Positive Pulse
Smola Consulting

If you sit for 60…. get up and move for 3!   *September 2018*

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Because of the well documented health risks associated with smoking, even those who choose to smoke are aware of the dangers of tobacco use. It may be surprising to some to learn that similar, serious health risks are now associated with too much sitting and prolonged periods of inactivity.

Dr. James Levine, a Mayo Clinic endocrinologist, has extensively studied the effects of long periods of inactivity. He has linked regular sitting for prolonged periods with a number of health risk factors including increased blood pressure, excess body fat around the waist, high blood sugar and abnormal cholesterol levels all of which increase the risk of cardiovascular disease.

The negative health effects of prolonged sitting and an otherwise sedentary lifestyle are apparently unavoidable even to those who exercise regularly. Automobiles, computers, television, and sedentary jobs all can contribute to an inactive lifestyle.

So how can we counteract the negative effects of prolonged periods of inactivity? In their book "Move a Little, Lose a Lot", Dr. Levine and Selene Yeager point out that up to 350 extra calories a day can be burned by replacing two and a half hours a day of sitting with standing. Other experts in the field are beginning to make recommendations that people with sedentary jobs and lifestyles interrupt prolonged sitting with at least 1-3 minute breaks of brisk activity every hour.

Sit 60, Move for 3 Strategies
Other ideas to help increase physical activity during your work day include:
- return a phone call or email in person
- stand during phone calls
- station the printer away from your desk
- set an alarm and follow the 60/3 concept
- take the stairs
- park further away
- walk at lunch time and on breaks
- have a walking meeting
- drink more water so you have to get up to walk to the bathroom
- trade your office chair in for a stability ball
- create a work station where you can stand

Incorporating regular movement into your day will undoubtedly have positive effects on your health. Why not make this one of your top priorities today?

References:
James A. Levine, M.D., Ph.D., "What Are the Risks of Sitting Too Much?", Mayo Foundation for Medical Education and Research, June 16, 2012
James A. Levine, M.D., Ph.D., and Selene Yeager, "Move a Little, Lose a Lot", New York, Crown Publishers, January 20, 2009

Easy Ways to Dress Up Your Vegetables

Broccoli with Sesame Dressing
70 calories per ¾ cup serving
2 broccoli crowns cut into florets
1 tbs. reduced-sodium soy sauce
1 small clove garlic minced
1 tsp. grated ginger
2 tsp. rice vinegar
2 tsp. toasted sesame oil
2 tsp. honey

Steam the broccoli until tender-crisp, 2-3 minutes. Drain well. Make the vinaigrette: Whisk together the remaining ingredients. Toss the vinaigrette with the broccoli.

Green Beans with Parsley-Almond Pesto
140 calories per serving, serves 4
1 lb. green beans trimmed
¼ cup smoke almonds
1 small clove garlic minced
¼ cup flat-leaf parsley leaves
2 tbs. extra virgin olive oil
2 tsp. lemon juice
¼ tsp. kosher salt

Steam the green beans until tender, 8-10 minutes. Make the pesto: Combine the remaining ingredients in a food processor. Pulse until uniformly minced. Toss the green beans with the pesto.

JUST KEEP MOVING