

# How to Avoid a Sedentary Lifestyle

FORCED INTO STAYING



LEAD TO A SEDENTARY LIFESTYLE<sup>1</sup>



WHICH IS LINKED WITH:

Type 2 diabetes<sup>3</sup>



Heart disease<sup>3</sup>



Obesity<sup>2</sup>



Fatty liver<sup>4</sup>



## IDEAS to stay healthy

**Plan your week** to have a clear structure<sup>5</sup>



**Daily Routine** is important<sup>5</sup>



**Drink water** to keep hydrated<sup>1</sup>



**Plan & shop** so you can prepare your own meals that are low in fat, sugar and salt<sup>6</sup>



**Exercise at least 20 min a day** join an online group for encouragement<sup>1</sup>



**Communicate** reach out to family and friends<sup>5</sup>



**Learn** a new skill or remember an old one<sup>1</sup>



**Avoid** junk foods, excessive alcohol or smoking<sup>6</sup>



**Stand-up** try and take a break from sitting every 30 minutes<sup>1</sup>



**Open your windows** to get fresh air into your apartment and lungs<sup>7</sup>



**Essentiale<sup>®</sup>** Take a stand against liver decline...

### References

1. <http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/stay-physically-active-during-self-quarantine>. 2. Nurwanti E *et al.* Roles of Sedentary Behaviors and Unhealthy Foods in Increasing the Obesity Risk in Adult Men and Women: A Cross-Sectional National Study. *Nutrients* 2018;10:704. 3. Conroy DE *et al.* Sedentary Behavior as a Daily Process Regulated by Habits and Intentions. *Health Psychol.* 2013;32:1149-57. 4. Abenavoli L, *et al.* *Int J Environ Res Public Health* 2019;16:3011. 5. Dickerson D. Seven tips to manage your mental health and well-being during the COVID-19 outbreak. *Nature Careers Community2020* <https://www.nature.com/articles/d41586-020-00933-5>. 6. <http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/food-and-nutrition-tips-during-self-quarantine>. 7. <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>.