

Health Bulletin

Have you ever been aware of how many hours you sit in a day?



No, I'm not. I do think about how many hours I sleep, though.

Reconsider our posture

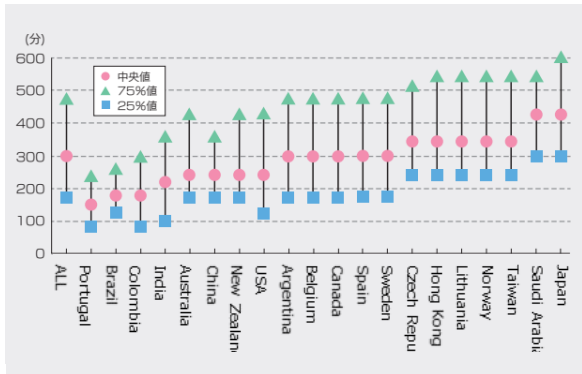
I have heard that sitting too much can have a negative impact on the body.

How much strain is being put on the lower back?

I was surprisingly sitting continuously for a long time.

Are Japanese people sitting too much?

'Total Sitting Time on Weekdays in 20 Countries Around the World' Let's check how much time we spend sitting.

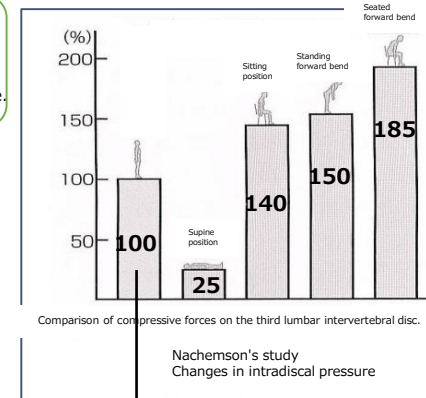


▲ This mark indicates the sitting time of the group located at the 3/4 position from the bottom (75th percentile value)

● This mark indicates the sitting time of the group exactly in the middle (median value)
Japan: Average 420 minutes

■ This mark indicates the sitting time of the group located at the 1/4 position from the bottom (25th percentile value)
スポーツ庁Web広報マガジン：DEPORTARE

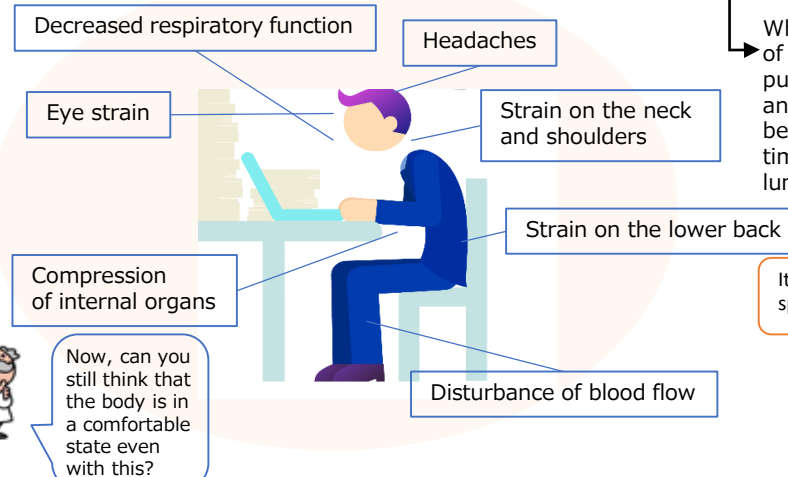
Time spent sitting for 'work' _____ hours _____ minutes
Time spent sitting for 'commuting' by train, bus, car _____ hours _____ minutes
Time spent sitting for 'leisure' _____ hours _____ minutes



When considering the strain of standing as 100, sitting puts 1.4 times more load, and sitting in a forward-bending position puts 1.85 times more load on the lumbar intervertebral discs.

The physical strain caused by continuous sitting and poor posture.

But sitting is more comfortable than standing.



Now, can you still think that the body is in a comfortable state even with this?

It has a bad effect on the lumbar spine and internal organs, doesn't it?



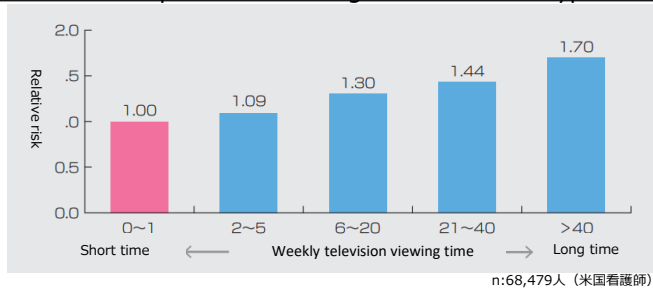
When I work from home, I put my computer on top of a low dresser to adjust the height and stand when I get tired.

Risks of sitting for long periods

- Decrease in metabolic function due to reduced blood flow. →Increases the risk of myocardial infarction, cerebrovascular disease, obesity, diabetes, cancer, and dementia.
- Even if exercise programs are regularly conducted at health promotion facilities, if one is sitting too much in daily life, it is reported that compared to people who do not sit excessively, their lifespan is shorter, obesity levels are higher, and the incidence of Type 2 diabetes and heart disease is higher.

