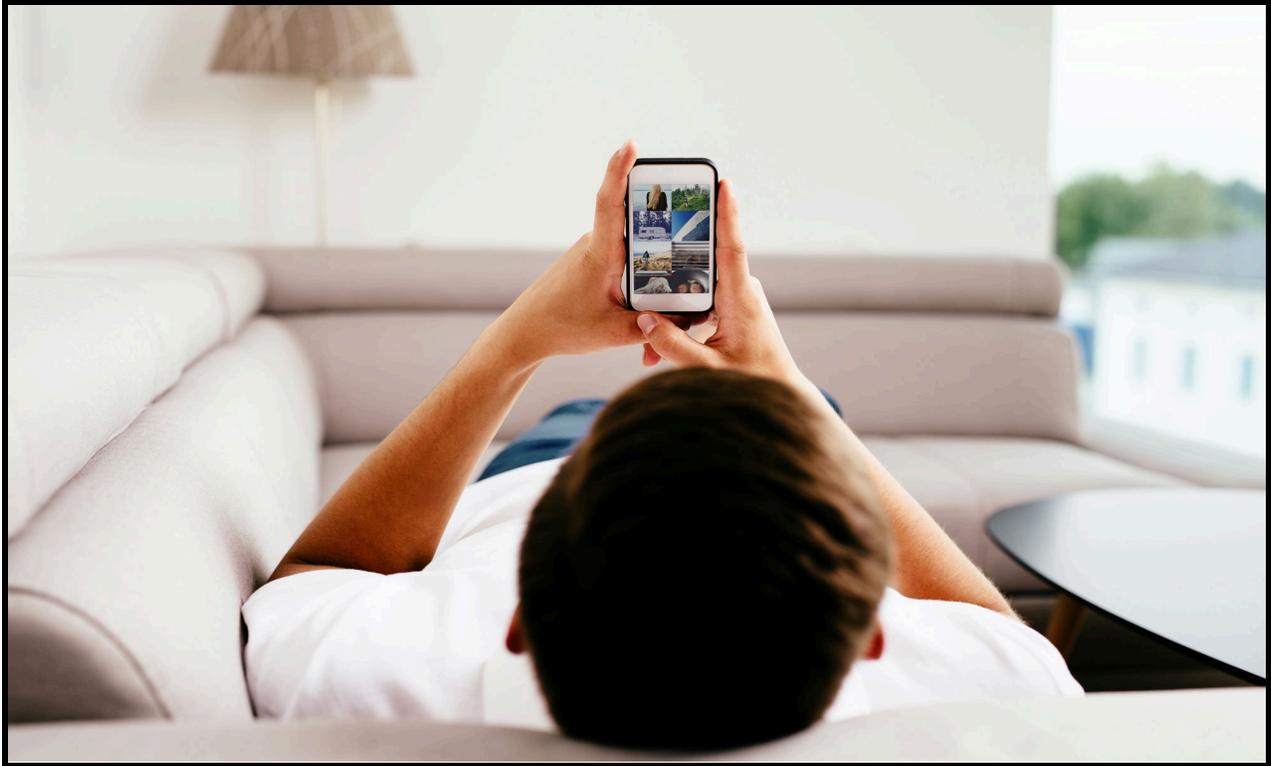




Dangers of an Inactive Lifestyle



We have all been there. Snug on the couch with a remote or a book in hand as the world and time itself pass in a blur. While tempting, especially after a long day, skipping exercise in favor of becoming best friends with your favorite relaxation spot will put you at risk of several diseases and health complications. However, making exercise a part of your daily routine will not only benefit your physical health, but also increase your mental and emotional wellbeing, all while investing in your future, pain-free self!

Many opt out of physical activities due to joint pain, exhaustion, busy schedules, or a lack of motivation. Although these are valid reasons, they are not an excuse for an inactive lifestyle. Exercise comes in all shapes and sizes, from some simple stretching, to brisk walking, to intense workout sessions, and can accommodate anyone's schedule or situation. Often

Spending more than 10 hours a day sitting greatly increases the risk of heart disease, depression, diabetes, and even cancer — regardless of body weight or regular exercise. Even with a healthy weight, long stretches of inactivity strain your health. When you sit for too long, your body burns fewer calories because your muscles aren't engaged, and it has no reason to produce energy for movement. This inactivity disrupts hormones that regulate appetite and fat storage, while your heart, like any other muscle, weakens without use. Research consistently shows that prolonged inactive behavior harms cardiovascular health and overall well-being, even in those who appear healthy and fit.

Regular physical activity plays a vital role in keeping your body healthy and vibrant. It helps lubricate your joints and prevent discomfort, while maintaining bone strength and integrity. These benefits contribute to a higher overall quality of life, keeping you feeling strong, energized, and more capable in your daily activities.

Curious about the what, when, where, and how of exercise? Join us on **November 10th at 6:30 PM** for our **All About Exercise** class and take the next step in your wellness journey!

Source:

“What a Sedentary Lifestyle Can Do to Your Health”. Cleveland Clinic: Health Essentials (2025) <https://health.clevelandclinic.org/sedentary-lifestyle>

“Stuck on the Couch? How Not Exercising Makes Your Aches and Pains Worse”. Lompoc Valley Medical Center (2021) <https://www.lompocvmc.com/blogs/2021/march/stuck-on-the-couch-how-not-exercising-makes-your/>