July 5, 2019

**Be aware of the sitting disease**

Who would imagine that a passive activity, “sitting”, could bring on so many health consequences? The term sitting disease coincides with the phrase “sitting is the new smoking”. This is because a large amount of evidence is linking sitting and being sedentary for several hours a day to health consequences such as heart disease, diabetes, obesity, deep vein thrombosis, metabolic syndrome, certain cancers and premature death.

A study by American Cancer Society in 2010 found that that women who were inactive and sat for 6+ hours a day were 94% more likely to die than those who were physically active and sat less than 3 hours. Additionally, they found men who were inactive and sat for 6+ hours a day were 48% more likely to die than their standing counterparts. These stats may seem gloomy, however, there is good news. There are studies that are beginning to submerge finding prevention of these health consequences by simply interrupting prolonged sitting behaviors.

One study performed by Dempsey, Paddy et al, found that incorporating 3 minutes of either walking or easy resistance training every 30 minutes had a positive impact on lowering blood glucose, blood insulin and biomarkers of insulin resistance.

Putting a friendly reminder on your smart phone or computer can help remind one to get up and move. Additionally, the following are easy techniques to interrupt sitting for long periods:

- Stand every time you need water
- Take the stairs and not the elevator
- When weather permits park your car further away
- Do some simple stretches at your desk
- Invest in a standup workstation
- Walk while you have a meeting
- Stand every time you are on the phone
- Walk to your colleague’s desk instead of sending an email
Go Nuts!

It can seem difficult to stay on track during times when it seems like there are no healthy choices nearby or times when there is not a fully equipped gym easily available. When looking for a nutritious snack that is easy to pack, versatile, and they do not need to be refrigerated, look no further than nuts! Nuts can easily be packaged, paired with fruits and vegetables, and eaten on the run. Always carrying a small bag of nuts can help overcome times when hungry and there are limited healthy options nearby.

Nuts contain healthy fats and are completely natural (as long as you do not go for the honey-roasted kind).

A few of the incredible health benefits of eating nuts include:

• Great source of nutrients and antioxidants
• May aid in weight loss
• May lower cholesterol and triglycerides
• High in beneficial fiber
• May reduce risk of heart attack and stroke

The next time you are craving something salty or sweet try paring mixed nuts with an apple, berries or a small piece of dark chocolate.

As easy as it is to keep nuts on hand for a healthy snack, there are also easy ways to find workout options with limited to no workout equipment, or limited to no access to a gym. In the webinar on Tuesday, July 23rd at 12 noon, you will leave with options for working out without a traditional gym to help overcome the plethora of challenges that can get in the way of working out.
Success Story

This week’s Wellness Tip is a success story from Trooper Lamp from Sinton, TX that was received by the Fitness Wellness Unit:

I decided to make a change to my lifestyle and health after I attended the Fitness Wellness Unit 4 hour Command Presence workshop on January 14th, 2019. After attending, I learned some valuable insight on proper eating, exercise and the effects it has on my health.

In December of 2018, I was 262 pounds with a waist of 46 ½ inches. After making a few lifestyle changes, at the start of July 2019, I weighed in at 198 pounds with a 37 ¾ inch waist with energy thru the roof, I no longer have acid reflux, and blood pressure is normal.

Some of the changes I made consisted of:
• Started controlling portions, especially when it came to protein, and focus on eating protein sources that are the size of a hand
• With a decrease of protein on my plate, this allowed an increase in portions of healthy vegetables
• I bought a food scale and now portion out meals
• Snacks are healthy and consist of fruit, nuts and sometimes popcorn
• I document my daily caloric intake on My Fitness Pal
• I exercise a minimum of one hour a day

With the support of my wife, together we have made these changes. Most often, my shift meal consists of 6 oz of protein and vegetables.

Pic 1: December 2018, 262lbs, 46 ½ inch waist

Pic 2: July 2019, 198 lbs, 37 ¾ inch waist