

## Why sitting is bad for you?

Watch the video. Then say if the sentences are true or false.

1. Our bodily systems are designed for and in need of movement.
2. Sitting is necessary for resting.
3. Joints, muscles and ligaments attached to the bones hold the spine together.
4. Not having a good position when sitting can put uneven pressure on your spine and this can have consequences in the future.
5. If I exercise 30 minutes a daily, the negative effects of sitting at work will be diminished.
6. Keeping spine actively straight in sitting is the best way of avoiding injuries.
7. Sitting may help your brain function better.
8. The good news is that this hasn't got long term effects.

### Discuss

1. How much time do you spend sitting during a regular day? Can you calculate the percentage of time you spent sitting versus moving? What can you do to change this?
2. Do you find sitting comfortable? How does your body feel after half an hour? What can you do to feel better?