

“Don’t sit this one out”

Part of a healthy habit video series for the Wyandotte Clinic

Eric: “Chairs. They are the best, aren’t they? Wingback, reclining, patio, loveseat; canvas, suede, leather, quilted.”

(Eric walks past line of various chairs)

Eric: “They carry our weary bones when we require rest, embrace us in sunlit naps, offer safety in something to leap onto when spiders or mice make their appearance. And yet... there is the potential for too much of a good thing. Studies by both the CDC and Mayo Clinic found that the majority of Americans sit for more than 9 hours a day. That’s about 40% of our lives, spent just sitting.”

(Eric approaches whiteboard, brief math of $9/24=40\%$ written)

Narrator: “But chairs are our friends! Why, the first week after moving out the only piece of furniture I owned was a futon!”

Eric: “I mean no disrespect towards chairs, personally I love a good recliner after a long day. But extended sitting can lead to vascular disorders, spine pain, heart disease, obesity, even contribute to cancer, although what doesn’t cause cancer these days.”

(Eric listens upward, speaks to camera)

Eric: “Chairs are what separate man from beast, but there’s little use in setting ourselves apart from our simian cousins if we are to grow sedentarily into twisted, weak-hearted, cancerous cows. So what’s the solution?”

(pictographic, chair fence separating man from slavering beast, page turn to sick, lumpy cow)

Narrator: “I’m not going to work out”

(Photo, muscled man at gym)

Eric: “No one would ask you to, I’m no Dwayne the Rock Johnson myself”

(Eric walking)

Narrator: “Standing? The Statue of Liberty does it all day and she looks great”

(Statue of Liberty)

Eric: “You’re getting closer, but there are times we need to sit: at work, in the theater, if the ovation hasn’t earned a standing... There’s an easy method to counteract the effect of sitting without sacrificing time in our favorite chairs. By walking! Just, walking.”

(Eric walking)

Eric: "I myself take my dog for a stroll three times a day, it's the truest recipe for keeping the doctor away. A short 15 minute circle around the block gets the blood pumping and the heart thumping, mitigating the majority of issues arising from excessively staying seated."

(Eric going through neighborhood)

Eric: "Vascular Disorders: Walking helps break up clots, prevents blood from pooling in the lower extremities, and strengthens vein structures"

(Vascular pictograph)

Eric: "Spine Pain: Walking improves flexibility and settles you into a more natural position than sitting, improving muscle mobility and growth"

(Spinal pictograph)

"Heart Disease: While it's the most prevalent cause of death in our country today, it's also the most preventable. Walking improves circulation by keeping your heart rate up while bringing cholesterol down" Eric

(Heart pictograph)

Eric: "Obesity: This one should be pretty obvious, walking burns up more calories than not walking"

(Caloric graph of calories spent)

Eric: "Something so simple as a walk often has its medicinal value underestimated, but there's more to it than just the health benefits."

(Eric walking)

Narrator: "How so?"

Eric: "Walking, no pun intended, takes you places. You'll meet neighbors and wildlife, see nature and sunsets, breathe fresh air, take your mind off the stress of the day and let yourself unwind. It might seem like there's nothing better than sinking into your favorite chair after a long day at work, but your work has trapped you in a chair all day! Talk a walk, see what happens."

(Walking, stops to face camera)

Eric: "It's not a cure-all, but I can guarantee if you try it for a week, you'll be surprised at how much better you feel after such a small effort."

(Images of people walking happily)

Eric: "There's never been a better time, why not give it a try... now"

(Wyandotte logo, video closeout screen)