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Scientists discover sitting around all day raises your risk of cancer - and early death

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While there has been a rise in those turning to exercise during the coronavirus lockdown, others have been more sedentary with the restrictions and disruption to daily life.

A new study has shown just how damaging sitting around all day can be for your health.

Researchers have found that inactivity can raise your risk of cancer - and even lead to early death.

The findings, published in journal *JAMA Oncology*, also showed that even light physical activity could help counteract this.

As part of the study, researchers asked 8,000 participants - none of whom had cancer at the start - to track how active they were between 2009 and 2013. Age, sex, & disease were accounted for in the results:

- People who spent the most time sitting were 82% more likely to have died from cancer compared to the least sedentary people.
- Those who switched out 30 minutes sitting for movement, like walking, lowered their cancer risk by 8%.
- Those doing 30 minutes of moderate activity - like a brisk walk, cycling or dancing - brought it down by 31%.

Standing up for 5 minutes every hour at work, taking the stairs vs. the elevator, walking while taking a phone call if done throughout the day has benefits – so remember to “sit less and move more”.

Find all the little ways you can reduce the time you sit during the day and start with them, then work your way up to a more concerted effort to exercise at least 30 minutes a day. It will help your mental function as well as reduce your risk of cancer.