

fact sheet

*Sitting*  
is the new  
*smoking.*

*VISION SOURCE* Plano  
The office of Dr. Danny Malone  
Keeping the eyes of Plano in focus for over 20 years



# *Sitting* is the new *smoking*



That's a pretty catchy title and current hot topic: *Sitting is the New Smoking*. No, we're not talking about sitting at the bar, sipping a beer, and watching your favorite team.



We're talking about what you do all day long at work: sitting in front of a computer staring at your computer screen trying to decipher that latest email message from your boss, her boss, or whomever.

As you well know, it's a punishing day-to-day regimen that truly is grinding down your health on so many different levels. But what are the facts behind that grind? And, more importantly, what can you do about it?



Here are our thoughts and recommendations.



# the facts

Dr. James Levine at the Mayo Clinic-Arizona State University coined the phrase. Here's what he had to say:



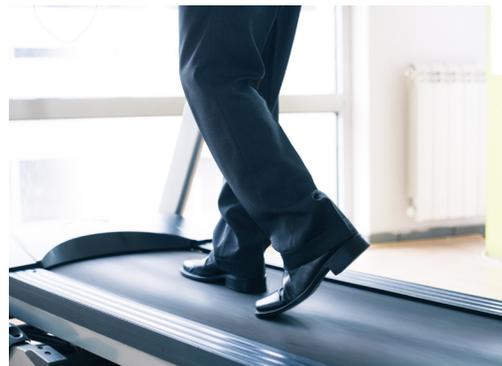
“Sitting is more dangerous than smoking, kills more people than HIV and is more treacherous than parachuting. We are sitting ourselves to death.”

He's written the book *Get Up* about how to move more to overcome our sitting habit.

He also invented the treadmill desk, helping us to move from the figurative to literal treadmill at work.

Tom Rath, author of *Eat Move Sleep*, supported this with:

“Sitting is the most underrated health-threat of modern time. Researchers found that sitting more than six hours in a day will greatly increase your risk of an early death.”





# *the facts*



He talks about changing diet, moving more, and sleeping more. He states that walking can increase energy levels by 150%. He walks after every meal.

The Center for Disease Control states that prolonged sitting is the number one contributor to chronic diseases, where 75% of our healthcare costs go. The CDC also makes the claim that one hour of sitting is equivalent to smoking two cigarettes.

Here's their big takeaway. Based on getting up and moving each hour, you can expect the following reduction in the threat of:

- 50% in hypertension (high blood pressure)
- 30% in type 2 diabetes
- 27% in stroke
- 25% in colon cancer
- 21% in breast cancer





# *What you can do about it*

That's a pretty staggering impact from getting up and moving each hour. From that you can tell that getting up out of your chair and moving can be extremely beneficial.

Here's the full list of recommendations:



*Moving*



*Standing*



*Sitting*



*Tracking*



*Screen  
Time*



*Computer  
Glasses*



*Vision  
Source Plano*

# 01

*Moving.* Allan Hedge at Cornell University's Human Factors and Ergonomics programs recommends sitting 20 minutes, standing 8 minutes, and stretching for 2 minutes in every half hour.



*What you can do about it*

# 02

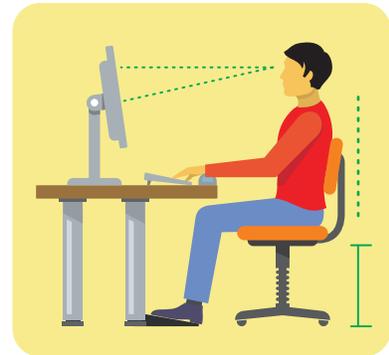
*Standing.* It would be wise to look into standing desks and even treadmill desks. This gets you up out of your chair and helps to meet the recommendations about moving. Standing desks are usually adjustable. This way you can vary your posture throughout the day from standing to sitting.



