



New Year

Resolve to Live Longer

RESOLVE TO LIVE LONGER | DR STEVEN WEINIGER

Resolve to do something simple that feels good and helps you live longer: Stand UP.

Besides giving you a better attitude, getting up from your desk or couch can have a big impact on your health, according to recent studies equating more time sitting with a shorter, less healthy life.

Researchers looked at nearly 12,000 Australian adults and used actuarial tables to study their TV watching habits. They then adjusted for general health, smoking, diet, disease status, exercise regimens, and other confounders, and reported in the British Journal of Sports Medicine(1) that every single hour of television watched after the age of 25 reduces the viewer's life expectancy by 21.8 minutes - even for people who exercise regularly! In perspective, smoking a cigarette reduces life expectancy by about 11 minutes, bringing researchers to the conclusion that TV viewing time may be associated with a loss of life that is comparable to other major chronic disease risk factors such as physical inactivity and obesity.

Another meta study(2) reviewed the results of 18 studies involving 794,577 people, and found "the average adult spends 50 to 70 percent of their time sitting." After examining time sitting with health, they found people who sat the most had a 112% increase in risk of diabetes; a 147% increase in risk for CV disease; and a 49% greater risk

of dying prematurely. Once again, this was true even if the research participant regularly exercised.

The reason, according to senior author D. Dunstan, "The most striking feature of prolonged sitting is the absence of skeletal muscle contractions, particularly in the very large muscles of the lower limbs." Lack of muscle contraction means less glucose burned, resulting in surplus blood sugar which contributes to diabetes as well as other health risks.

Both studies agree with the advice of posture exercise professionals:

Get up and move around often. From people with nagging back pain who feel like they just "can't straighten up" to fitness buffs who want to exercise effectively, unfolding your body is a good thing. And, if the idea of standing taller to live longer sounds too good to be true, try this demonstration:

1. Sit down and take in a deep breath. Notice how much air you are able to inhale.
2. Now, stand up tall, and take another deep breath. Notice any difference?

Most people find they can take a deeper, fuller breath when they stand, and most physicians agree that breathing is good for your health. So, as we all sit down to start the New Year... well, get back up and walk around more!

In other words...Sit down and die sooner, or stand up and live longer.

1 Television viewing time and reduced life expectancy: a life table analysis -- Veerman et al. 46 (13): 927 -- British Journal of Sports Medicine, 10/2012

2 Associations Between Television Viewing Time and Overall Sitting Time with the Metabolic Syndrome in Older Men and Women: The Australian Diabetes Obesity and Lifestyle Study Journal of the American Geriatrics Society May 2011, V59/ 5, pp 788-796



Author Bio

Dr. Steven Weiniger, internationally renowned posture expert, lectures about posture exercise for pain relief and aging well, and trains certified posture exercise professionals

(CPEPs) in StrongPosture™ exercise protocols.

He is author of [Stand Taller ~ Live Longer, An Anti-Aging Strategy](#), the self-help guide to a seven-week posture strengthening program that can benefit virtually anyone.

For more information, visit www.StandTallerLiveLonger.com or call (866) 443-8966.