

Slay Sedentarianism: Why Exercise Is Necessary For Good Health

© Sheri Rose, Owner – Precision Copyediting, LLC

The root of poor health is excess sugar consumption and lack of exercise. It's time for Americans to rethink the way they eat and get out from behind their computers and get off their couches—and move. The rise of obesity in America along with the rise in obesity-related diseases is reason enough to examine dietary choices. A study from the [Center for Disease Control](#) shows that the rise in childhood and adolescent obesity has quadrupled in the past 30 years. However, neither food substitutions nor changes in eating habits work well to fight obesity without a balanced diet that eliminates sugar-filled processed foods and a lifestyle that includes daily exercise; therefore, it's important to examine the negative effects that sugar and sedentarianism have on the human body as well as the positive and realistic options available to heal the damage.

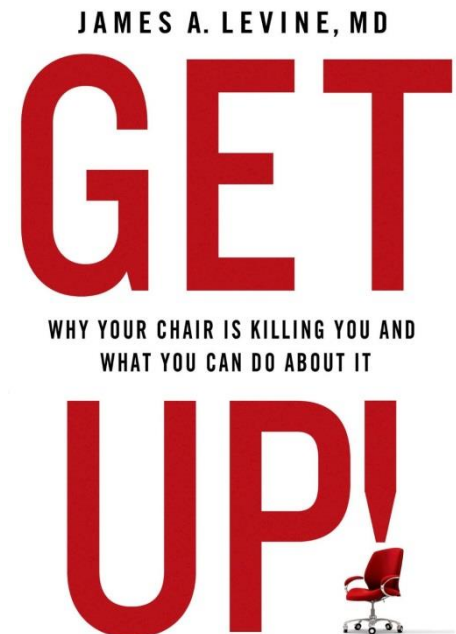
Sedentarianism

[Sedentarianism](#) is called a disease, an addiction, and the main cause of obesity in America. It means chronic inactivity or consistent inactivity. The term was first introduced in 2009 in the book [The New Physics of Childhood: Replacing Modern Myths with Simple Solutions](#) by Christina Ivazes. In her book, Ivazes uses the word sedentarianism “to fully address the problem of obesity, behavioral issues and an increasingly illiterate and unskilled labor force in the United States.”

She advocates looking at the obesity epidemic from a cultural point of view, and others have joined in using the term to get people moving. The website [Living 365 Fit](#) calls sedentarianism a disease and offers easy to read bulleted lists of how to go about reversing it with exercises anyone can do. The following statistics illustrate what is meant by sedentarianism and why exercise must happen to counteract its ill effects. At a minimum, [The American Sports Medicine](#) (ACSM) advocates 30 minutes per day, 5 days per week of exercise.

The Facts from ACSM:

- Adults who watch more than 6 hours of television (computers/screens) a day live 5 years less. The average adult in the United States watches 5 hours a day.
- Low fitness is the strongest predictor of death: no hypertension, high cholesterol, obesity, diabetes or smoking.
- An active obese individual fares much better than an inactive obese individual.
- Individuals who walked 10 minutes a day had no change to their health, compared to individuals who walked 11-20 minutes decreased their risk of hypertension by 12%, while individuals who walked greater than 21 minutes decreased their risk of hypertension by 29%.
- Individuals who received a stent (for clogged arteries) fared 18% better post-surgery if they exercised than those who did not exercise” ([Living 365 Fit](#)).”





Sugar and Sedentarianism

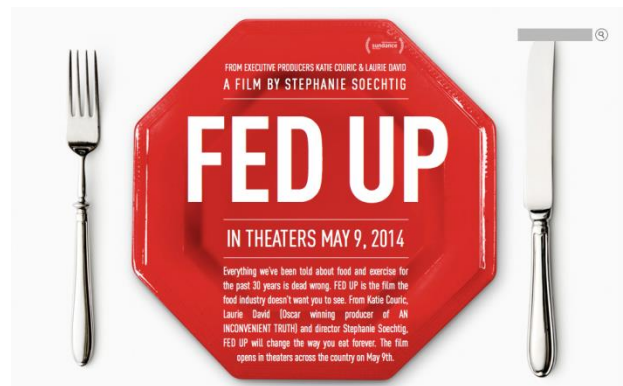
In America, people eat too much and move too little, but the problem goes beyond how much they eat and into what they eat. Excessive consumption of foods high in starch such as bread, rice, pasta, and grains causes chronic insulin spikes. Fruits are naturally high in sugar, so they, too, can be a detriment to health. High protein meals and high-fat foods also can be

problematic when eaten in excess. Vegetables create the least amount of problems, but they need to be balanced out with other foods. Lifestyles of extended inactivity and excess food consumption cause increased glucose levels and weight gain. Then fad diets and yo-yo dieting to lose weight causes digestive imbalances that lead to [metabolic syndrome](#).

