

5 Habits to Reverse the Damage of Sitting

01

Movement & Exercise

Long-term studies show people who move throughout the day counteract the ill effects of sitting.

30 mins of exercise lowers your risk of dying by 17%.

Vigorous exercise lowers it by 35%.

It's said: "A sedentary person who doesn't drink or smoke will die before one who does but exercises."

Exercise is the best way to correct the harm of sitting.



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02

Strength Training

Resistance training is your best bang-for-buck exercise to combat the negatives of sitting.

You lose 3-8% of muscle mass every decade, and it accelerates after age 60.

For upper body, do pull exercises like back rows and lat pull downs.

For lower body, do hip thrusts, deadlifts, and squats.

Strength training is your best retirement and insurance plan.

03

Standing While Working

People at work spend 65-75% of their time sitting on average.

To counteract this, use an adjustable standing desk.

It's a small investment that goes a long way to protect your body.

Also, before buying your own, ask your employer if they subsidize alternative desk options.

Many do, and it can't hurt to ask.

04

Sneaky Moves

The best type of exercise is the one you don't realize you're doing.

Here are some sneaky ways to get more movement in your day:

- **Walking Meetings:** Not all meetings have to be done sitting in a conference room or on a Zoom call.
- **Park Farther Away:** Quit driving in circles looking for the closest spot. Park far and walk those extra steps.
- **Couch-Free TV:** Love watching sports or gaming? Do it walking on a treadmill or riding a stationary bike.

Now you're getting in more movement without even thinking about it.

05

Mobility & Muscle Activation

Sitting for too long can weaken your glutes and core.

And it makes your hip flexors and neck inflexible from underuse.

Avoid this by adding some mobility and muscle activation exercises to your workout:

- The McGill Big 3
- Glute Bridge Holds
- Passive Bar Hangs
- Neck CARs
- The Couch Stretch
- Walking



Randomized Controlled Trial

Enhanced muscle activity during interrupted sitting improves glycemic control in overweight and obese men

Ying Gao et al. Scand J Med Sci Sports. 2024 Apr.

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Abstract

The efficacy of interrupting prolonged sitting may be influenced by muscle activity patterns. This study examined the effects of interrupting prolonged sitting time with different muscle activity patterns on continuously monitored postprandial glycemic response. Eighteen overweight and obese men (21.0 ± 1.2 years; 28.8 ± 2.2 kg/m²) participated in this randomized four-arm crossover study, including uninterrupted sitting for 8.5 h (SIT) and interruptions in sitting with matched energy expenditure and duration but varying muscle activity: 30-min walking at 4 km/h (ONE), sitting with 3-min walking at 4 km/h (WALK) or squatting (SQUAT) every 45 min for 10 times. Net incremental area under the curve ($_{\text{net}}\text{iAUC}$) for glucose was compared between conditions. Quadriceps,