

Fitting News

Women Can Fend Off Early Mortality By Sitting Less



Recently, a study found that sitting time and levels of physical activity were independently associated with self-rated health and quality of life in both men and women ages 45-106). A new analysis focuses in on these relationships.

STUDY: As part of the Women's Health Initiative study, 92,234 women ages 50–79 years at baseline reported the amount of time the spent in sedentary activities (sitting and resting, but not sleeping).

FINDINGS: After an average follow-up of 12 years, women reporting more than 11 hours/day of sedentary time had a 12% increase in all-cause premature mortality compared with those with four hours or less per day of sedentary time. The group with the highest amount of sedentary hours also had increased odds for death due to cardiovascular disease by 13%, coronary heart disease by 27% and cancer by 21% compared to the group with the fewest hours sitting. The association remained after controlling for physical mobility and function, chronic disease status and demographic factors.

COMMENT: “The assumption has been that if you're fit and physically active, that will protect you, even if you spend a huge amount of time sitting each day”, said Rebecca Seguin, PhD, assistant professor of nutritional sciences at Cornell University. “In fact, in doing so you are far less protected from negative health effects of being sedentary than you realize.”

SOURCE: *American Journal of Preventive Medicine*, 46(2):122-135 (February 2014)

Issue # 17

March 2016

Solution to Your Resolution - Is it About Trust?

It's already March! Which resolutions did you prevent from happening and why? Before you opened this newsletter today, you made a decision to follow through with your resolutions this year or not. If you've had success, I congratulate you. If not...why?



In my mind, resolutions are about trusting yourself and creating new behaviors. We can put forth the effort toward improving our health and lifestyle, confidence or find the strength to forgive someone who has thrown obstacles in our way.

I am grateful every day for what I have. Twenty years ago, I couldn't have imagined my life now. If I hadn't made up my mind to change my behavior and trust myself, I doubt I would be writing about resolutions. The key was to become inspired by something that could facilitate rebuilding my self-esteem.

Inspiration is a funny thing. Pain is what inspired me to make changes in my career. After months and months of trying to figure out what I wanted to do after my former business partner and I split, a dear friend suggested I become a fitness trainer for older adults and seniors. A light bulb fired at 600 watts in my head! In order for me to avoid becoming a victim again, I had to change my behavior, go back to school. I made a promise to myself to work harder than ever.

[On the Lori Michiel Fitness website, click "Blog" on the menu to read the rest of this article.](#)



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