*What you can do about it*

# 03

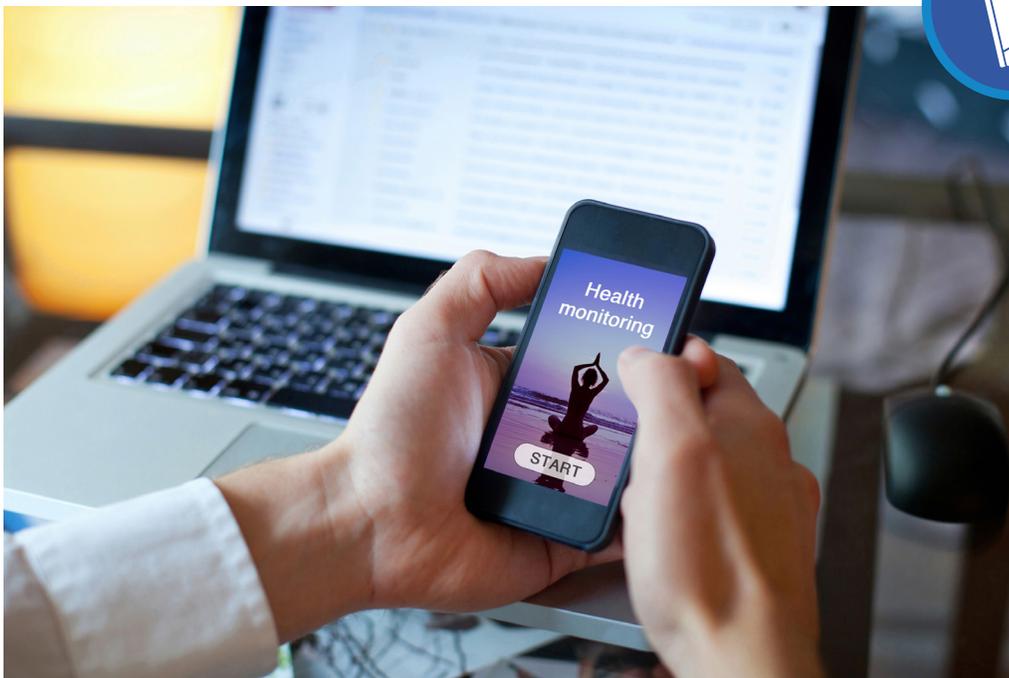
**Sitting.** If your company can't spring for a standing desk, there's a great deal you can do about adjusting the ergonomics of your workstation to relieve some of the stress from sitting. That can include adjusting the position of the computer screen, the height of your chair, or even the type of chair. But don't forget about getting up at least every hour to move.



*What you can do about it*

# 04

*Tracking.* We're big believers in setting goals and measuring progress. To help with this task, you can use your smart phone or a fitness tracking watch. That way you can monitor what you're actually doing every day and make the necessary adjustments to increase your activity level.



*What you can do about it*

# 05

*Screen time.* A quick fix can be reducing time in front of the screen and applying the 20-20-20 Rule by giving your eyes a break every 20 minutes by looking at something 20 feet away for at least 20 seconds. It works.



*What you can do about it*

# 06

*Computer glasses.* Computer glasses are typically designed to provide focus at 20 to 26 inches in front of your eyes—right where the computer screen should be. This helps relieve any strain from focusing on the screen. They also have a tint that reduces glare and often an anti-reflective coating that eliminates reflections from both the front and back of the lenses. They also block blue-light HEV rays that can be harmful to your eyes.



*What you can do about it*

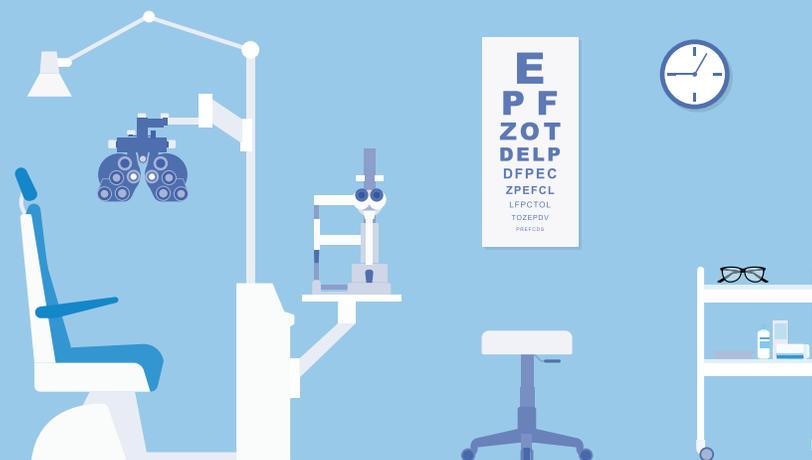
# 07

*Vision Source Plano.* We can help with vision testing, diagnosis, and treatment. We've established a dry eye clinic and have lots of experience addressing this offshoot of sitting and staring at computer screens.



*What you can do about it*

# Why Vision Source Plano?



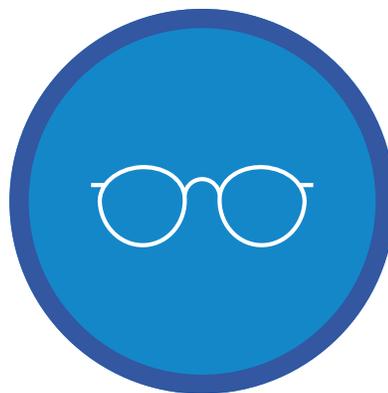
At Vision Source Plano, Dr. Danny Malone and his entire optometry team are committed to providing advanced vision care in a professional and comfortable environment.

