

## **Soundbite Script – Broadcast – Your Chair is Not Your Friend**

**Elizabeth Andekian, Advanced Practice Registered Nurse (APRN), OSF HealthCare**

“We're not meant to sit all day and a lot of our work requires us to be in one place, and so the natural response for a lot of people is to sit down, but then they have pain associated with that, whether it's neck pain or back pain associated with sitting, which we were not meant to do for hours at a time. A lot of individuals will also find that they have decreased mental clarity because they're sitting and they're stagnant for long periods of time.”

**Elizabeth Andekian, Advanced Practice Registered Nurse (APRN), OSF HealthCare**

“People spend so much of their lives at work and so much of their relaxation time sitting, and there are consequences to sedentary behavior, and sitting is certainly an aspect of that. And there's more of an association rather than a causal relationship between the two. One of the associations is with obesity and Type 2 diabetes and the two kind of go hand-in-hand.” (:28)

**Elizabeth Andekian, Advanced Practice Registered Nurse (APRN), OSF HealthCare**

“If they're on the phone, oftentimes they'll have a cordless phone and so they can pace and walk around while talking on the phone. The standing desk is a really nice option for a lot of people. And a lot of them can be converted into a sitting desk so they don't have to stand the entire day. Other things are parking farther away when choosing your spot in your parking lot. And keep shoes at work if you're not wearing comfortable shoes so that you can go for a walk on your lunch break. Those sorts of things make a huge difference.”

**Elizabeth Andekian, Advanced Practice Registered Nurse (APRN), OSF HealthCare**

“I don't know that we could really call sitting the new smoking. However, it's very important for people to engage in physical activity. We know that obesity and chronic disease is a huge burden in this country, and a piece of that is our sedentary lifestyle. So it's very important for people to engage in as much physical activity as they can, and some of that is incorporating that into their daily lives.”