

Sedentary lifestyles

[Health & Medicine](#), [Obesity](#)



Sedentary Lifestyle Monyetta “ Lashalle” Calhoun Advanced Composition July 29, 2012 Professor: Symmetris Gohanna What comes to mind when you hear the word potato? French fries, hash browns, a loaded baked potato from Wendy’s maybe. Or what about the term “ couch potato? ” This is the only form of potato that is on my list that is not good. Being a couch potato, or living a sedentary lifestyle, is not a healthy choice. Sedentary lifestyle is the term used to describe a lifestyle with little to no physical activity.

The activities of a person living a sedentary lifestyle include reading, sitting, watching television, being on the computer, and playing video games for much of, if not, the entire day. The questions at hand is what are the reasons behind living a sedentary lifestyle, what health issues can come from it, and why this lifestyle is not healthy? The lack of physical activity is believed to be a factor of obesity; this can lead to bigger health issues such as Type 2 diabetes. This lifestyle has also been associated with accelerated aging process and premature death.

With other factors such as advanced technology and pure laziness, the sedentary lifestyle is climbing the charts to becoming the leading cause of death in the U. S. These effects of living a sedentary lifestyle are reasons you should get out and get active. Here is a simple math problem: unhealthy eating + no physical activity = a greater chance of obesity. Obesity is a major factor in developing Type 2 diabetes. Obesity is the medical term used to describe a person who has excessive body fat. It can be caused by unhealthy eating mixed with no physical activity.

In some people, it is hereditary and others accumulate the excess body fat by living a sedentary lifestyle. It is not healthy to live such a lifestyle. Some

<https://assignbuster.com/sedentary-lifestyles/>

of the blame goes to the person living the lifestyle but one could argue that technological advances also play a part in choosing to be a “couch potato.” Nowadays you have the opportunity to work from home, in front of a computer or laptop. Video game creators try to mask their involvement with exercise games such as Zumba and WiiFit but that does not always work. It is ok to be lazy from time to time and have time to rest but that is only if you are up and out and being active.

To prevent obesity and possibly Type 2 diabetes, exercise. The exercise does not have to be strenuous but just enough to get you up and moving. Try walking around the park or neighborhood or be active with your kids. Just by exercising 30 minutes a day for at least 5 days out of the week you can prevent the health issues. Have you ever felt older than you really are? Bones cracking, laziness, and fatigue? Well where do your symptoms come from, excessive labor or hard core working out or are you just sitting down not doing anything while your body slowly deteriorates?

People who live a sedentary lifestyle accelerate their aging process by living this lifestyle which can cause premature death. Being inactive influences and speeds up the aging process. It is said that individuals who are physically active during their leisure time appear to be biologically younger than those who live a sedentary lifestyle. By being inactive, muscle tissues are lost and muscle atrophy, which is the shrinking and weakening of the muscles, sends the body spiraling downwards. This includes all of the body's systems and one becomes more prone to disease and physical injury.

The function of the body is something like a dependency system. Physical strength and fitness is correlated with a strong immune system function,

<https://assignbuster.com/sedentary-lifestyles/>

which is the bodies armor and defense system that protects us from disease and illness. It is sort of like parent and child. Once a baby is born, it cannot fend for itself so it depends on its parent to provide what it needs and protect it from any foul harm or danger. If the parent does not do what he or she is suppose to do for the baby and not protect it, the baby will ultimately be taken from the parent whether by law or nature.

It is the same thing with a person and their body. If the body is not taken care of, its chances of becoming ill is greater than the body of a person who is physically active. A reduction in strength and general weakness weakens the efficiency of the immune system increasing the risk of health issues accelerated aging process. No one wants to look or feel older than they really are. Do not just sit around and wait for somebody to do it for you. No one can do it but you. The first law of self-preservation is self-motivation.

Think about it like this: the illness and health issues are not going to keep putting off hoping you will stop living a sedentary lifestyle, so why should you put off doing something active. Put the video gaming, television, and computer time to a minimum and use that time to get healthy, get in shape, and fight off those diseases. Physical activity is said to make you feel young and also look the part. So why not get that couch potato up and start cooking and aiming towards living a healthy long life versus a unhealthy and sick life. Get up, get out, and get active!