



**What is a sedentary life and why is it problematic?**

A sedentary life is one that is often defined as decreased physical activity with increased down time and lying around. This type of life is one that includes little to no exercise or participation in activities. Instead, those who choose a sedentary life tend to spend more time indoors, playing video games, or watching TV.

This type of lifestyle is dangerous because it increases one’s risk for developing chronic illnesses or other diseases later in life. It may also lead to the decline in muscle function, over all strength, and immune system function.

**How to stop being sedentary at home:**

* Increase your household work, gardening, or yardwork activities. These activities all incorporate movement which will help fight the sedentary life.
* While on the phone, try your best to stay standing or pacing around the house instead of sitting still or on the couch.
* Embrace walking or bike riding to events that are close enough to home. This will limit your time in the car and sitting still.

**How to help your kids stop being sedentary:**

* Limit their recreational screen time on their electronics or television.
* Encourage your kids to play outside, if the weather permits it, instead of staying indoors.
* Include your kids in household activities or gardening. Ask them to help you cook dinner, so they are up, moving, and spending time with family opposed to sitting around and waiting for dinner to be ready.

**The benefits of a non-sedentary life:**

* Increased movement can help boost one’s mood and overall self-esteem.
* Physical activity helps to maintain a healthy weight.
* Proper amounts of exercise have also been shown to improve student’s grades, concentration in school, and even improved social skills.

**The Sedentary Problem**

You are here and you are committing to progress.

**Assess** - Evaluate current habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make this a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.