厚生労働省：「座位行動」より

The relationship between sitting too much and Type 2 diabetes



It has been shown that regardless of whether one exercises regularly or not, long hours of television viewing are associated with a higher risk of developing Type 2 diabetes.

What is standing work?

It means working while standing, doesn't it?



In Western countries, there are many companies that recommend standing work.

How to do standing work

- Start standing work when you feel fatigue in your shoulders or lower back, and sit down when you get tired of standing.
- Set a time, and control the duration of working while standing and sitting.

First, try to put it into practice at a meeting!

- It can prevent continuous sitting.
- Less likely to be overcome by drowsiness, and can expect increased concentration.
- It prevents meetings from dragging on and makes them shorter.

the variety of desks designed for standing work is increasing, with some of the cheaper models starting in the 30,000 yen range.

Health Bulletin

To maintain good posture while working on a PC

Ensuring space for peripheral devices such as a mouse



When the desk is tidy, body movements become smoother.

Adjusting the height of the computer



Use a PC stand to place the book underneath and adjust the height.

Adjusting the keyboard's angle



Adjust the keyboard angle to avoid putting strain on your elbows and shoulders.

Stand up every 30 minutes.

Goal:
About 3 minutes if every 30 minutes.
About 5 minutes if every 60 minutes.



Can it relieve swelling?
Let's give it a try to improve blood circulation!

Let's create strategies and rules to avoid sitting for extended periods



At office

- Go for frequent print or copy runs.
- Instead of handling work via email or chat, walk them to their seats and tell them.
- Use apps that encourage standing.



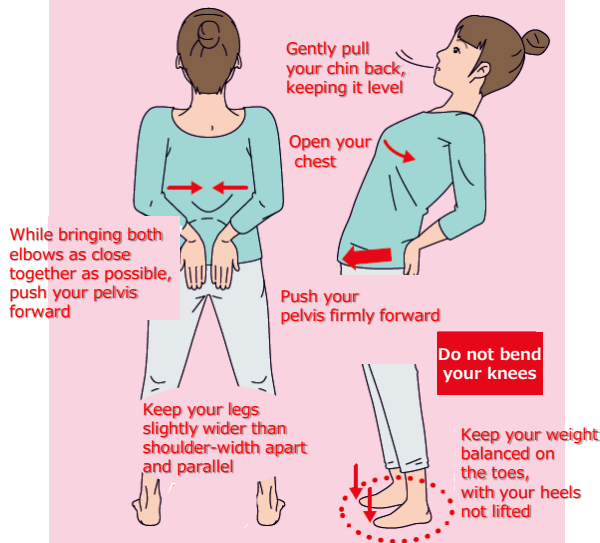
At home

- Reduce TV watching time. Establish rules, such as doing household chores during TV commercials.
- Set a time limit for internet surfing.
- Choose to go shopping in person over online shopping.



When you have been doing tasks in a bent-over position or with poor posture for an extended period of time...

Let's prevent lower back pain!

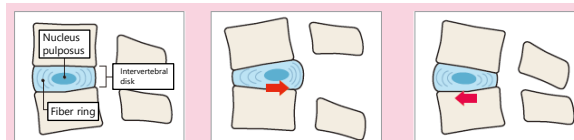


- Stand with your feet slightly wider than shoulder-width apart, keeping your knees straight.
- Place your hands on your hips and bring both elbows as close as possible, pressing against your hips.
- Keep your chin slightly pulled back horizontally.
- Your weight should be in a position where your toes and heels are barely off the ground or not lifted at all.

Perform this motion for '3 seconds while exhaling' 1-2 times.

※If the pain radiates from your buttocks to below the thigh, please stop and consult an orthopedic specialist.

Why is it necessary to arch the lower back?



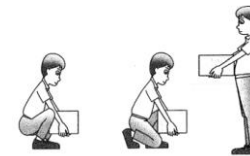
Normally, the nucleus pulposus is located in the center of the intervertebral disc.

Bending forward causes the nucleus pulposus to shift, disrupting the balance of the intervertebral disc.

When you arch your back, the nucleus pulposus easily returns to the balanced center.



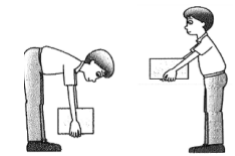
Preferred Work Posture



Bend your waist, and keep objects lifted with the strength of your knees and legs as close to your body as possible.



Undesirable Work Posture



Bending forward with extended knees and holding objects away from the body.



Change the position of the workbench and work parallel to it.



Twist the body to move objects

厚労省：職場での安全の基本

New Common Knowledge You Should Know

For common lower back pain (non-specific lower back pain) without any clear underlying conditions (such as herniated discs, tumors in the lumbar spine, or fractures), **rest is no longer recommended globally**, either as a preventive measure or treatment. Even for cases like witch's shot, it has been understood that excessive rest can increase the risk of recurrence and lead to a less favorable outcome. The world-standard approach is to maintain regular activities, including work, to the extent possible.

Do you think it's best to just 'rest' when you have lower back pain?

Recommended Exercise



Let's try "Iki Iki Exercise"!

This is about a 4-minute exercise that includes aerobic exercise, balance exercises, and strength training.



Exercise is necessary for maintaining good posture!