Stand Up While You Read This!

Your chair is your enemy! It doesn't matter if you go running every morning, or you're a regular at the gym. If you spend most of the rest of the day sitting — in your car, your office chair, on your sofa at home — you are putting yourself at increased risk of obesity, diabetes, heart disease, a variety of cancers and an early death. In other words, irrespective of whether you exercise vigorously, sitting for long periods is bad for you.

That, at least, is the conclusion of several recent studies. Indeed, if you consider only healthy people who exercise regularly, those who sit the most during the rest of the day have larger waists and worse profiles of blood pressure and blood sugar than those who sit less. Among people who sit in front of the television for more than three hours each day, those who exercise are as fat as those who don't: sitting a lot appears to offset some of the benefits of jogging a lot.

So what's wrong with sitting? The answer seems to be two fold. The first is that sitting is one of the most passive things you can do. You burn more energy by chewing gum or fidgeting than you do sitting still in a chair. Compared to sitting, standing in one place is hard work. To stand, you have to tense your leg muscles, and engage the muscles of your back and shoulders; while standing, you often shift from leg to leg. All of this burns energy.........

Comment: Pay attention to the Stormy Beginning and the thesis . See how the main ideas are developed.