

Too much sitting?

We can help!

PHYSIOTHERAPY
MASSAGE
FITNESS
738-8299



3636 Westfield Road
humanperformancecentre.ca

Sitting is bad for your health!

We have known for a long time that prolonged sitting can make an pre-existing back or neck problems worse or cause back problems. Even with the best fitting chair, prolonged sitting can cause havoc. We are designed to move; the human body thrives with activity and decays with inactivity. More and more research is showing an increased health risk as a result of sitting over and above back and neck issues.

Prolong sitting is linked to increased incidence of obesity, type II diabetes, cardiovascular disease and even some types of cancer. In other



*Earle Burrows, BSc. (Bio), BSc. PT., Cert. MTD
CEO of the Human Performance Centre with
20 years experience in his field of expertise.*

words sitting is killing us.

Think about a typical day: we wake up and sit on the flush, sit for breakfast, sit in the car to get to work, sit all day at work, sit for supper, set to watch reality TV and then sit on our ATVs on the weekend!

Recent guidelines presented in the British Journal of Sports Medicine recommend starting with two hours of standing or light activity per day with a goal to increase this to four hours per day. Consider standing while talking on the phone, setting up a sit-stand adaptable workstation, walk or stand during breaks and get out of your car to pick up your coffee instead of sitting in the drive-through line up. You can also start wearing an activity tracker watch to measure your steps and moving distance with a goal of 10,000 steps per day.

If you need help with potential exercises, setting up an ergonomically correct workstation or need a lumbar

roll to improve you're sitting posture let us know. *We are here to help you achieve your best!*



**Human
Performance
Centre**

Achieve Your Best
... We Can Help.