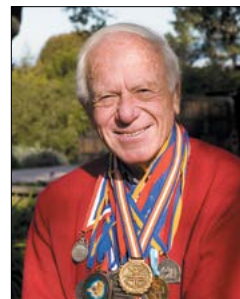




“Sitting IS the New Smoking”

By Walter M. Bortz, II, MD

This is the new mantra that much of the public health enterprise is now sporting. Its message streams out of a wide range of research reports that utilize a little device called an accelerometer.



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An accelerometer is like a pedometer only more extensive in its applications. It can track much of what your carcass is doing as it does sitting. These studies show that a wide range of significant negative health effects are associated with prolonged and extensive sitting. This fact alone of course cannot prove causation but the association is very strong.

Among the studies is a British one that showed that sitting results in shorter telomeres, the little ends of chromosomes whose length reflects an aging biomarker: long telomeres are thought to confirm longer life.

All of these reports prompted Dr. James Levine of the Mayo Clinic, Scottsdale to develop a standing desk which as its name implies is a piece of furniture that encourages work while standing instead of sitting. This invention is receiving generally high marks.

It also saves wear and tear on your pant bottoms.

I particularly approve of the suggestion that being erect more is good for everything.

Dr. Walter M. Bortz, II is one of America's most distinguished scientific experts on healthy aging and longevity. He spent his entire career at Stanford University where he holds the position of Clinical Associate Professor of Medicine. An active marathoner, he has written seven books including "Dare to Be 100" and "Next Medicine." To learn more, visit walterbortz.com or email: DRBortz@aol.com.