

INTERNATIONAL WORKSHOP

INTERNATIONAL WORKSHOP ON HIGHER EDUCATION ON HIGHER EDUCATION

Sitting too much is bad for your health

Sedentary behaviour refers to activities with energy expenditure ≤ 1.5 METs while in a sitting or reclining posture during waking hours. These activities include watching television, sitting in a car or at a desk. While 80% of adults spend one third of the day doing desk-based tasks, current evidence links prolonged sitting to chronic disease risk and all-cause mortality. In this context, interventions to reduce sedentary time by replacing it with light physical activity have become a public health priority.

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