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Your Gateway to the Floor Covering Industry

Sedentary habits?



Getting older? Remember that time in your life when you exercised routinely?



Those were the days! Back then, you led an active lifestyle and felt confident.

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Now you are spending a lot more time indoors frequently in front of a screen. Readers who are interested in learning about sustainable solutions that are likely to reduce the risk of premature death, might be surprised to learn that, according to a new study, spending about 22 minutes a day of moderate to vigorous physical activities could offset even the most sedentary of lifestyles.



UiT The Arctic University of Norway

Data was gathered and reviewed from about 12,000 individuals in Norway, Sweden and the United States of America; who, according to researchers at the [Arctic University of Norway](https://www.uit.no/), wore movement detection sensors for about two years. Their findings were that the study participants who sat for more than 12 hours a day had a 38% higher risk of premature death than the participants who sat for only 8 hours a day and participants that exercised more than 22 minutes a day. The more physical activity, in which the participant engaged, the more this risk declined; even if it wasn't strenuous!

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Why not leave the great indoors for some fresh air and take a leisurly stroll?



Preparing your meal instead of ordering fast food again counts as exercise!

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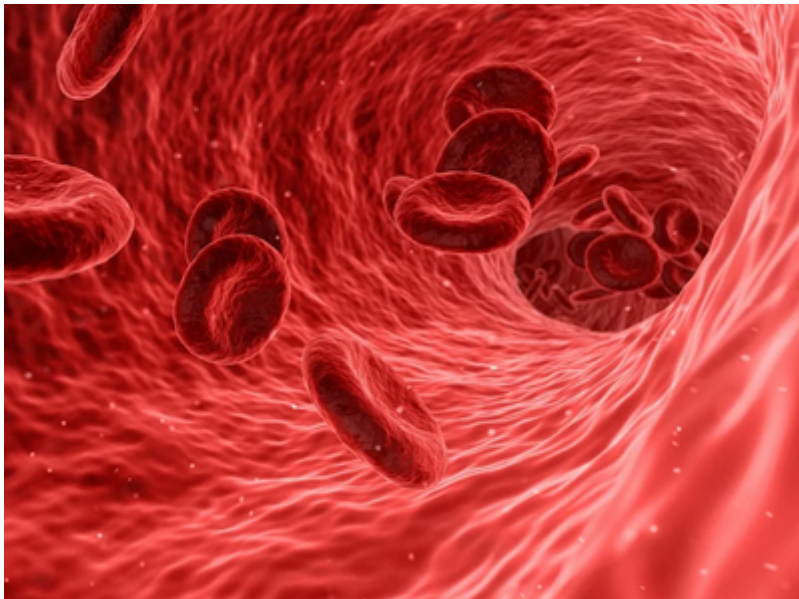
Gardening is another great way to stay healthy. Take time to smell the roses!



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Surprisingly, simple body movements that increase your rate of breathing such as walking, cooking, gardening and other tasks, were all that was required to achieve the desired results, according to the study, which suggests being proactive about reducing your risk of premature death. How so? By being acutely aware of your movements, throughout the day. The study results provide a method of prevention. Attempt to avoid staying completely still at least for most of the day. Even if you're injured or impaired, there are some routine exercises, which can be done at home or even in bed.



The key to living a healthy life is all about [improving blood flow](#), which not only supplies the muscles with fresh blood and oxygen, it also effectively carries away the muscles waste away to the kidneys. Better waste management within the body leads to faster recovery times, less soreness after a workout, and overall improved tissue health according to credible studies. [Learn more](#).

Floor Covering Media publishes
press releases called Flooring Updates.

Flooring Updates



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