Sitting for extended periods of time is associated with an increased risk of mortality and morbidity. As more of us sit occupationally and spend leisure time in front of a TV, research asks “What are the risks of sitting for longer periods, and how can we modify behavior?” A recent meta-analysis from Lancet explores whether physical activity can counteract sitting time mortality, while other studies and reviews look at ways to intervene at work.

Interestingly, especially for those who have trouble increasing their physical activity, even smaller movements such as fidgeting may counteract the negative effects of non-movement. So next time your mother says to stop fidgeting...

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