

Jak nie zasiedzieć się na śmierć

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Wrocław Java User Group
2018-04-24





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Software Engineer
Aspiring Speaker
Fellow Geek

Scala
Java Apache
Hadoop
Web Mobile
Big Data
F# iOS
Spark
MapReduce
C# Android
Python
.NET

1. How Sitting Kills You

JAMES A. LEVINE, MD

GET

WHY YOUR CHAIR IS KILLING YOU AND
WHAT YOU CAN DO ABOUT IT

UP!





1 cigarette = 11 minutes
7 Years Lost

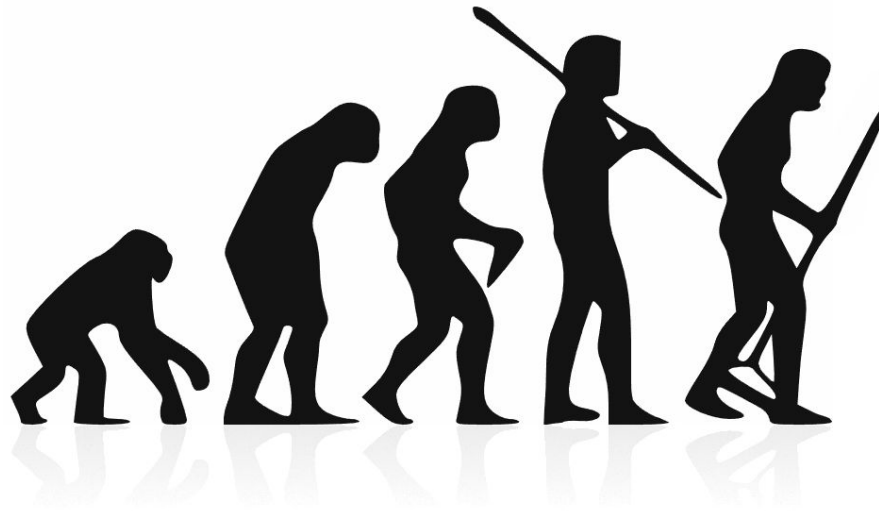


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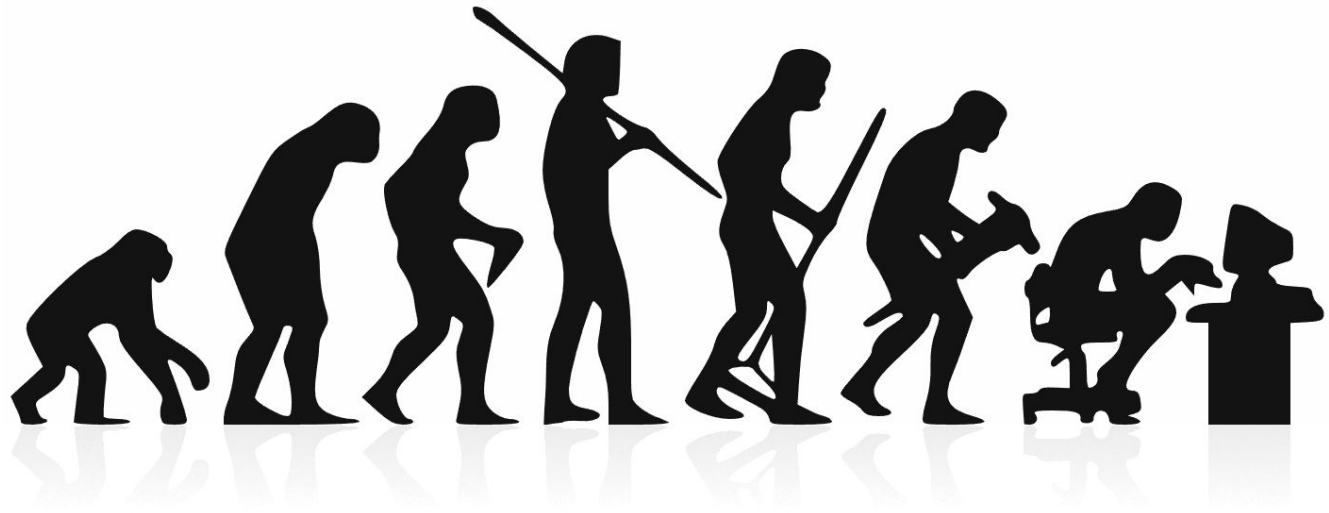


1 hour of sitting = 2 hours
15 Years Lost

It's Absurd!



Human Evolution



Digital “De-Evolution”



Where Will That Lead Us?



