Dangers of Excessive Sitting – Picture This



Sitting at a desk can increase death risk by almost 50 per cent, sitting at a desk can increase death risk by almost 50 per cent!

What’s wrong in this picture? There is an office worker sitting on his chair inadequately, putting himself in danger of falling off the chair.

Office workers beware, as research from the University of Sydney found that office workers who sit for longer than 10 hours a day at their desk had a 48 per cent increase in risk of death, in comparison to people who sat for less than four hours a day. To counteract this health risk, try to introduce five minutes of activity every hour and make sure you take regular breaks away from your workstation. Simple changes like taking the stairs instead of the lift will also make a positive difference to your health.