

Eight Reasons Why Sitting Is Great Exercise

By Are We There Yet



Hard at work, exercising.

It is a little-known fact that sitting down has some extremely strong health benefits.

Sitting is vastly underrated. In fact, it's been called down-right wrong. The lists of articles condemning it are endless: "The Health Hazards of Sitting", "Sitting All Day Isn't Good for You", or my personal favourite, "How Sitting Will Destroy Your Life".

And yet, sitting has some extremely strong health benefits. Other activities get all the praise in the land of fitness. Okay, I admit that swimming, going to the gym, even walking, do work. But how about just plain sitting down?

Here are eight reasons why sitting is such great exercise:

Anyone Can Do It

Sitting is not exclusive. Anyone can do it. You don't need special clothes, skills or equipment.

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You just plop yourself down and you're done.

It Releases Endorphins

Who says sitting has to be boring, or lonely? What about talking while you sit? Having a wonderful conversation with someone you care about feels good. And when you feel good, you release endorphins. It's just like having sex, or eating chocolate, only you don't have to get sweaty or gain weight. You win on every count.

It's Good for Your Circulation

It is well-known that breathing deeply and slowly promotes healthy circulation, a vital part of good general health. By sitting down and focusing on breathing to the very tips of your toes and fingers, you are bringing oxygen to your blood and peace to your soul, just like when you exercise.

It's Cleansing

Step into a sauna, and the whole world disappears except for that moment. Warm, soothing steam surrounds you in the semi-darkness, and everything is peaceful. It's also cleansing. I like the eucalyptus sauna which cleanses your skin, your lungs and chases toxins out of your body. It also prevents against tuberculosis (just in case). Afterwards, you're all rubbery-relaxed and super clean, from the inside out. And all you did was sit. The steam does the work, you reap the benefits.

It's Meditative

Sitting quietly is good for your mind. You take time out to let go of some of the thoughts that are running around in circles in your head, and give yourself the gift of calm. When we are calm, we have less headaches, ulcers and other not fun stuff. Which means we are healthier.

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It's a Workout for Your Brain

Don't forget, the brain is a muscle. And like every muscle, it needs a workout. How do you do that? By making your brain work. Sit down and read a book, learn something new, do a cross-word puzzle and feel your neurons firing up. Your brain will thank you for the exercise.

You Can Commune with Nature

Science has proven that exposure to nature has positive effects on mental and physical health. All you need to do is sit in the park, smell the flowers and admire the trees. Bingo – you're improving your health.

You Can Do It Anywhere

Sitting is so convenient, you can do it anywhere. You don't have to schedule a thing and you don't need a gym. It can just happen. Say you're walking down the street and you see a nice bench in the park. You sit down, look at the green grass and feel the fresh air on your face. Then you do a few deep-breathing exercises and read a bit from the magazine in your bag. You see a friend, wave them over, and have some really good, big, belly-laugh. You laugh until there are tears coming down your face.

Only they're not tears of sadness. They are tears of joy. Because you feel amazing. You've just had a wonderful afternoon of exercising, all sitting down.

So go ahead, have a seat. Feel good. And enjoy the healthy, exercise-filled world of sitting.

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