



**BETTER
HEALTH**
INFO BITE

**Life Care
Consultants Ltd**

Ngā Kaitohutohu Tiaki Ora



Unsit your back!

Bodies are built to move, yet we sit all day and all night.

According to the world-renowned Mayo Clinic, research has linked sitting for long periods of time with several health concerns, and it's not surprising that we found some truth in this when analysing our health results data.

While we have customers from a diverse set of industries and environments engaging with us for health assessments, we wanted to highlight administrative and office staff, especially that we're focusing on the effects of sitting on the human body and these roles in business require more sitting than standing or moving.

Amongst all staff tested, Life Care health data shows that 40% of workers who are administrative or office staff and had health checks done with us in 2021 and 2022, had outside normal cholesterol readings, and those who tested for blood pressure, 8.53% had outside normal readings while 1.84% were safety critical. More than 70% of customers administrative staff base doing health checks with Life Care are between the ages of 30 and 60 and supporting the current understanding of the effects of sitting, more than 70% of those tested also held the raised cholesterol readings as well as these ages groups being the only employees of all admin staff tested to have raised blood glucose and blood pressure readings! These are age groups of people who are young, have many years of work and life ahead of them still and yet, they are among the unhealthiest.

Better Health channel calls sitting the "new smoking" – a fairly passive activity is leading to all sorts of issues, among them, obesity, increased blood pressure, high blood sugar, excess body fat around the waist and unhealthy cholesterol levels. Have we mentioned the effects of sitting on your posture?

We sit on our way to and from work, we may be in a position to sit all day while we work, we sit when we eat and, when we watch TV or read. We may even sit on the side of the sports field when our whanau are participating in school or club sports.

The overall feedback from the experts is that too much sitting and prolonged periods of sitting negatively impacts our posture, increases our risk to certain diseases and can even be linked to mental wellbeing.

References:



Sitting Risks: How Harmful is Too Much Sitting?
(Mayo Clinic)



13 Reasons Why Sitting Too Much Is Bad for Your Health (webmd.com)



The Dangers of Sitting: Why Sitting is the New Smoking (Better Health Channel)

We've found this incredible self-assessment tool and free online exercise programme:



The Fundamentals of UnSit Your Back

You're welcome to sign up, Doc Marty wants to help as many sitters as possible, and there are so many of us!

Contact our team
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