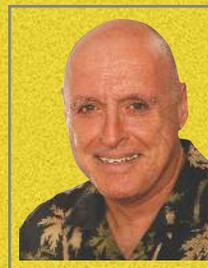


# THE EXTRA POINT

BY JERRY ROBERTS



## # 1193 Sitting on the Job vs. Short and Frequent Exercise

Newsflash: Science says that sitting at your desk for hours on end is bad for you. I think we already knew that, but maybe we don't have a handle on all the details. I'm Jerry Roberts, and today we'll put some numbers up against the claim of how bad sitting really is. That's coming next, on The Extra Point.

Science says sitting at your desk is bad for your health, and that a short and simple routine will make you smarter, sharper, and fitter. When I see smarter, sharper, and fitter, it grabs my attention. What are they talking about? What does it mean to me.

The research shows that sitting more than six hours a day can make you 18 percent more likely to die from chronic health issues than people who sit less than three hours daily.

Sitting for more than 11 hours a day makes you 40 percent more likely to die in the next three years compared with people who sit for less than four hours.

Okay, there's nothing good in any of that, but what can we do to counteract the trouble?

One study claims you need 150 to 300 minutes of moderate-to-vigorous physical activity weekly, to overcome the risks associated with sitting time.

Another study sets the number much higher, as much as 525 minutes) of moderate-to-vigorous physical activity to offset the increased risk.

Still another research project, this one published in the British Journal of Sports Medicine, indicates that, while 30 to 40 minutes of exercise per day "appears to be ideal," 11 minutes of exercise of day can make a meaningful difference. Not 525 minutes weekly, but now about 66 minutes a week.

Naturally, that kind of time savings is a big deal if it holds up.

Is there anything else we can do? There is. We can stand up a few times each day and walk in the office. This includes taking a "walking" meeting every so often.

If you're not familiar with the concept, a walking meeting is a phone call you take or place, where you stroll around the entire time. I've done this, it feels good, and it keeps productivity high.

So, prolonged sitting can be harmful to your health. There's more. Sitting can also make you dumber. Researchers in England and Germany concluded that sitting too much can reduce general cognition, decision-making, ability, as well as working memory.

If you're having difficulty in these areas, planting your backside in a chair too long may be the issue.

Whereas the last problem is said to be solved by 11 minutes of exercise per day, we'll only need two minutes for this one. Two minutes of exercise at moderate-to-high intensity can improve your attention, concentration, and bring back memory functions for the next two hours.

For a while, it was popular to buy standing desks. I don't see many of those today. Further, the reality is that we're now sitting more than ever. If that's how things are for you, consider adding some of these exercises to your daily and weekly routine. Get up several times each day and move around. Your body and your mind will be better off if you do.

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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