Dangers of Sitting

10-50%

Sitting Time and Mortality from All Causes,
Cardiovascular Disease, and Cancer

Canadian Fitness Study

A - Arthritis
B - Back pain, blood pressure
C - Colon cancer, cholesterol problems
D - Diabetes, dementia
E - Emphysema, exacerbation of asthma
F - Fat gain
G - Gestational diabetes
H - Heart attack
I - Immobility, isolation, infertility
J - Joint aches
K - Kyphosis of back, kidney problems
L - Loneliness, leg swelling
M - Musculoskeletal disorders, moodiness

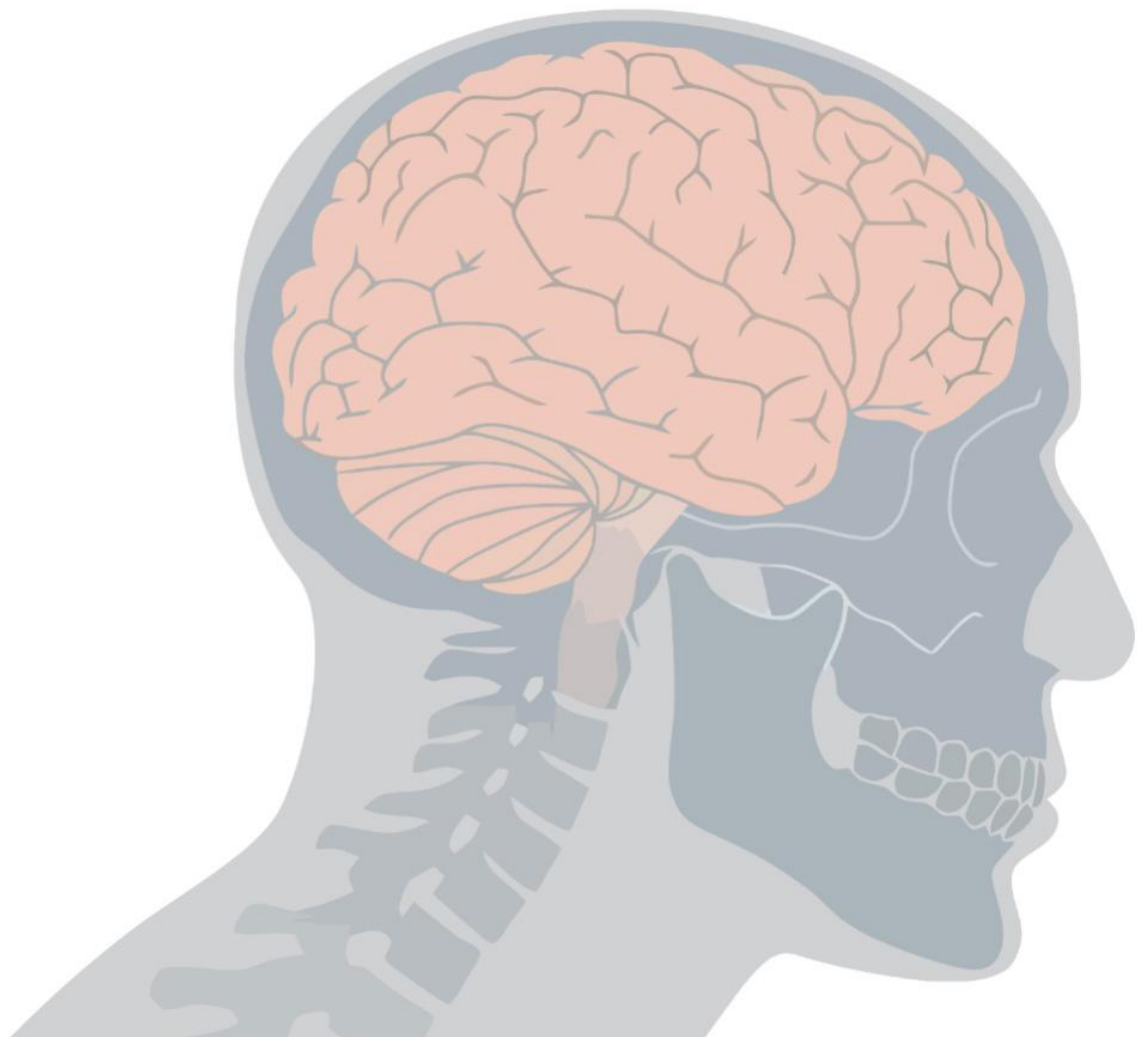
N - Nutricide, nerve entrapment (carpal tunnel)
O - Obesity, osteoporosis
P - Poor productivity, Potts disease
Q - Quality of life
R - Relationship problems
S - Sexual dysfunctions, swollen ankles
T - Trapped feeling, tendonitis
U - Underachiever, unhappiness
V - Varicose veins
W - Wasted opportunities
X - X-rated angst and impaired performance
Y - Yearning for something better
Z - Zest

