



Sit Less, Live More

Most of us sit—a lot. Whether it's working at a desk, driving, or relaxing at home, hours can fly by without standing up. But research shows that prolonged sitting is linked to higher risks of heart disease, type 2 diabetes, and even early death—even if you exercise regularly.

Studies show that adults in the U.S. sit for more than 9 hours a day, on average. Even if you fit in a workout, long stretches of sitting can slow circulation, disrupt blood sugar control, and increase inflammation.

The good news is that you don't have to overhaul your whole routine. Small changes can make a real difference.

Most of us don't notice how long we've been sitting—until our back aches or our energy crashes. But being a little more intentional with movement during the day can help keep energy up, focus sharper, and metabolism humming.

Note: *Everyone's body and situation is different. If standing isn't possible or comfortable for you, gentle movement or stretching in your chair can also help support circulation and energy throughout the day. For the tips below, substitute standing with whatever movements are comfortable and recommended by your healthcare provider.*

Why standing matters

Standing activates muscles that stay idle when we sit. It helps regulate blood sugar, improves circulation, and can boost focus and energy. One study found that breaking up sitting every 30 minutes can significantly improve blood glucose control.

And it adds up—just 2 to 5 minutes of movement every 30–60 minutes can lead to meaningful health benefits over time.

Simple ways to sit less

- Set a timer: Try standing or stretching every 30–60 minutes. A phone alarm or smartwatch can help remind you.
- Stand to scroll: When checking texts or scrolling social media, stand up instead of sitting.
- Take walking breaks: Pace during phone calls or take a lap around the room between meetings.
- Rethink TV time: During shows, stand and stretch during commercials or between episodes.
- Try a standing desk: Even a stack of books under your laptop can create a simple, budget-friendly setup.
- Revisit sitting situations: Stand - don't sit - in waiting rooms, at the airport gate, at your kids' games, and on the train, subway, or bus (hold on tight!).

One activity best suited for sitting... eating.

Standing has its benefits—but when it comes to meals and snacks, sitting down is the better choice. Sitting helps you slow down, tune in to your body's hunger and fullness cues, and support digestion. Eating on the go or while distracted can lead to overeating or poor blood sugar control.

So while you're adding more standing and movement into your day, make time to sit and savor your meals. Here's one to try:

Spring Herbed Tuna Salad



This bright, veggie-packed tuna salad is perfect for a light lunch or snack. Serve it in lettuce cups, over greens, or with whole grain crackers.

Ingredients:

- 1 (5 oz) can tuna, drained
- 1 celery stalk, finely chopped
- ¼ cup shredded carrot
- 2 tablespoons chopped radishes or cucumber
- 2 tablespoons chopped fresh herbs (like dill, parsley, or chives)
- 2 tablespoons plain Greek yogurt or mayo
- 1 teaspoon Dijon mustard
- Juice of ½ lemon
- Salt and pepper to taste

Instructions:

Mix all ingredients in a bowl until well combined. Chill for 10–15 minutes if you'd like, then serve as desired.

Make it plant-based:

Swap the tuna for ½ cup mashed chickpeas. The texture is surprisingly similar, and it's just as satisfying, and higher in fiber and other nutrients. You can also add a small drizzle of olive oil to boost richness.