Activity Guidelines

It is noted that even if someone gets in the American College of Sports Medicine's recommended minimum physical activity guidelines of exercising at a moderate intensity level for 30 minutes/day on most days does not mean that someone will not suffer

from the side effects of sitting too much. Moreover, obese men and women, who spend most of their waking hours sitting, represent the highest mortality sub-population group.

Physiological Factor

There is a physiological factor to explain the relationship between prolonged sitting and cardiovascular disease. When the legs are in a stationary position for a long time, the leg muscles experience a significant drop in the lipoprotein lipase enzyme, which captures fat, in the form of triglyceride, out of the blood to be used as fuel by the body. Subsequently, with prolonged sitting, there is an escalated risk of cardiovascular disease when the blood

triglyceride levels start to increase. Moreover, clinical studies show that a daily habit of sitting can cause a decrease in the HDL cholesterol, which is the good type.



Try These Challenges!

The Don't Sit, Get FIT! challenge is meant to get you to think movement as much as possible. There is no checklist, just ideas that you can incorporate into your daily lifestyle for a better level of physical wellness.

Source: Don't sit, get fit. (2014, Spring semester). Retrieved from <http://www.getfit.unm.edu/index.html>

AT WORK:

1. Stand up and walk around the office every 30 minutes
2. Try a 5-minute walk break with every coffee/water break
3. Always stand and/or walk around when talking on the phone
4. Do calf raises while standing
5. Jog in place occasionally next to your work station
6. Take the stairs instead of the elevator
7. Do leg extensions at your desk



AT SCHOOL:

1. Speed walk to your next class
2. Walk or bike to school instead of driving
3. Read/study on the treadmill/elliptical at the gym
4. Keep your core tight for good posture while sitting
5. Move your feet in circles and flex your ankles while sitting
6. Take the long way to class
7. Take a walk before you begin studying and after you complete your studying



AT HOME:

1. Walk your dog
2. Dance to music while you clean and while you cook
3. Hopscotch in the kitchen on the tiles
4. Perform some partial squats during commercial breaks
5. Do some vertical wall push-up before showering
6. Do a few jumping jacks while waiting for dinner to cook
7. Do legs lifts on the couch



FOR YOUR LIFESTYLE:

1. Walk your dog
2. Dance to music while you clean and while you cook
3. Hopscotch in the kitchen on the tiles
4. Perform some partial squats during commercial breaks
5. Do some vertical wall push-up before showering
6. Do a few jumping jacks while waiting for dinner to cook
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