

What does my Percent of Day Spent Sitting score mean?

Your risk for chronic conditions increases when you sit at least 50% of the day. Although it is important to incorporate physical activity into your life, avoiding excess sedentary habits also has health advantages. Compare your Percent of Day Spent Sitting to the levels below and the associated health risks.

More than 80% Percent of Day Spent Sitting

Compared to people who sit “very little,” less than 20% of the day, people who sit 80% or more of their waking hours increase their risk of:

- Coronary artery disease: 54% increased risk of death
- Any cause: 54% increased risk of death
- Increased risk of obesity and diabetes

60-79% Percent of Day Spent Sitting

Compared to people who sit “very little,” people who sit 60-79% of their waking hours increase their risk of:

- Coronary artery disease: 47% increased risk
- Any cause: 36% increased risk of death
- Increased risk of obesity and diabetes

30-59% Percent of Day Spent Sitting

Compared to people who sit “very little,” individuals who sit 30-59% of their waking hours:

- Have a 22% increased risk of death from coronary artery disease
- Have an 11% increased risk of death by any cause
- Increased risk of being overweight

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20-29% Percent of Day Spent Sitting

Compared to people who sit “very little,” during the day, those who spend 20-29% of their day sitting:

- Have the same risk of coronary artery disease as someone who spends less than 20% of their day sitting
- No increased risk of death due to any cause

Less than 20% Percent of Day Spent Sitting

If you sit “very little,” less than 20 percent of your waking hours each day, you:

- Have NO increased risk from coronary heart disease
- Have NO increased risk from death of all causes

Ways to Decrease Your Sitting Time:

1. Get up more frequently: See the Sit for 60, Move for 3 Campaign for more ideas, at: <http://www.mchcp.org/news/documents/wellnessDocuments/sitForSixtyMoveForThree.pdf>
2. Track your physical activity on the Staying Active at Work Physical Activity Log
3. Take a message to a colleague in person instead of making a phone call
4. Stand during meetings
5. Pace around the office or stand when making phone calls
6. Stand up and stretch
7. Walk to the mailroom to pick up your mail
8. Use a standing desk at work, or sit on a stability ball instead of a desk chair. Both help strengthen your core muscles and burn more calories
9. Host walking meetings with co-workers and walk and talk instead of sitting
10. Commute by riding your bike or walking
11. Take the stairs instead of the elevator
12. Park at the back of the parking lot at work or at the grocery store to walk more and burn more calories
13. Walk on your lunch break, or your morning or afternoon break
14. Instead of watching TV when you get home, go for a walk, work in the garden or yard, play with the kids outside, or work around the house

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References:

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Workplace Wellness