



Happy New Year from all of us at *client_company*. We hope that you had a great Holiday season and we wish you all the best for 2015.



As 2015 begins, it stands to reason you may be looking at a few New Year's Resolutions. Have you considered taking a few simple steps in your routine that can improve both your physical and mental health? Read below on how getting up out of that chair could do you a world of good!



Sitting: This generations smoking, regardless of activity level.

By Dr. Scott Nicol

I'm sure you've heard the news by now: A car-commuting, desk-bound, TV-watching lifestyle can be harmful to your health. All the time we spend parked behind a steering wheel, slumped over a keyboard, or kicked back in front of the tube is linked to increased risks of heart disease, diabetes, cancer, and even depression—to the point where experts have labeled this modern-day health epidemic the "sitting disease."

But wait, you're active and exercise regularly. You needn't worry about the harms of sedentary living because you're active, right? Well, not so fast. A growing body of research shows that people who spend many hours of the day glued to a seat die at an earlier age than those who sit less—even if those sitters exercise. Up until recently, if you exercised for 60 minutes or more a day, you were considered physically active. Now a consistent body of research suggests it is entirely possible to meet

current physical activity guidelines while still being incredibly sedentary, and that sitting increases your risk of death and disease, even if you are getting plenty of physical activity. It's just like smoking, smoking is bad for you even if you exercise.

In a 2012 study published in the International Journal of Behavioral Nutrition and Physical Activity, researchers reported that people spent an average of 64 hours a week sitting, 28 hours standing, and 11 hours milling about (non-exercise walking), whether or not they exercised the recommended 150 minutes a week. That's more than nine hours a day of sitting, no matter how active they otherwise were. Even the highest level of exercises didn't matter in reducing the time spent sitting. In fact, regular exercisers make less of an effort to move outside their designated workout time. Research has shown that people are about 30 percent less active overall on days when they exercise versus days they don't.

Unless you have a job that keeps you moving, most of your non-exercising time is likely spent sitting. And that would make you an "active couch potato." If this group isn't careful, active couch potatoes face the same health risks as their inactive counterparts.

Your body is designed to move, and sitting for an extended period of time causes your body to shut down at the metabolic level. When your muscles, especially certain large leg muscles, are immobile, your circulation slows. So you use less of your blood sugar and you burn less fat, which increases your risk of heart disease and diabetes. Indeed, a study of 3,757 women found that for every two hours they sat in a given work day, their risk for

developing diabetes went up 7%, which means their risk is 56% higher on days they sit for eight hours. Although exercise is beneficial, if you spend the rest of your waking hours sitting, those health benefits depreciate. Similar research was presented in a 12-year study of more than 17,000 Canadians, researchers found that the more time people spent sitting, the earlier they died—regardless of age, body weight, or how much they exercised.

As if that weren't enough to put you in a sad state, a 2013 survey of nearly 30,000 women found that those who sat nine or more hours a day were more likely to be depressed than those who sat fewer than six hours a day because prolonged sitting reduces circulation, causing fewer "feel-good" hormones to reach your brain.

Scared straight out of your chair? Good. Because the remedy is as simple as standing up and taking activity breaks. I'm not asking you to train for the next marathon, just simply break up the sitting cycle with some short walks or position changes.

Here are some quick and easy tips to decrease your sitting time throughout the day:

- Set a timer at work, this will be a friendly reminder to get up and move every 30 minutes.
- Improve your working ergonomics. Have you heard about the "sit-to-stand desk", or the "veri-desk"? It's a desk that moves up and down so you can sit or stand while maintaining your productivity. Sit for 30 minutes, then stand for 30 minutes. A great way to break up the sitting cycle.
- Your lunch hour is a great time to get out of that chair and go for a walk or other forms of exercise. Look into lunch hour yoga or exercise classes close to work, or simply ask colleagues if they want to get some fresh air and stretch their legs on a short walk. You're guaranteed to feel more rejuvenated for the afternoon shift after some exercise!
- When watching TV, make an effort to get up during commercials. You won't miss any of your shows and you'll feel better doing it.
- Park further away from the entrance at the store. Calgary isn't ALWAYS -30C, so take an extra few steps in the fresh air.

Reducing the amount of sitting in your day is a New Years Resolution that you can actually achieve. It only takes a few minutes out of your workday and will likely result in higher productivity levels,

making it completely worth your while. Give it a try, and let 2015 be the year that you took a stand to the sitting disease!

Did you know that Momentum Health has always been invested in the ergonomic assessment of Calgary's local businesses? We can also find the correct tools to improve your health and overall well-being, such as the "sit to stand desk" or "veri-desk" Dr. Scott referred to in his article. Please come in for a free 15 minute consultation to discuss your concerns and together, we can get you working in an environment that serves you.

Dr. Scott Nicol - Chiropractor



Dr. Scott Nicol was raised in Kelowna, BC and moved to Calgary after high school to obtain his Bachelor of Science in Kinesiology at the University of Calgary. During that time, Scott had the privilege of competing as a varsity Track and Field middle distance runner where he won numerous CIS medals, set a school record and was the team captain for his final three years. Dr. Nicol then moved to Portland, OR where he graduated from the University of Western States with his Doctor of Chiropractic degree as well as his Masters of Science in Exercise and Sports Science. Dr. Nicol uses an evidence-based, diversified approach to care that includes a number of different techniques to aid his patients. Along with manual therapy, he uses Graston, Activator methods, numerous modalities and is full body certified in Active Release Technique (ART®). Dr. Nicol has a keen interest in working with all individuals struggling with pain or dysfunction and is eager to provide long-lasting relief, helping all his patients reach optimal health.