Break Up with Sitting:
Why Small Movement Matters

DID YOU KNOW?

Breaking up 8 hours of sitting with just **2 minutes of light walking every 20–30 minutes** can significantly lower your blood sugar and insulin levels.

We've heard the saying *"sitting is the new smoking"* — but the truth is, most people don't realize how deep the **metabolic damage** goes… or how **simple the solution** can be.

What the Research Shows

A groundbreaking study published in *Diabetes Care* revealed:

- **8 hours of uninterrupted sitting** led to **spikes in blood glucose and insulin** after meals.
- Interrupting sitting with **just 2 minutes of light or moderate walking every 20–30 minutes** led to:
    - **24–30% drop in blood sugar**
    - **23–26% drop in insulin levels**
- The benefits were consistent across both **light- and moderate-intensity** walking — you don't need to sweat to see results!

Why This Happens

Long periods of sitting reduce:

- **Muscle contractions**
- **Glucose uptake by cells**
- **Enzyme activity** (like lipoprotein lipase, essential for fat metabolism)

This leads to:

- Blood sugar spikes
- Insulin resistance
- Inflammation

Even more surprising?

These improvements occurred **without changes in calorie burn or energy expenditure.**
It's not about *how much* you move — it's about *how often* you move.

And these benefits held true **regardless of body weight, sex, or baseline activity level.**

You Can't Undo Sitting with a Workout

An evening workout doesn't erase 8 hours of sitting.
What your body needs is **consistent movement throughout the day.**

Simple Ways to Add Movement:

- Set a timer for every 30–60 min to remind you to get up
- Walk around the house or office for 2–3 min
- Do bodyweight squats, calf raises, or stretches at your desk
- Pace while you're on phone calls
- Use a smartwatch or step counter to track your daily movement breaks

Bottom Line

Small movement, done consistently, can transform your metabolic health.

Your body wasn't designed for marathons of stillness — it was made to move.

Based on insights from Dr. Mark Hyman, MD