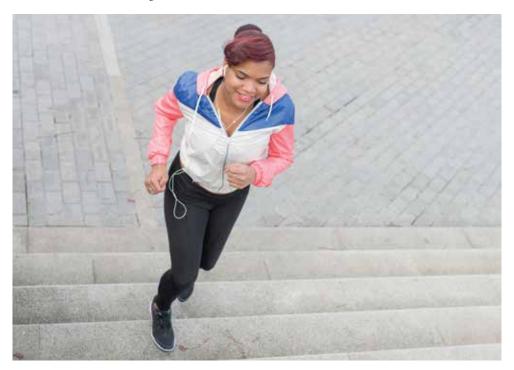# CHUCK THE CHAIR:
Sitting may harm your health

Exercise is great for mind and body. It can help reduce the risk of certain diseases, such as diabetes, heart disease, and some cancers. It can help prevent falls, strengthen muscles and bones, and even improve your mood.

But even if you're exercising regularly, there may be something else you need to do to improve your health: stop prolonged sitting. In fact, research suggests that people who spend too much time sitting, even if they exercise, may be harming their health. The American Academy of Family Physicians (AAFP) says frequent and regular sitting may increase the risk of certain diseases and even shorten a person's lifespan.

Today's typical busy lifestyle means many people spend a lot of time in a chair. Whether it's a long commute or a full day in front of a computer, all that sitting may be just as bad for your health as obesity.

What you can do

It's not always easy to sit less if you have a job that requires it, or you spend a lot of time in the car every day. But there are some small changes that can help cut the time you spend sitting without taking too much time out of your day. The AAFP suggests:

- Take a quick break about every half hour during the day to stand or move around. The break can be as short as one to three minutes.

- Stand or do exercises while watching television.

- Start small and set yourself up for success. Try to reduce sitting by 15 minutes a day. Over time, increase your goal and aim to cut sitting time by two to three hours.