

# Study: Sitting all day is unhealthy

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We all know that sitting around is bad for your health, and that exercising is good for you. But what happens to people who exercise regularly and then sit around all day?

This is one of the hot new topics in exercise and public health research. The idea is that sitting around all day limits the positive effects of your workout or other forms of non-structured physical activity you might be getting.

In a large study from Australia more than 200,000 people.

For the 150,000 healthy people in the study (including those who didn't exercise), there was a dose response relationship between more sitting and all-cause mortality. This simply means more sitting was associated with more mortality. The sitting mortality relationship was also blunted in the people who got any exercise during the week—a little bit of activity can stop some, but not all, of the negative effects of a lot of sitting.

**Read the whole story**