



Sit Sense: 12 Seated Exercise Meant to Reduce the Negative Effects of Prolonged Sitting

By Ty a Shedleski

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Print on Demand *****. So now sitting is bad for you?

Apparently. Excessive sitting has been associated with depression, anxiety, stress [1] and a decreased life expectancy [2]. It has also been related to poor posture and bodily aches [3]. Dr. Anup Kanodia, physician and researcher at Ohio State University's Wexner Medical Center, went as far as to say that sitting is the new smoking (LA times). These health detriments arise from a combination of the poor posture and the lack of physical activity that coincide with relaxed sitting. These seated exercises were designed to counteract the harmful effects of prolonged sitting. These low-impact, or rather no-impact, exercises can be done by anyone, no matter how weak or strong you may be. All the exercises are isometric, which means you are training your muscle without lengthening or contracting it due to an equal force opposing the movement. For example, pushing an immovable wall or yoga. This means that while you are doing these seated exercises in the office, on the plane, or on the couch, people will not easily be...

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