

## Mayo Clinic Minute

### Sitting at home is worse for your heart

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Our bodies were meant to move.
<b>Stephen Kopecky, M.D. Cardiovascular Disease Mayo Clinic</b>	"Sitting is not the best thing for us."
<b>Vivien Williams</b>	Dr. Stephen Kopecky says that modern life makes it hard for us to move and easy for us to sit.
<b>Stephen Kopecky, M.D.</b>	"We have to sit. We have to rest. The point is don't do it eight hours in a row."
<b>Vivien Williams</b>	He says sitting increases your risk of cardiovascular disease, diabetes and cancer. And where you sit — at home or at work — may matter.
<b>Stephen Kopecky, M.D.</b>	"If you sit at work, you usually will end up getting up and moving around, going to the bathroom, going to talk to a co-worker, taking a couple flights of stairs to see a friend, whatever. When we do it at home, we tend to watch TV. And that's the time when we really could be more active and we're not."
<b>Vivien Williams</b>	How can you make time at home in front of a monitor more heart-healthy? Do chores such as folding laundry, or take breaks and walk around the house.
<b>Stephen Kopecky, M.D.</b>	"What sitting at home tells you about is that when you can make a choice. You're choosing to sit. If you can make a choice and you choose to be active, then that's much better."
<b>Vivien</b>	Dr. Kopecky also says when you do sit, put the unhealthy snacks away.

<b>VO: Person snacking in front of TV</b>	
	For the Mayo Clinic News Network, I'm Vivien Williams.