



## ARE YOU SITTING DOWN?

IF YOU SPEND A SIGNIFICANT PORTION OF YOUR DAY SITTING DOWN, YOU ARE LIKELY TO BE PRONE TO WEIGHT GAIN FOR REASONS THAT YOU COULD SCARCELY IMAGINE. STANDING AROUND AND MOVING AT WORK OR SCHOOL VERSUS SITTING FOR LONG PERIODS OF TIME RECRUITS SPECIALIZED MUSCLES DESIGNED FOR POSTURAL SUPPORT. IN ADDITION, THESE MUSCLES ARE RICH IN ENZYMES, ONE OF WHICH (LIPOPROTEIN LIPASE) REMOVES FAT AND CHOLESTEROL FROM THE BLOOD AND TURNS THE FAT INTO ENERGY. THE ENZYME ALSO CONVERTS CHOLESTEROL FROM THE “BAD” TYPE (LDL) TO THE “GOOD” TYPE (HDL). HOWEVER, WHEN A PERSON SITS AND MUSCLES ARE RELAXED, ACTIVITY OF THIS ENZYME DROPS 90-95%, LEAVING FAT IN THE BLOODSTREAM.

PEOPLE WHO GET UP AND MOVE HAVE HALF THE MORTALITY RATE OF THEIR SEDENTARY PEERS WHO HAVE HIGH RATES OF HYPERTENSION, OBESITY, HIGH BLOOD TRIGLYCERIDES, LOW HDL CHOLESTEROL, AND HIGH BLOOD SUGAR----REGARDLESS OF THEIR WEIGHT.