The Sedentary Lifestyle: Breaking the Chains of Physical Inactivity

Van Tamsyn*

Department of Psychiatry, University of Melbourne and Melbourne Health, Melbourne, Australia

Introduction

In today's modern world, sedentary behavior has become increasingly prevalent due to the rise of technology and the shift towards more deskbound jobs. Sedentary behavior refers to activities that involve sitting or lying down with low energy expenditure, such as watching television, working at a desk, or using electronic devices for extended periods. While technological advancements have undoubtedly brought numerous benefits, they have also contributed to a more sedentary lifestyle, which poses significant risks to our physical and mental well-being. This article aims to delve into the various aspects of sedentary behavior, its detrimental effects on health, and strategies to combat the sedentary lifestyle epidemic. Sedentary behavior encompasses a wide range of activities that involve prolonged sitting or reclining positions, characterized by minimal physical movement. These activities can be occupational, recreational, or transportation-related, and they often replace activities that require higher energy expenditure. The average adult spends a significant portion of their waking hours engaging in sedentary behavior, which has become a major public health concern [1].

Description

Sedentary behavior is strongly linked to obesity and weight gain. Prolonged periods of sitting or inactivity contribute to reduced calorie expenditure, leading to an imbalance between energy intake and expenditure. This sedentary lifestyle increases the risk of excessive weight gain, which, in turn, raises the likelihood of developing various chronic conditions such as type 2 diabetes, cardiovascular disease, and certain types of cancer. Engaging in sedentary behavior for prolonged periods negatively affects cardiovascular health. Sitting for long durations can lead to poor circulation, higher blood pressure, and elevated levels of blood triglycerides. Moreover, sedentary individuals are at an increased risk of developing cardiovascular diseases, including coronary artery disease, heart attacks, and stroke. Sitting or being inactive for extended periods can result in musculoskeletal issues, including poor posture, weakened muscles, and increased risk of back pain. The lack of movement and physical activity can lead to muscle atrophy, joint stiffness, and reduced bone density, increasing the susceptibility to fractures and osteoporosis.

Sedentary behavior has also been associated with negative mental health outcomes. Studies have shown a link between sedentary behavior and an increased risk of depression, anxiety, and decreased overall well-being. Prolonged sitting and limited physical activity can disrupt sleep patterns, reduce social interaction, and contribute to feelings of isolation and low self-esteem.

*Address for Correspondence: Van Tamsyn, Department of Psychiatry, University of Melbourne and Melbourne Health, Melbourne, Australia, E-mail: van.tamsyn@unimelb.edu.au

Copyright: © 2022 Tamsyn V. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 01 December, 2022, Manuscript No. jms-23-103716; **Editor Assigned:** 03 December, 2022, PreQC No. P-103716; **Reviewed:** 15 December, 2022, QC No. Q-103716; **Revised:** 20 December, 2022 Manuscript No. R-103716; **Published:** 27 December, 2022, DOI: 10. 37421/2167-0943.2022.11.310

Engaging in regular physical activity is essential for countering the effects of sedentary behavior. Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity each week, along with muscle-strengthening exercises twice a week. Incorporate activities you enjoy, such as brisk walking, cycling, dancing, or swimming, to make it a sustainable and enjoyable routine. Consider integrating active workstations into your daily routine, especially if you have a desk job. Standing desks, treadmill desks, or stability ball chairs can help reduce sitting time and encourage more movement throughout the day. These alternatives promote improved posture, increased calorie expenditure, and better overall musculoskeletal health [2].

Taking regular breaks from sitting is crucial in breaking up prolonged periods of sedentary behavior. Set reminders or use smartphone apps to prompt you to move every 30 minutes. Take short walks, stretch, or perform simple exercises during these breaks to increase blood circulation, relieve muscle tension, and refresh your mind. Choose active modes of transportation whenever possible. Walking or cycling to work, school, or nearby errands not only helps reduce sedentary time but also provides an opportunity to incorporate physical activity into your daily routine. If commuting by car is unavoidable, park farther away from your destination to encourage some walking? Instead of spending leisure time solely in sedentary pursuits like watching TV or playing video games, engage in more active recreational activities. Join a sports club, go for a hike, try a new fitness class, or participate in outdoor activities with friends and family. These active pursuits not only improve physical health but also promote social interaction and overall well-being [3].

