

The New Health Epidemic: Sitting Disease

Sitting all day is linked to harmful effects of our overall health, and it can actually cause and/or worsen many back or neck problems.

The fix? Grab a stand up desk and find out just how easy it is to improve your health by committing to sitting a little less every day. Your spine - and your overall health - will thank you.

Why a Standup Desk?

Global studies show we spend an average of 7.7 hours a day sitting.¹ How much time do you actually spend sitting in an average day? Nonprofit JustStand.org makes it easy to find out with their [online sitting calculator](#).

You sit a lot—so what?

People who sit most of the day are at an elevated risk for non-accidental back injuries. Load on the discs in your spine is actually less when you are standing versus when you are sitting (intradiscal load 100 kg vs 140 kg sitting). If you suffer from lumbar degenerative disc disease, this difference in pressure can make a big difference.

Studies show that prolonged sitting leads to diabetes, heart disease, cancer, obesity, depression, and early death. Mayo Clinic endocrinologist James Levine, an outspoken advocate for standing more, has studied the effects of too much sitting. He comments, "Today, our bodies are breaking down from obesity, high blood pressure, diabetes, cancer, depression and the cascade of health ills and everyday malaise that come from what scientists have named sitting disease."

Naturally, when we stand we fidget and move around more than we would if we were sitting. Use this [calorie-burn calculator](#) to see how many more calories you'll burn by standing for all or part of

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Qualifications

Graduated From: Palmer College of Chiropractic

Years in Practice: 30

Treatments

- Chiropractic Adjustments
- Ultrasound
- EMS
- Deep Tissue Massage
- Spinal Axial Decompression
- Orthotics
- Trigger Point Therapy

"Do what you do so well that people would want to come back and tell others." ~ Walt Disney

your workday - it adds up! The weekly incremental calorie burn by using a standup desk can add up to an 830 extra calories per week, or about a pound a month!

According to a study that examined mortality in women, those who are inactive and sitting for more than 6 hours a day are 94% more likely to die prematurely. Men - you are not off the hook! Your sedentary lifestyles increase your risk of cardiovascular mortality by 82%.

Standing while you work on your computer requires the core muscles to be engaged. A strong core leads to better overall health and better back health.

Start Working at a Standup Desk - Your Body will Thank you!

Here is how to counteract the potentially negative effects of Sitting Disease:

- Purchase (or make) a standup desk, and make sure to follow these guidelines to maintaining

healthy standing posture: [Good Posture Helps Reduce Back Pain](#). Sit-to-stand desks are also growing in popularity, giving you flexible options throughout the day.



- Start out alternating between standing and sitting. While you are sitting, office ergonomics can help lower the risks associated with prolonged

sitting in an office chair, such as [neck strain](#), lower back pain, and [leg pain](#).

- At first, only stand for 2 hours each day to allow your muscles to get used to the new arrangement.
- To make sure you stand... Assign an activity like phone or email time to standing only, or download a free alarm or put one in your mobile phone to remind you when to stand.

Take the first steps to living a healthier lifestyle by committing to stand a little more every day. Also, get up and move around as often as possible. When sitting, make sure to take advantage of an [ergonomic chair](#).

How will standing more change your life? Visit <http://www.spine-health.com/blog/new-health-epidemic-sitting-disease>

Talk to Dr. Cafagna about specific questions related to your unique health situation.

**Contact Dr. Cafagna
to learn more or schedule an appointment**

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