

Many of diseases which afflict people who do office jobs are the direct result of a sedentary life style. Do you agree?

It ~~is~~ ~~has~~ widely accepted that technology's growth ~~lies~~ ~~lay~~ at the root of sedentary jobs. ~~Excessive~~ ~~Augmented~~ ~~use of~~ ~~dealing with~~ personal computers in working environments brings about improper ~~gestures~~, postures and above all less physical activity~~ies~~ which are associated with ill-health.

Most ~~of~~ individuals are not aware of the damaging effects of this very life style until they are diagnosed with chronic diseases ~~which~~ most of ~~which~~ ~~them~~ are asymptomatic. Some cases in point are diabetes, high blood pressure, obesity and arthritis which all lead to fatal problems. Simply put, motionless jobs have ripple effects, what you might not expect to suffer.

Although immobility in today's life is inevitable, there are simple prevention strategies by which we can refrain from succeeding pains. Numerous researches indicate that people who have to ~~remain~~ ~~seated~~ in front of screens during ~~the~~ whole work time, had better take a walk around their seats every one hour for roughly three or four minutes. This strategy dwindles the repercussions of ~~a~~ sedentary lifestyle. Apart from this simple tip, as far as I ~~am~~ concerned, it is expedient to commute to the workplace by walking occasionally, or to be a ~~consistent/regular~~ ~~compulsive~~ member of a gym after a hectic day. Not only do these approaches ~~decrease~~ ~~decline~~ the catastrophic side effects, they psychologically have strengthening impacts on an individual's mental health. Not to mention ~~that~~, it is crucial to avoid being physically inactive. The more ~~passive/inactive/~~ motionless you are, the more you suffer from disease.

~~To put~~ in a nutshell, even though less active jobs have become ~~an~~ ~~one~~ inseparable part of people's lives, it might take a heavy toll on our health conditions, ~~hence~~ ~~,-Hence~~ the importance of being more alert in reducing the demerits of ~~a~~ sedentary lifestyle.