

## Why sitting is bad for you

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<4:50> March 2015

### <Key Vocabulary>

Write the meaning(s) of each word. Write an example sentence (example sentences) if you need.

(1) agitate

(13) delicate

(2) recuperate

(14) artery

(3) sedentary

(15) vein

(4) elastic

(16) brunt

(5) mold

(17) limb

(6) spine

(18) enzyme

(7) cartilage disc

(19) capillary

(8) ligament

(20) stasis

(9) slump

(21) intuitive

(10) spinal disc

(22) slouch

(11) hunch

(12) (chest) cavity

## <Questions> [Answers]

1. Which of the following statements is true?
  - a. Our lifestyles make us move around much more than sit.
  - b. Staying seated even for a few minutes is very harmful.
  - c. Our bodies love to sit.
  - d. **Sitting for brief periods can help us recover from stress.**
  
2. How many joints and skeletal muscles do we have in our bodies?  
joints:           (over) 360            
  
skeletal muscles:           (about) 700
  
3. The following section shows why we believe the human body is built to move. Fill in the blanks.
  - a. Our unique physical structure gives us the ability to stand up straight against the pull of  
(1) gravity.
  - b. Our (2) blood depends on us moving around to be able to circulate properly.
  - c. Our (3) nerve cells benefit from movement.
  - d. Our (4) skin is elastic, meaning it molds to our motions.
  
4. Being seated for too long causes some problems. Fill in the blanks.

### <backbone>

- a. Our spine is a long structure made of (1) bones and (2) cartilage discs that sit between them, and (3) joints, (4) muscles, and ligaments are attached to the bones holding it all together.
- b. When you sit, usually with a curved back and slumped shoulders, this position puts uneven pressure on  
your (5) spine. Over time this
  - causes wear and tear in your (6) spinal discs (2 words).
  - overworks certain (7) ligaments and (8) joints.
  - puts (9) strain on muscles that stretch to accommodate your back's curved position.
  - shrinks your chest (10) cavity, meaning your lungs have less space to expand.

(This limits the amount of oxygen that fills your lungs and filters into your blood.)

<around the skeleton (muscles, nerves, arteries and veins)>

- a. The act of sitting (11) squashes, (12) pressurizes, and compresses, and those more delicate tissues really feel the brunt.
- b. In areas that are the most compressed, your (13) nerves, (14) arteries, and veins can become blocked, which limits nerve signaling, causing numbness, and reduces blood flow in your limbs, causing them to swell.

<blood>

- a. Sitting for long periods temporarily deactivates lipoprotein lipase, a special enzyme in the (15) walls of blood capillaries that breaks down (16) fats in the blood.

<brain>

- a. Our brains need good blood flow and (17) oxygen in order to remain alert, but being stationary reduces both of them.  
→ Your (18) concentration levels will most likely dip.

5. In the speech, which of the statements is **not** mentioned as a problem caused by sitting for long periods?

- a. **It can cause depression.**
- b. It is linked with some types of cancers and heart disease.
- c. It can contribute to diabetes, kidney and liver problems.
- d. Over 5 million people die every year because they sit for too long.

6. Which of the following suggestions is **not** mentioned in the speech?

- a. If you need to sit, try to straight your spine.
- b. Aim to move around much more.
- c. **Find a gym and go there as much as you can.**
- d. Set a reminder to yourself to get up every 30 minutes.