

Graded - 1,2,3 ESO

10 Things That Happen When You Sit Down All Day

Written by Anna Schaefer | Published on 21, may, 2015



More than half of us spend over six hours sitting down each and every day, and a widening rear end isn't the only result. Sitting can have short- and long-term effects on your health and body.

Read on to learn how damaging it can be to sit all day — from your head to your toes.

1. Weak Legs and Glutes

If you don't use them, you lose them! By sitting all day, you're not depending on your powerful lower body muscles to hold you up. This leads to muscle atrophy. Without strong leg and glute muscles to stabilize you, your body is at risk of injury.

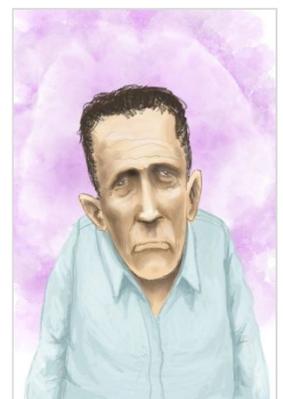


2. Weight Gain

Moving causes your muscles to release molecules which helps process the fats and sugars you eat. When you spend most of your day sitting, your body don't release these molecules. Men who spent more time sitting than usual, gained more weight around the middle, which is the most dangerous place to store fat.

3. Tight Hips and a Bad Back

As with your leg and glute muscles, your hips and back will suffer from sitting. Sitting causes your hip flexors to shorten, and your seated position can also hurt your back, particularly if you have bad posture. Also, poor posture while sitting can cause compression on the discs in your spine and can lead to [premature degeneration](#), which results in chronic pain.



4. Anxiety and Depression

Some of the physical effects of sitting are the mental effects. But the risk of both [depression and anxiety](#) are higher in people who sit the most. This could be because the mental health benefits of fitness are lacking when one spends their days sitting down rather than moving. If so, these risks could be mitigated with regular exercise.

5. Heart Disease

Sitting can hurt your heart, potentially leading to cardiovascular disease. [One study](#) found that men who spent more than 23 hours per week watching television had a 64 percent greater risk of dying from cardiovascular disease than men who only watched television for 11 hours.

6. Diabetes Risk

People who spend more time sitting also have a [112 percent](#) increased risk of diabetes. In [one study](#) that looked at the effects of just five days of bed rest, researchers saw increased insulin resistance, a precursor to diabetes.

7. Deep Vein Thrombosis (DVT)

[Deep vein thrombosis](#) is a type of blood clot that's most common in the legs. When part of this clot breaks off, it can cut off the flow of blood to other parts of the body such as your lungs, causing a pulmonary embolism.



8. Stiff Shoulders and Neck

As with your legs, butt, and lower back, your shoulders and neck will also suffer from prolonged sitting. This is especially true if you're hunched over looking at a computer screen.