

Sit less, live longer, researchers say

According to *iAfrica.com*, researchers claim that adults may boost their life expectancy by two years by sitting for fewer than three hours a day, but admit that this was a tough task.

Co-author Peter Katzmarzyk of the Pennington Biomedical Research Centre said that the team's proposal to reduce sitting "would be a challenge," -- given the amount of time most people spend behind their desks at work.

However, he added, people can use various strategies to reduce sitting time, "standing more at work [...] having walking meetings, going to see someone down the hall rather than emailing them etc," according to *iAfrica.com*.

The research was based on a comparison of population health and lifestyle statistics with polling data on inactivity. When sitting, Katzmarzyk said, our leg muscles - the largest in the body - are completely inactive. This, he said, "causes problems with how you handle your blood sugar and how you handle cholesterol." *iAfrica.com* reports.

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