Sugar and Metabolism

The American diet is caught in a cycle that maintains poor health. The biggest culprit is excess sugar consumption and high blood glucose levels. All food has some level of carbohydrate (sugar and starches), and when digested, it breaks down into glucose, and the bloodstream absorbs the glucose and uses it for energy. The pancreas then produces insulin to regulate blood sugar levels.

To maintain healthy levels of glucose and insulin, the body also needs to burn off some of that energy. Without exercise and activity, blood sugar levels remain high, and insulin fails to manage it eventually leading to glucose intolerance and Diabetes. Inactive people have a higher risk of developing glucose intolerance because they are burning less energy.



Sugar and Politics

The American diet is caught in a cycle that maintains poor health, and the biggest culprit is excess sugar. According to Susan Soechtig's documentary film [Fed Up](#), a rise in poor health and disease began with the practices of processed and fast food industries in collusion with government subsidized food crops. Processed foods contain 80% added sugar. Low-fat and fat-free processed foods contain

high amounts of sugar to supplement the taste lost from the elimination of fats.

These industries still conspire together using sophisticated marketing techniques to sell poor quality food laden with sugar. Sugar is proven to be more addictive than cocaine, so of course, people keep buying it unaware that politicians are willing to ignore the health of the American public in exchange for campaign contributions. In all this advertising and machinating, a serious

lack of emphasis on exercise and activity is emphasized because the objective is to boost the corporate bottom line.

Sugar and Life

Sugar is only unhealthy and only leads to disease when used in superfluous amounts. The solution is self-control. Think of it as managed health care that leads to a well-balanced life, or the culinary art of preventative maintenance. Think of food also as fuel and analyze levels of activity related to amounts of food intake. Then look at creating balanced meals that lower or eliminate processed foods high in starch and sugar. The best is to avoid adding sugar to food and stop buying processed foods with added sugar.

Be careful of diet fads that tell you to cut calories and increase activity. While this works well for about 45% of people, the other 55% also have to cut foods high in starchy carbohydrates to keep glucose levels in check. Obesity is a symptom of a poor diet, and diabetes is one disease that's the product of obesity. The article "[The Truth About Fat](#)", on WebMD, talks about different types of fat, how they function, and what purposes they serve in the overall health of the human body. According to the article:

"Fat is known to have two main purposes, says Susan Fried, Ph.D., director of the Boston [Obesity](#) and [Nutrition](#) Research Center at Boston University and a long-time researcher in the field.

- Fat stores excess calories in a safe way so you can mobilize the fat stores when you're [hungry](#).
- Fat releases hormones that control [metabolism](#)."

Sugar and Fat

Perhaps what is needed is a fat management program, but first, glucose levels need to be controlled. Excess sugar impedes fat burning while exercising. Sugar burns first, then fat. When glucose levels are high, longer times exercising are required. In some cases, it takes 30 minutes or more for excess glucose to burn off before the body starts to burn fat. Balancing food choices with the amounts of food eaten controls glucose levels and can keep them from leading to disease. This balance can also help weight loss; however, the best way to help sedentary people avoid the health risks of obesity and all the diseases that follow is to get them moving.

Garcinia Cambogia: The Queen of Fruits

© Sheri Rose, Owner – Precision Copyediting, LLC

News about garcinia cambogia appears everywhere. It's advertised on Dr. Oz as the new weight loss miracle, programmed into every social media sidebar; and it offers hope to those who have struggled with weight loss for years.

The fruit is native to Indonesia and Southern India. An extract from the dried rind of the fruit has been used for medicinal purposes in these areas for years. It has also been used to curb appetite and to relieve menstrual cramps as well used as a purgative, a preservative, and a spice. After introducing the weight loss benefits of garcinia cambogia in the Western market in 2007, demand for the extract grew. Now it is grown in other tropical and subtropical areas such as Hawaii, Thailand and Brazil. Growing the plant in northern hemispheres requires container use and climate control, but for some, the health benefits make it worth the effort.

The garcinia fruit, also known as the mangosteen plant, is crowned as the queen of fruits because of its medicinal uses. Unfortunately, this special fruit wins as cringe-worthy if you look at the images scattered throughout internet social media. These images make it look like an alien life form, a hominy stuffed papaya, or the cartoonish Jim Carey alter-ego in the movie *The Mask*.



But there is nothing ugly about this little superfruit---it's petite and cute and easy to handle. Its color variations range from purple to yellow to green, and it looks like a cross between a heirloom tomato and a small harvest pumpkin.



The rind of the fruit contains the miracle hydroxycitric acid (HCA), a form of vitamin C, which is used in many weight loss products; however, in garcinia cambogia, it is more concentrated. When used, it keeps the body from forming new fat cells, turns fat into energy, and stops emotional eating binges by increasing serotonin. People lose weight from HCA without having to change their lifestyles. Now who wouldn't love that? This wonder fruit delivers on its promise, and it's not only the queen of fruits ---

--- it's also the queen of results.