

ASHBY ADVISOR

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Let's get moving with this month's Advisor.....

The American Heart Journal published a study involving 1000 middle school kids. Findings: Lack of activity and poor eating habits account for most cases of childhood obesity. Genetics played a role only in a small percentage of kids. Obesity rates for kids aged 6-11 was 6.5% in 1980. By 2008 it approached 20%.

The obvious solution, exercise more, better food choices, less video/electronic media time.

Here are related study findings from the University College London. People who spend four hours or more in front of TV's and computer screen are 125% more likely to suffer a major heart problem. There was a 48% rise in deaths from any cause for prolonged screen users. Apparently anything over two hours daily increase risk and exercise did not make up the difference in the risk. The theory is that the prolonged sitting results in a 90% reduction in the lipoprotein lipase, an enzyme that helps prevent heart disease.

Another study in the European Health Journal of 4757 adults found that employees who moved the least during the day had the highest risk factors for heart disease and diabetes. The findings from this study suggest that is not exercising 30-60 minutes a day that reduces this risk factor, but frequent breaks and moving around that made the biggest impact on risk reduction. This means standing to talk on the phone and walk around the office, walking to deliver a message to a colleague in the office vs. email. Walk the stairs, etc.

An interesting note about this study. The least active participants at the highest risk took about 100 breaks per week. The most active took 1300 breaks per week. If you work 40 hours per week at a desk and take 3 breaks per hour this equals 120 breaks per week. Lowest end of the scale. Now go home and do another hour or so on the computer, then some TV/video time.....

I wonder how HR departments and ergonomics consultants are going to handle this one especially if you work in a call center in front of a screen all day. If have any good suggestions let me know and I'll pass them along. Gotta move now.....

Quote of the month "What I do today, I am wearing tomorrow." Jack LaLanne

PS I remember many many years ago Jack LaLanne saying there was almost no excuse not to exercise. He said if you're injured and can't exercise, move something. If you're left arm doesn't work, move the right. If you can't move the arm, move the finger. He was right again – way ahead of his time.