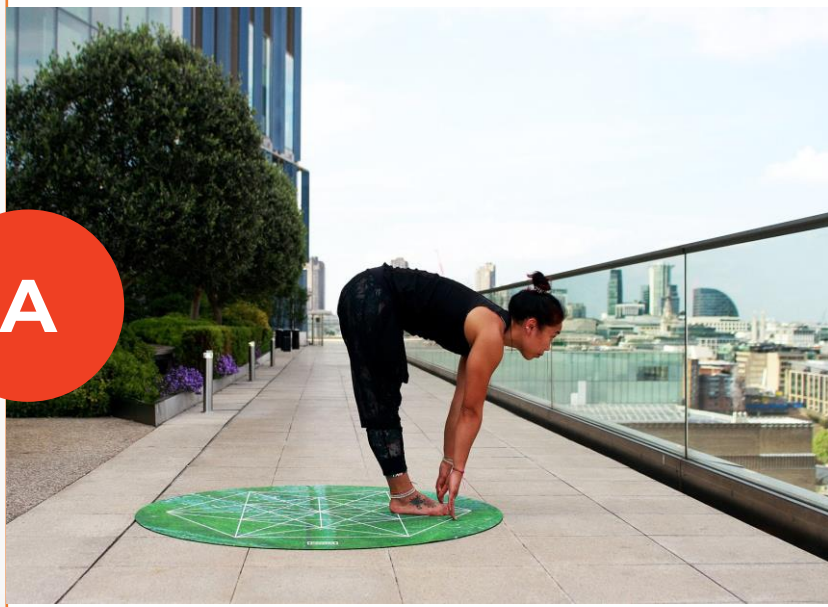


# IS ALL THE SITTING COSTING YOU?

(Read the article on the Daily9 blog)

You're sitting too much and you know it. But what is it doing to your body? You may not realise it, but it's slowly doing damage to your joints, muscles, bones and metabolism.

So who is winning? You or the sitting pandemic. Let's find out with 2 simple tests.



A

## Test A: Can you touch your toes?



✓ I can touch my toes (1 point)

✗ I cannot touch my toes (0 points).

## Test B: Can you get into a full squat?



✓ Yes, I can (1 point)

✗ No, I cannot (0 points)



B

## What's your score?

### 2 points

You're ahead of the sitting pandemic, stay there!

### 1 point

The sitting pandemic is catching up. Deal with it now to stay ahead.

### 0 points

The sitting pandemic has affected you. Take action, undo its effects.

## What should you do?

**2 points:** You're already on the right track, so continue doing whatever it is you do to stay active.

**0 or 1 point:** Do a 20-minute movement routine every day.

### Option 1: Warm-up & flexibility routine.

5 minute warm + 15-minute flexibility



- Flexibility routine for beginners ([Video](#))
- Intermediate ([Video](#))

### Option 2: Surya Namaskar

20 minutes of as many repetitions as you can do. ([Video](#))



## Remember:

- ✓ Start slowly and increase the intensity gradually.
- ✓ If you feel pain, stop.
- ✓ Move smoothly with no sudden movements or jerks.
- ✓ Don't forget to breathe throughout.
- ✓ Be patient. Progress will be slow as you're trying to undo years (maybe decades) of inactivity. But if you keep up the effort, you should start seeing visible improvements in 3 months.
- ✓ Don't think too much, just get started.

