

What will happen if you sit in a place for too long?

Here are some bad effects on the body if you sit for too long. These are: digestive problems, sitting postures, affecting the skeleton, legs, arms, back and muscles!

You can easily see someone sitting intently playing the phone, typing a computer or reading a book. Currently, sitting a lot is becoming a common disease. While many scientific studies have shown, we are destroying ourselves by sitting for too long.



Taking the time to sit and relax your body is very important to take care of yourself, but the fact that sitting too long will cause negative effects. Even taking the time to sit and relax, relieve stress after a long time working at the company really wouldn't be great if you stayed in that position for a long time. Think about it - the fact that you sit all day at work, and then go back home again. Here are some bad effects on the body if you sit for too long.

1. Slow digestion



Many people often think that eating for a long time is the same as when we sit normally. However, sitting immediately after eating can **put pressure on the stomach** and then **slow down the digestion process** . A lack of physical activity will weaken the bowel, stomach, and digestive juices. If you maintain this habit for a long time, slow digestive problems can cause some conditions such as **constipation, heartburn, flatulence, cramps and weight gain** .

2. Problems of sitting posture



Sitting for a long time can make us sit in "poor posture", leading to **back** problems or **shoulder pain** and **neck pain** . The longer we sit, the more likely we are to sit in a leaning position on one side or a tired posture. Usually when sitting in front of a computer, people often sit in the position of pointing their shoulders and neck forward, causing muscle tension in these areas (if sitting for a long time). Moreover, sitting also puts more pressure on the back when standing because the vertebrae are designed to expand and coordinate with the movements of the body. Therefore, sitting for a long time will cause the **disc** area to **bear a lot of pressure** and **reduce flexibility** ,

increasing the risk of **disc herniation** .

Many office workers have a habit of sitting for a long time and have suffered from injuries such as **shoulder pain** , **neck pain**, **inflexibility**, **shoulder pain**, body **aches and pains**, **headache**, **dizziness**, **dizziness** . In addition Excessive sitting and sitting for a long time also degenerate spinal cartilage, **insert nerve roots** , spinal cord or vertebral artery, thereby leading to diseases such as neck vertebrae, hernia Disk intermittent, cerebral circulation insufficiency, is really dangerous. [3 ways to exercise to get a nice body even when sitting at work]

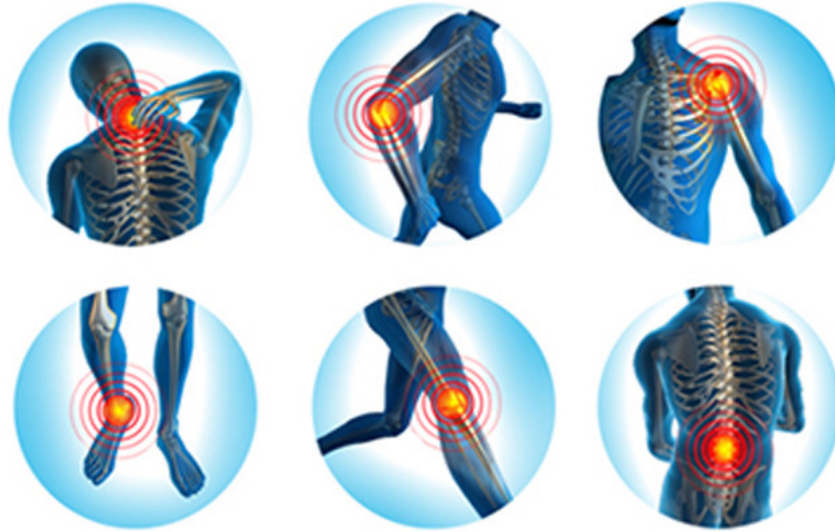
3. Foot problems



The term "use it or lose it" is used to refer to sitting for a long time. Too much sitting and inactivity lead to **poor circulation** , a blood clot (a common condition in the legs), swelling, weak bones, **varicose veins** and sometimes even more severe cases. May lead to **osteoporosis** .

Try to be active and keep the blood circulating. This is very easy if you are watching television, during the promotion period you can get up and walk or spend an hour a day walking. Even when working, the break time you can stretch your legs out to allow blood to circulate and make the mind feel refreshed.

4. Weak muscles



In short, do a lot of work to be more powerful. Being active not only helps you have a healthy body, but also helps you move regularly and flexibly. Take a break after exercising to relax your body, but don't forget to stretch your muscles or your muscles will tighten and the next day you will feel muscle aches. Not only are legs badly affected by sitting much, standing up and walking, the muscles in the area are stressed, uncomfortable while sitting and being stretched. Moreover, sitting for too long poses a risk of **degeneration of the muscles in the abdomen** , buttocks, calves, hips and many other places.

How to avoid danger from sitting for too long?

Here are a few simple ways to avoid the dangers of sitting for long periods of time:

1. Climb stairs whenever possible, to start your heartbeat and blood circulation.
2. If the park is far from your home, walk to the places you want to go.
3. When at school or work, go to your classmates or colleagues instead of sending them mail.
4. Use a chair without handrails, as this forces you to sit up straight.
5. Stand up and move at least 10 minutes every hour.
6. Get active during breaks, during lunch or after school, take time to go to the gym.
7. Stretch the muscles regularly by using a gym ball. Raise your feet below the table instead of leaving your feet inactive.

You will feel tired, just want to lie on a chair after a hard day of work as required by the body, but that does not help your health at all. If you can't stretch your muscles during the day, consider going to the gym after work. It will help you both physically and mentally.

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