

Health Effects of Motion

Did you ever stop to consider that, although you may be healthy and exercise regularly, certain daily behaviors can put your health at risk? A recent report in Consumer Reports Health (September 2008) discusses that being too sedentary can put you at risk for certain health problems, even if you exercise regularly.

Marc Hamilton, Ph.D. of the University of Missouri at Columbia performed research into the health hazards of lack of motion says “The sitting we do in normal, everyday life is a health hazard, just like exposure to secondhand smoke or too much sunlight,” according to Hamilton.

According to Hamilton, when we stand, some muscles in our legs release an enzyme that helps remove fat from the blood. However, the report states that when we sit, this production reduces by 90% which means that the fat will stay in the blood longer.

The report also talks about how those who get the recommended amount of exercise but work sitting down face greater health risks. For example, the study reports that for those who exercised 2.5 hours per week, but still watched numerous hours of television, it was common to experience “large waist circumference, high blood-sugar levels, and elevated blood pressure.”

The report recommends changing your daily routine in small ways.

Doing chores manually vs. electric or gas-powered machines, parking farther away from work or store entrances, stand in waiting rooms instead of sitting, walk on the treadmill or stair climber while talking on the phone with friends, or standing at your desk at work. Even using the Nintendo Wii Fit is suggested (in place of a video game where you are constantly seated)!

Going dancing can also be fun but also good for your health.

GARY BREUER, MA, LPC



My private practice is located in North Scottsdale, within the offices of PsychArizona. I work with children (ages 6 and older), pre-teens, adolescents and adults. I work with individuals, couples and families with issues of anxiety, depression, trauma, grief and loss, career, academic and workplace issues, relationship issues, LGBT concerns, personal growth and spirituality.

I use various therapeutic approaches depending on the needs of the client. These approaches include developmental, humanistic, cognitive-behavioral, existential, family-systems, mindfulness-based, transpersonal, and EMDR (Eye Movement Desensitization and Reprocessing). EMDR is a model used for the treatment of trauma, and has also been found to be successful in the treatment of various other disorders as well.

I have experience providing professional counseling in clinical, business, and school settings.

Apart from my private practice, I am also a Reiki Master and have a great appreciation and respect for alternative as well as conventional treatment approaches.

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