

Dragonfly Pilates & Movement Uninterrupted Sitting

So, why is movement soooooo important? I mean we all know it feels good to move, right but is there something more involved?

Did you think the “Sitting is the new Smoking” headlines from the past several years were a bit overblown? I know I did. Well, here is what Dr. Joan Vernikos, author of *Designed To Move, The Science-Backed Program To Fight Sitting Disease & Enjoy Lifelong Health* has to say:

“Studies show that more than two hours of **continuous, uninterrupted sitting***, even when combined with regular exercise, are linked with death from breast or colon cancer, increased incidence of diabetes and obesity, heart attack and stroke.” 🤖 *bold is my emphasis

Yikes!! What are we supposed to do in this age of computer use, a commuting life, and perhaps too much Netflix?

Dr. Vernikos also says, “Simple every day moving is the foundation of health. It’s what keeps us alive, resilient, and feeling good.” and **“interrupted sitting is the secret potion to health.”**

She is a former researcher at NASA and studied how to keep astronauts healthy in zero gravity. She advocates that we need gravity-using movement to reverse the consequences of too much sitting.

What does she specifically recommend?

Actually it’s really quite simple...

To change your position every 30 minutes.

Simple yes, but easy?

So, what to do?

Here’s my three hot tips:

1. When you sit down set a timer for 30 minutes and when it goes off stand up for two minutes.
2. Make your life a little bit more inconvenient. Change the TV station or turn up the volume on the actual device instead of the remote. Park at the end of the parking lot and walk further to the shops. Take the stairs. All of those little things will add up over time.
3. Make like a human Dory, You know.... just keep moving, just keep moving.

Here’s what the man himself, Joseph H. Pilates had to say, **“change happens through movement and movement heals.”** Once again, he was way ahead of his time!