

FEBRUARY 2014

DESK SENTENCE



As you might imagine, I subscribe to numerous health-related newsletters. Recently, I came across at least five articles on the ill effects of prolonged sitting. To test that I was not experiencing some sort of personal bias, I performed a quick internet search. The search “sitting is killing you” (the search engine’s suggestion) revealed 64.9 million hits in .25 seconds. It would appear that I had barely scratched the surface of the topic.

So what exactly is prolonged sitting? The articles that I read all agreed on approximately nine hours per day. The current U.S. average is 9.3 hours per day and includes driving, working, dining and leisure time. Some of the ill effects of extended sitting include:

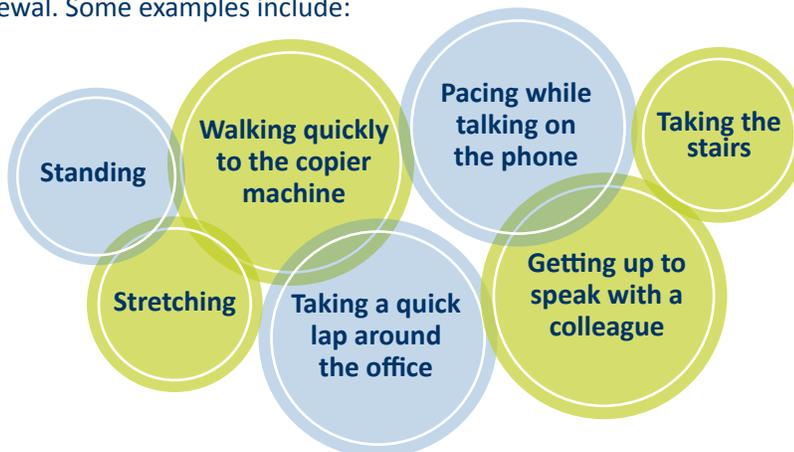
- Reduction of the enzymes that burn fat
- Decline in metabolic rate
- Reduction of HDL (“good”) cholesterol
- Increased risks for cardiovascular disease, Type 2 diabetes, breast and colon cancers

To increase awareness of your personal “desk sentence,” the Wellness Council of America (WELCOA) suggests keeping a sitting journal to determine your daily sitting score.

WELCOA DAILY SITTING SCORES

Rating	Time Spent Sitting
Excellent	Below 1-2 hours a day; very active physical labor
Good	2-3 hours per day; moderate movement during the day
Average	4-5 hours per day; light movement during the day
Poor	6+ hours per day; no movement during the day

The good news is that it does not take much movement to prevent the ill effects of prolonged sitting. A small activity break every 90 minutes provides just the right amount of renewal. Some examples include:





the supplement

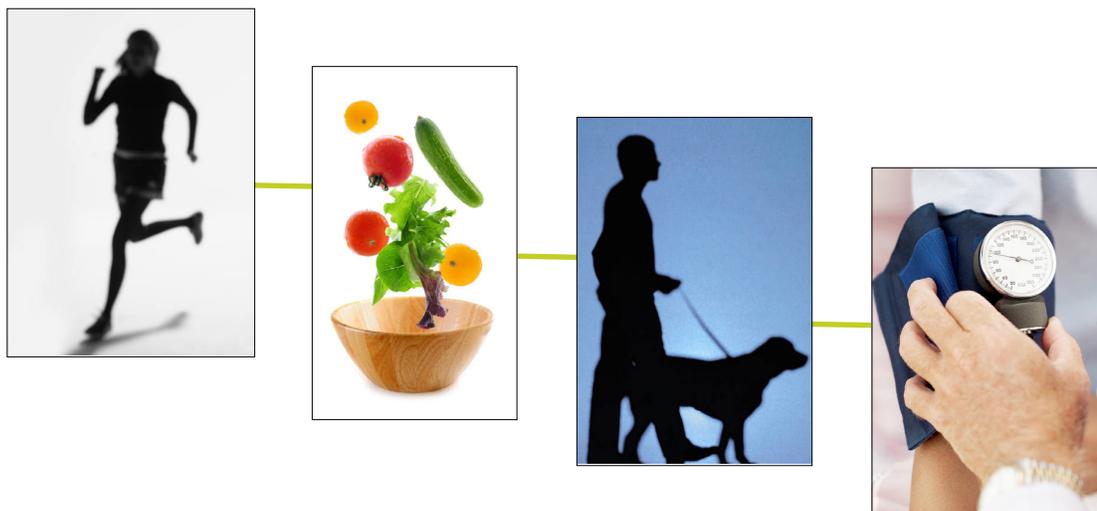
FACILITATING VITALITY

In studies of musicians, athletes, chess players and writers, the best of the best universally observed the 90 minute rule—even though they were not necessarily conscious of doing it. These breaks are consistent with the basic rest-activity cycles that we experience both at night and during the day.

If you are sitting and you begin to experience fidgetiness, hunger, drowsiness or a loss of focus, those are the body’s signals that it is a good time to take an activity break. They are not the universal signs for caffeine or sugar deficiency as they are often interpreted.

WORTH A LOOK

I have long been a fan of www.realage.com, a website that calculates health age by considering such factors as physical activity, nutrition, medical health, sleep habits, relationships and even pet ownership. More recently, I came across a website that calculates “fitness age.” By entering your resting heart rate, waist measurement, age, gender and frequency and intensity of exercise into the online calculator at www.worldfitnesslevel.org, you can approximate your peak oxygen intake (VO2 max) without a treadmill test. If you are 50 years old, but you have the VO2max of a 70 year old, your fitness age would be reported as 70 years. I am happy to report both a “real age” and a “fitness age” that are considerably lower than my chronological age.



RESOURCES



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Patricia M. Fuller has dedicated the last 15 years to designing and delivering wellness programs as a project manager and contractor for PricewaterhouseCoopers, LLP. Her training events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

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