

SEDENTARY LIFESTYLE: CONSEQUENCES AND HOW TO DEAL WITH IT

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Анотація

У даній статті розповідається про малорухливий спосіб життя, як він впливає на організм та як запобігати негативним наслідкам такого способу існування.

Ключові слова: спосіб життя, здоров'я, депресія, тривожність, біполярний розлад, рівень фізичної активності, збалансований підхід.

Abstract

This article covers a sedentary lifestyle, how it affects the body and how to prevent the negative consequences of such a lifestyle.

Keywords: lifestyle, health, depression, anxiety, bipolar disorder, physical activity level, balanced approach.

A sedentary lifestyle is becoming an increasingly relevant topic in today's world, where technology accelerates our daily rhythms and changes our perception of time. Modern means of communication and entertainment have made us more dependent on a sedentary lifestyle. The issue of a healthy (active) lifestyle will always be relevant, because it plays an important role in ensuring health. Because neither a doctor nor a government program will make a person healthy. Only she/he can improve the condition of her/his body. As Pythagoras said, "A person sets in motion the forces that ultimately destroy him with his habits."

Firstly, if you don't move much and don't do exercises, be prepared to gain extra weight. If you consume more calories than your body burns every day, then the appearance of excess weight is inevitable. And later it will turn into a risk of obesity.

Secondly, a sedentary lifestyle, lack of physical activity, walks in the fresh air - all this leads to an increased risk of developing diabetes, cancer, high blood pressure, stroke, cardiovascular diseases, high cholesterol, metabolic syndrome, osteoporosis and others.

Thirdly, a sedentary lifestyle can lead to depression and anxiety. Scientists at the National Institutes of Health found in one research [1] that lack of energy, sleep problems, and a sedentary lifestyle are associated with depression and mood swings. They recruited 54 adults with bipolar disorder, which includes episodes of depression; 91 with major depressive disorder; and 97 with no history of mood disorders. For two weeks, the researchers monitored the participants' physical activity using mobile monitoring devices worn on their wrists. They collected minute-by-minute data on physical activity and used that information to estimate how long the participants slept. Participants also filled out diary notes about their mood and energy levels four times a day for two weeks. The results suggest that physical activity may play a central role in mood regulation and thus may be an effective target for mood-modifying interventions.

In addition, a sedentary lifestyle, lack of movement and neglect of sports leads to an increased risk of early death. According to the European Society of Cardiology [2], 20 years of sedentary life doubles the risk of premature death.

Taking into account such serious consequences of a sedentary lifestyle, let's consider how to fight and prevent them. Let's start with the simplest: use the stairs instead of the elevator; if you are going somewhere by transport, get off one stop earlier, and walk the rest of the way; if possible, have lunch outside the office - there will be an opportunity to take a walk in the fresh air; if you need to clarify something with colleagues,

go to them instead of writing e-mails; when sitting at the computer for a long time, take short breaks to relax; if you talk on the phone, don't sit, walk around.

According to the WHO (World Health Organization) [3], more than 80% of adolescents and 27% of adults do not follow the recommended level of physical activity. But by doing simple exercises, you can increase your level of physical activity. After all, any physical activity is better than none. Even ten minutes of sports a day prolongs life. In the process of movement, growth hormones are released, the production of which is especially reduced after thirty years.

Have your own point of view on everything. The person who lives consciously is much less likely to fall into depression. Because she/he feels her/his healthy body, she/he wants to live and bring good into the world. Socrates has the following expression "Exercise the body as it should."

Therefore, it is important to maintain a balance and ensure a sufficient level of physical activity in everyday life. This can be done through regular exercises, walks in the fresh air or playing sports. The balanced approach to activity will help improve both physical and mental health.

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