



[Register](#) for the March **Coffee & Chat** and join us on **Wednesday, March 2 at 9 a.m.**

March is National Nutrition Month! Join us for a **30-second Scavenger Hunt** during the March Coffee & Chat and you could win a special prize!

- **If you're teleworking**, check your pantry and make sure you have healthy goods stocked!
- **If you're in the office**, you may want to bring your lunch and a few healthy snacks to work with you that day.
- So, grab your warm cup and tune in for this month's segment.

Seize the Year!

Avoid the Side Effects of Sitting

Do you spend most of your day sitting? If you have a desk job, a typical day might look something like this: Commute 30 minutes to work. Sit at a desk for eight hours. Drive home 30 minutes. Eat dinner. Watch TV for three hours. The time you spend sitting adds up fast, and it can be a big risk for your health.

It's hard to believe that something as simple as sitting in a chair can have such a big impact on your health. But the good news is, you have the power to improve your health by making a few small changes every day.

Here's how sitting takes a toll on your body and what you can do about it.

Risks of Major Diseases

A sedentary lifestyle can increase your risk for **heart disease**, obesity, diabetes, cancer, and even early death.

Try this: Aim for 30 minutes a day of exercise to get your heart pumping and prevent disease.



Poor Circulation

Lack of movement raises your risk of deep vein thrombosis (life-threatening blood clots).

Neck & Back Pain

Sitting puts a lot of stress on your back, neck and spine.

Try this: Get up and move to promote good circulation. If sitting can't be avoided, keep the blood flowing by flexing your ankles, calves, and thighs.

Try this: Use good posture to keep your head and neck in alignment. Avoid tilting your head down and hunching over when looking at a computer screen or smartphone.

Brain Fog

Too much sitting can be a drain on your thinking skills and memory.

Try this: Go for a power walk if you're feeling sluggish.

Stiff Muscles

Sitting tightens the hip flexors and hamstring muscles. This can increase your risk of falling or getting injured.

Try this: Stretch or do yoga poses (bend forward and reach for your toes) to help increase your flexibility.

Additional Resources

- [American Heart Association](#)
- [Centers for Disease Control and Prevention](#)
- [Wellness On-Demand](#) – Level Up's recorded virtual programming.

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