



# Tips to keep you airborne!



## Let's do incidental June 2020

I am so grateful to Pauline Tarrant, HR consultant from Pauline Tarrant Consulting, for inspiring this month's tip.

Why? Because her June post on 'GETTING STUCK - to getting stuck in', in which she admitted to finding herself getting stuck in her chair, quite literally (given COVID, working from home, lack of inertia to move etc.), has since spurred me into INCIDENTAL action.

Why incidental?

Let me tell you why...

Sitting disease, the most underrated threat to our health, is a silent killer, killing more of us globally than smoking (permission given to take one big drag of that sentence to inhale its potent message).

Did you know that on average, we spend 9.3 hours sitting (which is more than we spend sleeping) and that the upshot of sitting for more than 6 hours a day is increased risk of obesity, type 2 diabetes and early death? Of course, you did!

What if you watch your diet and exercise for 30 minutes daily? Sounds good, right?

Wrong, I'm afraid. This amount of exercise will not be enough to counterbalance numerous hours of sitting.

Scientists at the National Institutes of Health tracked 240,000 adults for 10 years and concluded that doing 7 hours of moderate to vigorous exercise a week wasn't enough (WHAAAT? I hear you say).

People who clocked up even more exercise than this but who spent most of the remaining hours in their day sitting had a 50% greater increased risk of dying from any cause and doubled their risk of dying from heart disease...just typing this has moved me to my standing desk and has me doing calf raises!



Moral of the story?

Boosting incidental exercise (any activity built up in small amounts during the day e.g. using the stairs instead of the lift, doing housework... now I'm inspired...walking from one meeting to another etc.) is more important than brief periods of vigorous exercise.

Now, if I happen to have caught a few sitting ducks, might I invite you to engage in some form of movement, right here, right now and start moving the groove?

Brief 2-minute interlude whilst you get into action...

Did you take me up on my offer? Give yourself a big pat on the back if you did. And if you didn't, give yourself a big pat anyway...it's incidental exercise in the making!

Once again, a big thank you Pauline for inspiring me to 'do' and not just 'know'. And if I may slip in a quote by Kevin Kelly (world's finest brainstorming role model according to Daniel Pink), which really resonated when I read it the other day...



You are what you do. Not what you believe, not how you vote but what you spend your time on.

So, till next month, here's to 'doing' incidental!

Yours in great health

Till next month,

*Caroline*

*PS - Whenever you're ready, work with me directly to see how you, and/or your team can benefit from diving deep into all things AIRBORNE, including ENERGISING to feel alive! Spread the word...*



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