



## Wellness Wednesday

Weekly health & wellness tips for Grand County.

# Movement is Medicine

**Movement—everything from fidgeting to low-impact aerobics to interval training—can prevent some diseases, ease the symptoms of others, and even reverse some chronic conditions.**

Lots of recent studies showcase the role movement has on easing the symptoms of various diseases, from arthritis to slowing the progression of Parkinson's.

Sitting too much for too long has a significant impact on our health. Sitting for prolonged periods reduces blood flow to the legs and increases the risk of heart disease by accelerating the build-up of plaque in arteries. Constant sitting also puts people at higher risk for diabetes, depression and obesity.



### Tips to incorporate movement into your day:

- 1 Take multiple, short breaks.
- 2 Pace the room while on conference calls or virtual meetings.
- 3 Stand for part of your work day.
- 4 Walk during your lunch break.
- 5 Exercise at your desk with dumbbells or resistance bands.
- 6 Seek out opportunities to walk when possible.

A large portion of the energy burned through the day comes from a type of activity called non-exercise activity thermogenesis (NEAT). This type of movement accounts for all non-planned or intentional exercise. It includes any kind of walking, fidgeting, or other calorie-burning activities that are a byproduct of your daily activities.

[Read more.](#)

NPR and Columbia University Medical Center challenged people to take regular movement breaks. 20,000 people joined the study. [Here's what they learned.](#)

