



# Healthy Church

Laura Gamba

## Exercise! Get up and move

Mark Twain once said, "I'm pushing 60 years of age...and that's enough exercise for me." Jimmy Buffett later complained in a song that his girlfriend said, "I treat my body like a temple, you treat your body like a tent!"

### So, where do we start?

We make up our minds to exercise. **So, what's stopping us from exercising?**



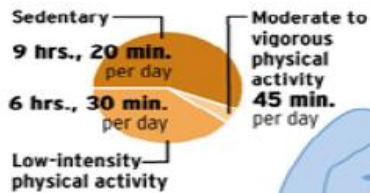
A wise person once said, "If the dream is big enough, the facts don't count." To put it more simply, if your Florida Lotto ticket was the winner and your winnings would be upwards of 30 million dollars, would age, bad knees, the heat, poor balance, having no time or being too tired stop you from jumping in your car and driving to Tallahassee to pick up your check?! Absolutely not... *If your dream is big enough, the facts truly don't count.*

Starting can be overwhelming but the whole idea is to get up and move. After all, motion is the potion and the lotion for a long and healthy life. So, let's GET UP, like James Brown sang: "Get up off-uh that thang..." After all, experts are now telling us that sitting is the new smoking. Think about it. We all know the dangers of smoking...but sitting?!

# Health hazards of sitting

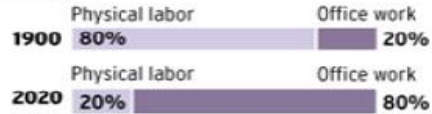
Studies show that sitting for more than 95 percent of the time at work increases the risk for physical injury and disease.

## Average activity during waking hours



## From the farm to the office

A century ago in the U.S., 80 percent of the workforce was involved in physical labor, including 11.5 million farmers. Now there are about 851,000 farmers, and it is estimated that by 2020 the workforce will have completed the reversal from physical labor to office work:



## How sitting harms the body

### AS SOON AS YOU SIT:

Electrical activity in the leg muscles shuts off.  
Calorie burning drops to **1 per minute**.  
Enzymes that help break down fat drop by 90 percent.

### AFTER 2 HOURS:

Good cholesterol drops by 20 percent.

### OVER TIME:

Holding the muscles in the torso, neck and shoulders in a somewhat fixed position **squeezes blood vessels**, reducing blood flow and causing fatigue.

Many people experience **decreased fitness**, reduced lung and heart efficiency and a higher risk for injury and disease, especially those who are otherwise inactive.

**Insulin effectiveness drops** and risk of diabetes rises.

**High amounts of stress** are placed on the spine, specifically the lower back and neck.

**Blood often pools** in the lower legs, which can cause numbness and varicose veins.

## Two changes to make

### Adjust the seat

Sitting at 135 degrees puts less strain on your lower back than hunching forward or even sitting straight.



### Get up and move

The recommended 30 minutes of activity per day are not enough. Interrupt sitting whenever you can:

- Walk around the office.
- Take the stairs.
- Walk to co-worker instead of messaging.



Sources: MedicalBillingandCoding.net; British Medical Journal; The American Journal of Clinical Nutrition; Businessweek; The New York Times; Science Daily; ehow.com; Canadian Centre for Occupational Health and Safety

Molly Zisk / The Register

Getting started is easy. We will exercise in a progressive manner increasing little by little and we will start by walking at least 250 steps an hour. That's like walking from your kitchen to your bedroom 2-3 times. Keep telling yourself: Inch by inch, it's a cinch!

## Inch by inch, it's a cinch!