

Breaking the sedentary lifestyle



Sedentary behavior is defined by the lack of regular physical activity and by spending most of the time inactive. A person has a very low energy expenditure because they remain sitting, lying down, or reclining for long periods. This includes activities such as using screens, reading, working, or studying.

How does a sedentary lifestyle affect the body?

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

- Development of hormonal imbalances
- Burning fewer calories, more likely to gain weight
- Loss of muscle mass and endurance
- Increased inflammation
- Poor blood circulation

Health risks of a sedentary lifestyle:

A sedentary lifestyle can increase the risk of developing chronic (long-term) diseases. Some of these are:

- High blood pressure
- High cholesterol
- Obesity
- Heart disease
- Type 2 diabetes
- Osteoporosis



How can I start exercising?

It is recommended to start slowly. The first step should be to talk to your doctor to choose the best type and amount of physical activity, according to 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 best one for you. You can also add physical activity in small ways, such as at work and at home. Doing even a small amount of movement provides benefits; doing a little is always better than doing nothing.

Recommendations for being more active at home and at work:

- Stay active while watching television, for example, by lifting hand weights.
- Walk around the neighborhood.
- Housework and gardening are considered physical activities.
- Use the stairs instead of the elevator.
- Stand up while talking on the phone.
- Get up from your chair and move around at least once an hour.



Social and Emotional Aspects

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

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

References

<https://www.who.int/es/news-room/fact-sheets/detail/physical-activity#:~:text=El%20sedentarismo%20consiste%20en%20realizar,y%20diabetes%20de%20tipo%202.>

<https://medlineplus.gov/spanish/healthrisks/faninactivelifestyle.html>