

Summarise the ways we can try to reduce the amount of time we spend sitting. Drag the words (Relevant point or Irrelevant point) into the correct boxes.

ANSWER → So what should we do? ANSWER → Start moving!

RELEVANT

ANSWER → It is as simple as standing up and taking short activity breaks every hour. ANSWER → Set an alarm to ring 5 minutes before each hour to remind yourself to get up ANSWER → to get a glass of water or take a toilet break, anything, to interrupt your sitting position. ANSWER → Dr. Stuart McGill, director of the Spine Biomechanics Laboratory at the University of Waterloo says that ANSWER → interrupting your sedentary time as often as possible and making frequent posture changes is important. ANSWER → Even breaks as short as one minute can improve your health, he says. ANSWER → As workplaces are the chief culprits in causing long hours of sitting, many offices are trying to change their environment and work culture in an effort to combat the 'sitting disease. ANSWER → Many are being outfitted with standing desks and high chairs of some sort to give employees a chance to go back and forth between sitting and standing at regular intervals. ANSWER → People are encouraged to walk over to colleagues' desks to tell them things instead of emailing them. ANSWER → In America, the latest trend set by Facebook founder Mark Zuckerberg is ANSWER → to have 'walk-and-talk meetings' where people literally have meetings while walking.

RELEVANT

ANSWER → Others are doing things like sending their documents to a printer furthest from their desks, ANSWER → parking their cars farther from their office buildings and ANSWER → taking the stairs instead of the lift. ANSWER → This should not stop when you get home.

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ANSWER → Studies show that each hour sitting in front of the television means an 11 percent higher death risk with the odds increasing significantly if ANSWER → you consume junk food at the same time.

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ANSWER → So stop being a couch potato!