

Sedentary Lifestyle



- Sedentary lifestyle definitions
 - Sedentary lifestyle consequences
 - Interpretation of graphical representation of data associated with trends in physical health issues.

Sedentary Lifestyle → This is a lifestyle where there is little, irregular or no physical activity

Overweight → Having more weight than is considered as normal

Overfat → When someone has too high a proportion of their body composition as fat

Obese → Extremely overweight – usually more than 20% above normal

Being overweight can be worked out by using the Body Mass Index (BMI)

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HEIGHT (m)	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	200	210	220
Age	45.6	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.6	81.8	84.1	86.4	88.6	90.9	93.2
HEIGHT (in)	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"	6'5"	6'6"	6'7"	6'8"	6'9"
Weight (kg)	Underweight	Healthy	Overweight	Obese	Extremely Obese																	
5'0"	152.4	158.8	165.2	171.6	178.0	184.4	190.8	197.2	203.6	210.0	216.4	222.8	229.2	235.6	242.0	248.4	254.8	261.2	267.6	274.0	280.4	286.8
5'1"	154.9	161.3	167.7	174.1	180.5	186.9	193.3	199.7	206.1	212.5	218.9	225.3	231.7	238.1	244.5	250.9	257.3	263.7	270.1	276.5	282.9	289.3
5'2"	157.4	163.8	170.2	176.6	183.0	189.4	195.8	202.2	208.6	215.0	221.4	227.8	234.2	240.6	247.0	253.4	259.8	266.2	272.6	279.0	285.4	291.8
5'3"	159.9	166.3	172.7	179.1	185.5	191.9	198.3	204.7	211.1	217.5	223.9	230.3	236.7	243.1	249.5	255.9	262.3	268.7	275.1	281.5	287.9	294.3
5'4"	162.5	168.9	175.3	181.7	188.1	194.5	200.9	207.3	213.7	220.1	226.5	232.9	239.3	245.7	252.1	258.5	264.9	271.3	277.7	284.1	290.5	296.9
5'5"	165.0	171.4	177.8	184.2	190.6	197.0	203.4	209.8	216.2	222.6	229.0	235.4	241.8	248.2	254.6	261.0	267.4	273.8	280.2	286.6	293.0	299.4
5'6"	167.6	174.0	180.4	186.8	193.2	199.6	206.0	212.4	218.8	225.2	231.6	238.0	244.4	250.8	257.2	263.6	270.0	276.4	282.8	289.2	295.6	302.0
5'7"	170.1	176.5	182.9	189.3	195.7	202.1	208.5	214.9	221.3	227.7	234.1	240.5	246.9	253.3	259.7	266.1	272.5	278.9	285.3	291.7	298.1	304.5
5'8"	172.7	179.1	185.5	191.9	198.3	204.7	211.1	217.5	223.9	230.3	236.7	243.1	249.5	255.9	262.3	268.7	275.1	281.5	287.9	294.3	300.7	307.1
5'9"	175.2	181.6	188.0	194.4	200.8	207.2	213.6	220.0	226.4	232.8	239.2	245.6	252.0	258.4	264.8	271.2	277.6	284.0	290.4	296.8	303.2	309.6
5'10"	177.8	184.2	190.6	197.0	203.4	209.8	216.2	222.6	229.0	235.4	241.8	248.2	254.6	261.0	267.4	273.8	280.2	286.6	293.0	299.4	305.8	312.2
5'11"	180.3	186.7	193.1	199.5	205.9	212.3	218.7	225.1	231.5	237.9	244.3	250.7	257.1	263.5	269.9	276.3	282.7	289.1	295.5	301.9	308.3	314.7
6'0"	182.9	189.3	195.7	202.1	208.5	214.9	221.3	227.7	234.1	240.5	246.9	253.3	259.7	266.1	272.5	278.9	285.3	291.7	298.1	304.5	310.9	317.3
6'1"	185.4	191.8	198.2	204.6	211.0	217.4	223.8	230.2	236.6	243.0	249.4	255.8	262.2	268.6	275.0	281.4	287.8	294.2	300.6	307.0	313.4	319.8
6'2"	188.0	194.4	200.8	207.2	213.6	220.0	226.4	232.8	239.2	245.6	252.0	258.4	264.8	271.2	277.6	284.0	290.4	296.8	303.2	309.6	316.0	322.4
6'3"	190.5	196.9	203.3	209.7	216.1	222.5	228.9	235.3	241.7	248.1	254.5	260.9	267.3	273.7	280.1	286.5	292.9	299.3	305.7	312.1	318.5	324.9
6'4"	193.1	199.5	205.9	212.3	218.7	225.1	231.5	237.9	244.3	250.7	257.1	263.5	269.9	276.3	282.7	289.1	295.5	301.9	308.3	314.7	321.1	327.5

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However it is not always accurate - weightlifters have large muscle mass so they often come out as 'obese'

Sedentary Lifestyle Health Risks

Diabetes
 Diabetes is a disease whereby blood sugar levels become too high. Maintaining a healthy weight can prevent diabetes from occurring

Osteoporosis
 The medical condition in which bones become brittle and fragile

Coronary Heart Disease
 Often a result of narrowed or blocked blood vessels and can lead to a heart attack. Exercise helps to reduce the cholesterol which can lead to these vessels becoming blocked

High Blood Pressure
 Although this can be the result of a genetic condition, it can also be caused by a lack of exercise and poor lifestyle decisions (e.g. drinking/smoking)



Depression
 A persistent feeling of sadness and loss of interest in life, due to lack of serotonin

Loss of Muscle Tone
 Sitting for long periods of the day results in tight back muscles and soft abdominal muscles