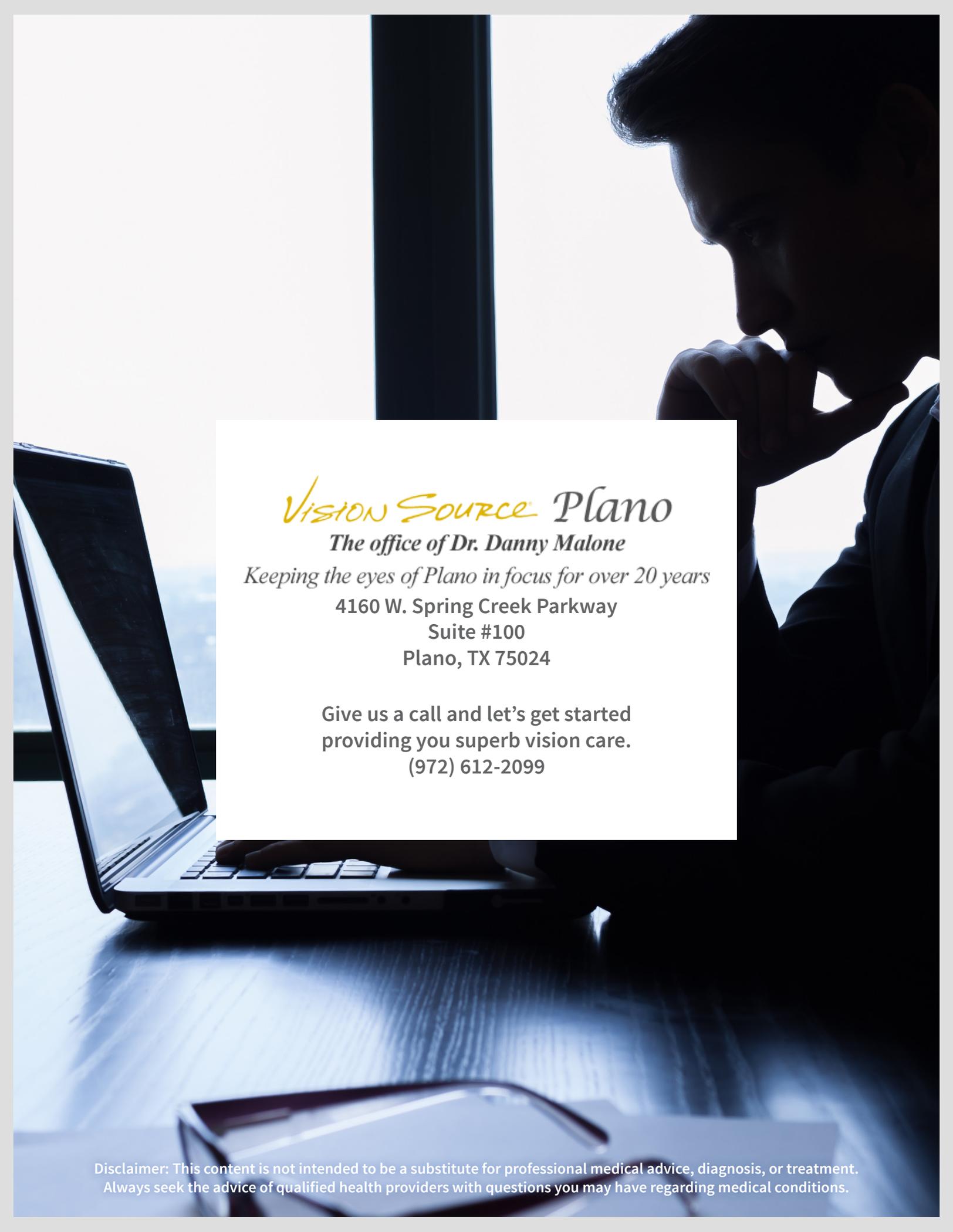


Our primary eye care service includes the treatment of eye diseases, infections, and ulcers; and a complete eye exam that analyzes eye health and vision function. In addition to eye exams and vision testing, we provide testing and treatment for glaucoma, cataracts, and macular degeneration.

We also offer glasses, contact lenses, and pre- and post-operative care for dry eye, refractive surgery, cataracts, and diabetes.

We feel strongly that your search for the perfect optometrist will reach its successful conclusion when you walk in the door of our office.





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*The office of Dr. Danny Malone*

*Keeping the eyes of Plano in focus for over 20 years*

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Plano, TX 75024

Give us a call and let's get started  
providing you superb vision care.

(972) 612-2099