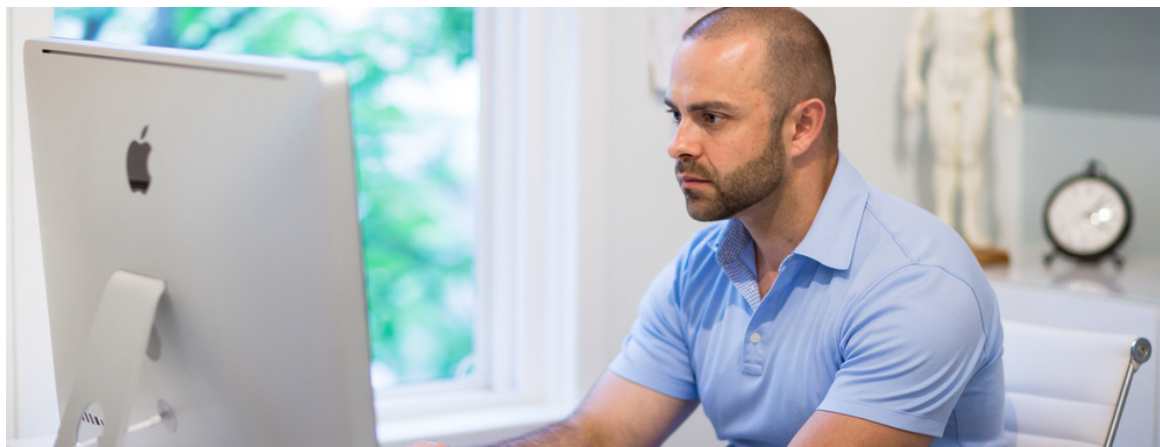


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Media Release – Your Desk Job May Be Shortening Your Life

From: NZ Register of Exercise Professionals



Your Desk Job May Be Shortening Your Life

Your desk job may be shortening your life. But it's not the water cooler gossip that is slowly sucking the life out of you, it's that seat and the amount of time you spend sitting in it.

There has been a huge amount of research over the last few years about the life shortening impact of being sedentary, with some people spending up to 13 hours a day in their chair in their homes and offices.

One of the most interesting points to come out more recently is that the amount of time spent sitting can influence our health even if we are active at other times. In other words, a workout at the end of a day which was spent working in front of your computer, or at a desk, may not be enough to counteract the damage that day seated is causing.

Studies show that the lowest risk is for those who are physically active and don't sit, with the highest risk saved for those who don't do any physical activity, and sit for a lot of the day.

Even moderate activity, or time spent standing or gently moving about at regular intervals can counteract the negative effects. Taking breaks and taking part in active stretching will improve your health.

So what is the issue specifically with being seated?

- When we are seated, especially in a relaxed angle on the couch or in a slouched position, our muscles aren't doing much work.
- When we move we pump oxygen to our brain which keeps us alert. When we are sedentary for a long time, everything slows, including brain function.
- With a crouched over posture and lack of movement, our organs are cramped and their function is slowed. Constipation, reduced insulin response are some of the unwelcome side effects.

The way we live and work, the convenience of cars, and the many electronic devices and stationary entertainment sources such as TV and gaming has meant for many adults (and children) sitting has become the default setting for life.

What does this mean for the average person who works in an office 9 to 5 and is unable to get out and about throughout the day?

What about the 'active couch potato' who spends most of their life seated, but squeezes in some exercise for the recommended 30 minutes most days?

The health benefits of working out are not in question, and that the regular workout you are doing is having a positive impact on your life, your health and your wellbeing. However, in order to maximize those health benefits, a more active approach to some of the other 23 hours of the day is needed.

Exercise professionals are recommending a lifestyle approach to health and exercise more and more. This means integrating activity into what you do throughout your life as well as the regular structured workout you do at the gym, park or with your trainer.

It doesn't have to be 100 push ups at your desk every time the phone rings, or running up 10 flights of stairs every time you need a toilet break, as there are some simple things you can do to add movement into all parts of your day.

The risks are clear, but the benefits of making some simple changes are easily achieved. So why not add more activity into your working day, which can in turn add more days to your life!

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NZ Register of Exercise Professionals (REPs) - Independent not for profit quality mark of exercise professionals and facilities. Using REPs Registered Exercise Professionals is the "warrant of fitness check" that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver safe exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org

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Exercise Association of New Zealand - Not for profit exercise industry representative organisation. Its *mission is to proactively support a sustainable exercise and fitness industry in New Zealand by growing participation in structured exercise through advocacy, information and industry standards.*

