

Is Sitting More Unhealthy Than Smoking?



1 hour of sitting is as unhealthy as smoking 2 cigarettes



1 hour of sitting decreases your life expectancy by 21.8 minutes



Men with 23 hours of sedentary activity per week are 64% more likely to die of heart disease



It only takes 90 minutes for the blood flow in the backs of your knees to slow by 50%