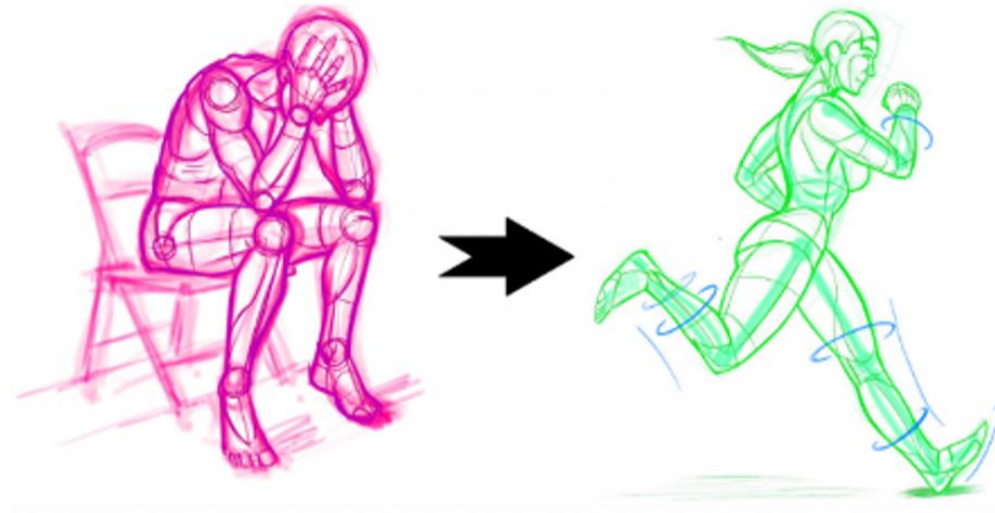


Breaking the Sedentary Lifestyle



Health Prevention and Education Unit
Prepared by Licensed Health Educators

Objectives

Define the concept of sedentary behavior.

List the health risks associated with sedentary behavior.

Offer recommendations for leading a more active life.

Sedentary lifestyle

- A sedentary lifestyle is characterized by a lack of regular physical activity and by spending long periods of time without moving.
- The person maintains very low energy expenditure because they remain seated, lying down, or reclining for extended periods.
- This includes activities such as watching television, using electronic devices, reading, working, or studying.

Statistics



According to data from the World Health Organization (WHO):

31% of adults and **80%** of adolescents.

Do **NOT** meet the recommended levels of physical activity.

Factors that promote a sedentary lifestyle

Less physical activity Examples:

- Going to the bank, shopping, is replaced by tasks performed through electronic devices or online.

Increased passive entertainment Examples:

- Watching series, using social media, playing electronic and online games.