Make small lifestyle changes to reduce sedentary behavior. Opt for taking the stairs instead of the elevator, stand up and move during phone calls, use a standing or walking desk while reading or watching videos, or perform household chores actively. These seemingly minor adjustments can accumulate significant a benefit over time. Sedentary behavior have become a pervasive issue in our modern society, contributing to numerous health problems and a diminished quality of life. Recognizing the detrimental effects of prolonged sitting and adopting strategies to counteract sedentary behavior are crucial for maintaining optimal health and well-being. By incorporating regular physical activity, implementing active workstations, taking regular breaks, and making active choices in transportation and leisure activities, we can mitigate the negative impact of sedentary behavior and pave the way for a more active and healthier lifestyle. Let us strive to find a balance between our technological advancements and the need for an active, movement-filled life [4].

The first health risk discussed is obesity and weight gain. The article explains how prolonged sitting or inactivity leads to a reduced calorie expenditure, which can result in an energy imbalance and subsequent weight gain. It delves into the link between sedentary behaviours and chronic conditions like type 2 diabetes, cardiovascular disease, and certain types of cancer. The impact of sedentary behavior on cardiovascular health is then explored. The article explains how prolonged sitting can negatively affect blood circulation, increase blood pressure, and elevate triglyceride levels. It also highlights the increased risk of developing cardiovascular diseases like coronary artery disease, heart attacks, and stroke due to sedentary behaviour [5].

Conclusion

Next, the article addresses the musculoskeletal issues associated with sedentary behavior. It discusses the impact of prolonged sitting on posture, muscle weakness, and back pain. The article explains how a lack of movement and physical activity can lead to muscle atrophy, joint stiffness, and reduced bone density, increasing the risk of fractures and conditions like osteoporosis. The article also sheds light on the mental health implications of sedentary behavior. It discusses the link between sedentary behavior and an increased risk of depression, anxiety, and overall poor well-being. It explains how sedentary lifestyles can disrupt sleep patterns, limit social interaction, and contribute to feelings of isolation and low self-esteem. After thoroughly exploring the risks associated with sedentary behavior, the article provides strategies for combating this issue. It emphasizes the importance of incorporating regular physical activity into daily routines, discussing recommended guidelines for aerobic exercise and muscle strengthening. It also suggests the use of active workstations, such as standing desks or stability ball chairs, to reduce sitting time and promote better posture.

Acknowledgement

None.

Conflict of Interest

None.

References

 Carver, Charles S. "You want to measure coping but your protocol'too long: Consider the brief cope." Int J Behav Med 4 (1997): 92-100.

- Van Dijk, Koene RA, Mert R. Sabuncu and Randy L. Buckner. "The influence of head motion on intrinsic functional connectivity MRI." *Neuroimage* 59 (2012): 431-438.
- Schmidt, Sara A., Jake Carpenter-Thompson and Fatima T. Husain. "Connectivity of precuneus to the default mode and dorsal attention networks: A possible invariant marker of long-term tinnitus." *NeuroImage Clin* 16 (2017): 196-204.
- Kesse-Guyot, Emmanuelle, Hélène Charreire, Valentina A. Andreeva and Mathilde Touvier, et al. "Cross-sectional and longitudinal associations of different sedentary behaviors with cognitive performance in older adults." (2012): e47831.
- Villemure, Chantal, Marta Čeko, Valerie A. Cotton and M. Catherine Bushnell. "Insular cortex mediates increased pain tolerance in yoga practitioners." *Cereb Cortex* 24 (2014): 2732-2740.

How to cite this article: Tamsyn, Van. "The Sedentary Lifestyle: Breaking the Chains of Physical Inactivity." *J Metabolic Synd* 11 (2022): 310.