

SPOTLIGHT ON: SEDENTARY BEHAVIOUR

WHAT IS SEDENTARY BEHAVIOUR?

PHYSICAL INACTIVITY



Any time sitting or laying down (aside from sleeping) during the day is considered sedentary behaviour

WHERE DOES IT HAPPEN?



Sedentary time can occur while commuting to work, travelling, watching TV, or working at your desk or on your computer

WHY DOES IT MATTER?



Sedentary behaviour is associated with an increased risk for different chronic diseases, including cancer.