

Video Questions/Answers - [Why sitting is bad for you - Murat Dalkilic](#)

1. What is "stay put"?

“Stay put” is a phrasal verb which means to be still, not moving and in the same place.

2. Is our body built to move or to stay still? Does our body love to sit?

Our body is built to move. It doesn't really love to sit.

3. How do we know that our body is built to move? What is the evidence?

We know this because our body is comprised of over 360 joints and about 700 skeletal muscles that enable easy, fluid motion. Also, our blood depends on us moving around to be able to circulate properly, our nerve cells benefit from movement and our skin is elastic.

4. What happens to your spine when you sit for too long?

When we sit, we slouch, this position puts uneven pressure on our spine. Over time, this causes wear and tear in our spinal disks, overworks ligaments and joints and puts strain on our back muscles.

5. Why do you feel numbness and swelling in your limbs?

When we sit, there are some areas which get compressed and these get limited blood flow, causing the numbness and swelling.

6. Is sitting down good for thinking and concentration?

No, it's not. Our lungs are compressed while sitting and that limits the amount of oxygen to our brain reducing concentration.

7. What diseases can you get from sitting?

In the long term, sitting for too long is linked to certain types of cancers and heart disease, can contribute to diabetes, heart disease and liver problems.

8. What are the simple solutions?

Try straightening your spine while you sit. Set a reminder to get up every half hour. Finally, appreciate the fact that your body is built for movement and take it out every so often.