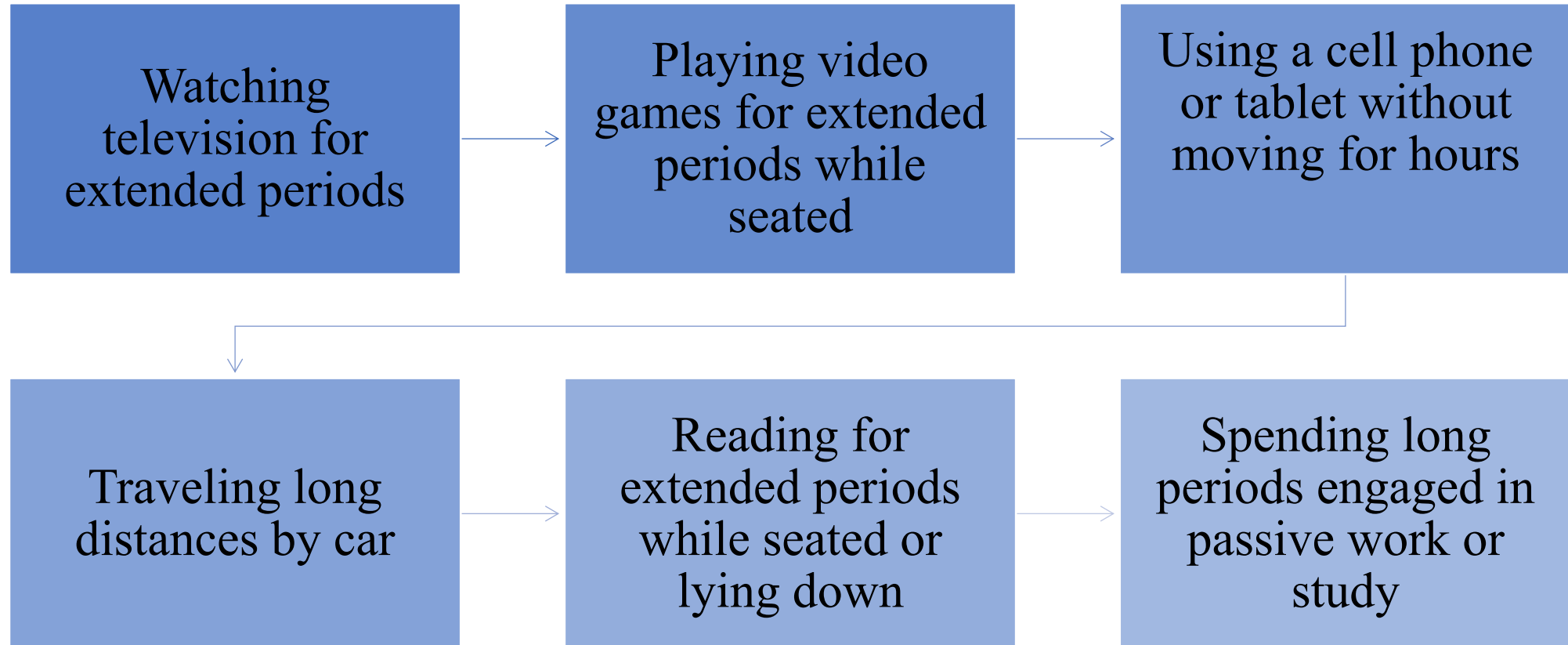


Digitalization of work Examples:

- Spending long hours sitting down doing work or studying on a computer.

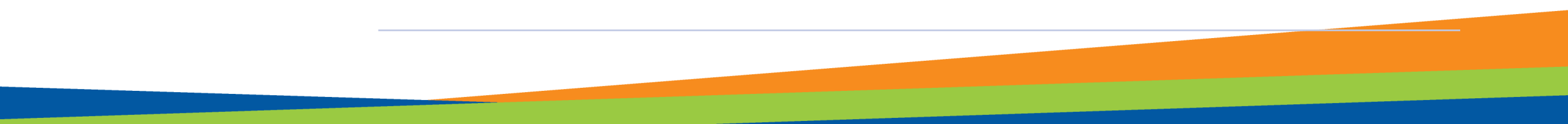


Examples of sedentary activities



How does a sedentary lifestyle affect the body?

A person who leads an inactive lifestyle may be affected in the following ways:

- Development of hormonal imbalance
 - Burns fewer calories and is more likely to gain weight
 - Loses muscle mass and endurance
 - Experiences increased inflammation
 - Has poor blood circulation
-
- 

Risks of a sedentary lifestyle

A sedentary lifestyle can increase the risk of developing chronic (long-term) diseases. These include:



Obesity



Type 2 diabetes



Heart disease



Osteoporosis

How to prevent a sedentary lifestyle?

A sedentary lifestyle can be prevented by incorporating movement into your daily routine. For example:

Active breaks at work: Get up every 30 to 60 minutes to move around, walk, or stretch to avoid long periods of inactivity.

Walk more: Choose to walk or bike to get around.


Lifestyle habits: Stay hydrated, eat a healthy diet, schedule time for exercise, and more.

Increase your mobility.

Physical activity: Do at least 150 minutes of moderate activity per week.



Additional recommendations on how to be more active:

<p>Stay active while watching television, for example by lifting hand weights.</p>	
<p>Walk around the neighborhood.</p>	
<p>Perform household and gardening tasks.</p>	
<p>Use the stairs instead of the elevator.</p>	
<p>Stand up while you are on the phone.</p>	
<p>Get up from your chair and move around at least once an hour.</p>	

How can I start exercising?



A sedentary lifestyle can be prevented by starting slowly. The first step should be to talk to your doctor to determine the best type and amount of physical activity based on your fitness level and health.



Likewise, you can gradually add more exercises over time. There are different ways to exercise; the important thing is to choose the one that works best for you.



You can also incorporate physical activity into small, everyday actions, both at work and at home.



Even a minimal amount of movement provides benefits; doing a little is always better than doing nothing.

Questions or Comments



References

- <https://www.who.int/es/news-room/fact-sheets/detail/physical-activity>
- <https://medlineplus.gov/spanish/healthrisksofaninactivelifestyle.html>
- <https://health.clevelandclinic.org/sedentary-lifestyle>
- <https://www.aarp.org/espanol/salud/enfermedades-y-tratamientos/info-2024/enfermedad-del-sedentarismo.html#:~:text=Estar%20sentado%20debilita%20el%20cerebro,s%20%ADntomas%20de%20depresi%20y%20ansiedad.>



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician or contact the following telephone lines:

Available Service Lines

Medical Advice Line

24 hours a day / 7 days a week


1-844-347-7801

TTY/TDD 1-844-347-7804

Customer Service

1-844-347-7800

TTY/TDD 1-844-347-7805





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