

SIDE EFFECTS OF A **SEDENTARY LIFESTYLE**



DIGESTIVE ISSUES

Sitting down compresses the abdomen and slows down digestion, which can cause constipation – when stools become dry, hard, and difficult to pass.



POOR MENTAL HEALTH

Sitting down for extended periods of time can decrease a person's motivation and make it difficult for them to manage symptoms of anxiety and depression.



POOR CIRCULATION

When you sit a lot, the heart isn't given a chance to pump blood around the body efficiently, which allows waste products to build up and slow cell regeneration.



BONE MASS LOSS

When you sit a lot, you stop loading your skeletal system with stimulus, which makes the bones weak and more prone to fractures.



AUSTRALIA WIDE
FIRST AID

Sedentary Life And Nutrition Aging Series Vol 38

Terry Sanford



Sedentary Life And Nutrition Aging Series Vol 38:

Sedentary Life and Nutrition Fabrizio Fabris, Luigi Pernigotti, Ermanno Ferrario, 1990 Based on a symposium held in Turin Italy March 1989 Two central points emerge as themes the evidence that different mental habits may deeply affect the individual aging process and some of the common age related diseases of the elderly and the view that there are consistent possibilities for preventing some of the most severe disorders of aging These are considered from perspectives of different disciplines and branches of medicine Annotation copyrighted by Book News Inc Portland OR Current Catalog National Library of Medicine (U.S.), 1993 First multi year cumulation covers six years 1965 70 *Guidelines for Drug Trials in Memory Disorders* Nicola Canal, 1993 **Subject Guide to Books in Print**, 1991 **Directory of Published Proceedings**, 1993 Journal of the Canadian Dietetic Association, 1991 *Outlive Your Enemies* Terry Sanford, 1996 This work seeks to provide a guide to the ageing process for senior citizens It outlines actions that will slow the process and concludes with four fairly simple rules to prolong healthy life Diet and vitamins exercise medical examinations and the avoidance of bad habits are covered National Library of Medicine Current Catalog National Library of Medicine (U.S.), 1992 *The FASEB Journal*, 1991 *Nutrition Abstracts and Reviews*, 2006

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