

It might be time to take a stand on sitting

BY NED HICKSON
News Media Corporation

You may want to stand up before reading this. That’s because, according to a recent study published in the Annals of Internal Medicine, sitting increases your chances of premature death. And no, I’m not talking about accidentally sitting on a rattlesnake or Christian Bale’s car hood. I’m talking about the normal, everyday kind of sitting we all do — at work, in the car, at the end of a long day, while playing basketball — that a group of Toronto researchers says increases our chance of health “issues” that can lead to death.

I’m no doctor, but even I

know death is a pretty serious health issue.

The report was based on analysis of 47 studies of sedentary behavior, particularly the act of sitting. “Our modern world is

constructed to keep people sitting down — and it’s literally killing us,” said one researcher who now travels long distance only by Segway. “I used to take the metro but people kept offer-

ing me a seat. I think they were trying to kill me.”

What researchers found most disturbing is that the amount of sitting people do during a typical day even outweighs the

benefits of regular exercise. For example, if you use the rowing machine or stationary bicycle at the gym, “Go ahead and have a chili dog and cheesy fries while you’re at it,” the report conclud-

ed. “Because if you’re sitting while exercising, you’re basically canceling out any benefit — so you might as well enjoy

Please see **NED**, Page 9A

South Lane County Fire and Rescue Response Calls Jan. 26 - 29, 2015

Date	Time	Call Location		01/27/2015	15:21	LORD AVE	EMS	01/29/2015	11:25	VILLAGE DR	EMS
01/26/2015	9:03	TALEMENA DR	EMS	01/27/2015	17:15	HWY 99	EMS	01/29/2015	12:39	OLD LORANE RD	EMS
01/26/2015	11:00	E MAIN ST	EMS	01/27/2015	18:47	VILLAGE DR	EMS	01/29/2015	13:50	ENGLAND RD	EMS
01/26/2015	13:05	VILLAGE DR	EMS	01/27/2015	20:12	W HARRISON AVE	EMS	01/29/2015	16:10	VILLAGE DR	EMS
01/26/2015	13:07	VILLAGE DR	EMS	01/27/2015	21:41	S 5TH ST	EMS	01/29/2015	16:17	WHETHAM WAY	EMS
01/26/2015	14:37	VILLAGE DR	EMS	01/28/2015	10:42	MOSBY CREEK RD	EMS	01/29/2015	16:19	TERRITORIAL HY	EMS
01/26/2015	16:29	N 9TH STEMS		01/28/2015	17:23	N 9TH ST	EMS	01/29/2015	17:16	VILLAGE DR	EMS
01/26/2015	21:00	CHESTNUT AVE	EMS	01/28/2015	21:51	E MAIN ST	EMS	01/29/2015	19:27	W MAIN ST	EMS
01/26/2015	21:20	E MAIN ST	EMS	01/29/2015	2:51	VILLAGE DR	EMS	01/29/2015	20:00	HWY 99	EMS
01/27/2015	8:52	VILLAGE DR	EMS	01/29/2015	6:18	WICKS RD	EMS	01/29/2015	21:31	E GIBBS AVE	EMS
01/27/2015	10:23	IBSEN AVE	EMS	01/29/2015	6:23	DELIGHT VSR	EMS				

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