Alphabet of Sitting Illnesses

A - Arthritis
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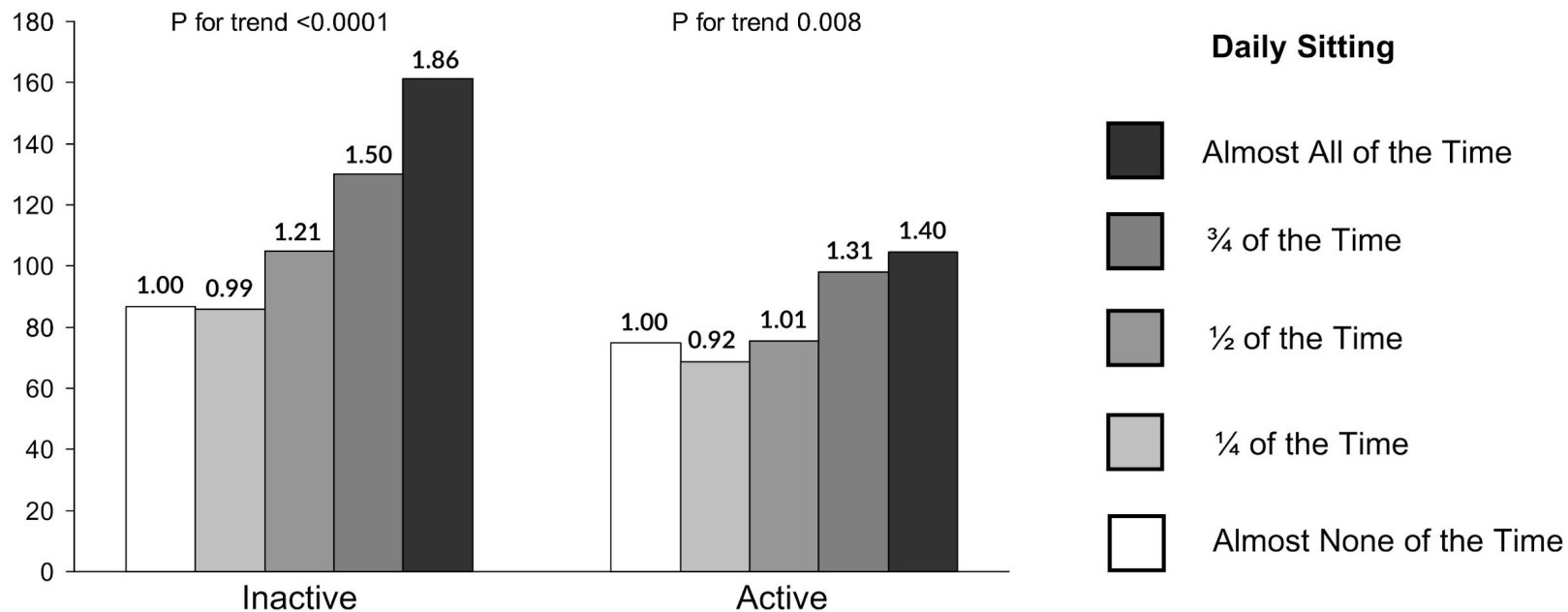
Grumpy programmer ...

is an unproductive programmer



Civilization Diseases

2. What You Can Do About It



Age-Adjusted All-Cause **Death Rate** per 10,000 Person-Years

Canadian Fitness Study

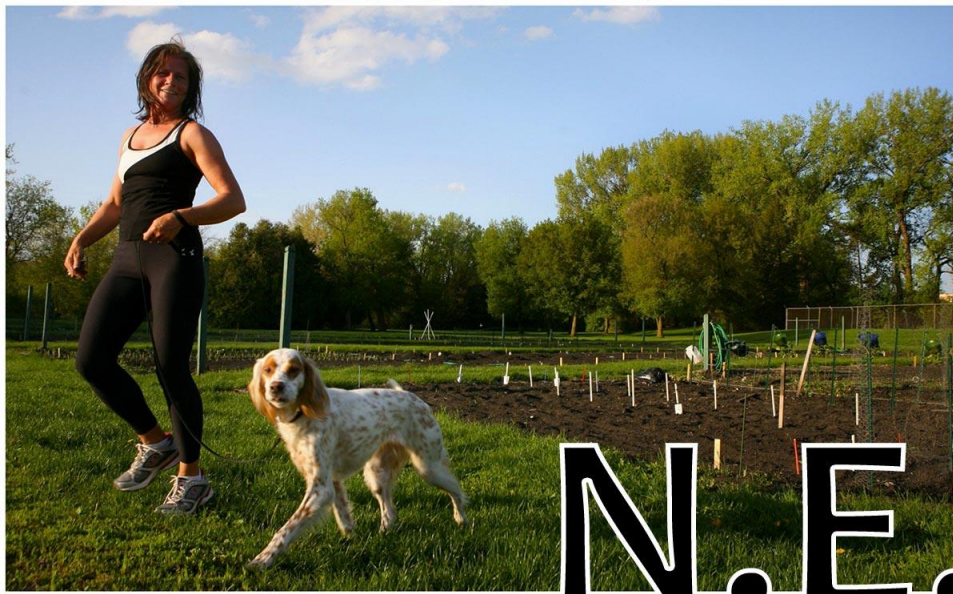
AERON CHAIR



Solution

N.E.A.T.

Non-Exercise Activity Thermogenesis



N.E.A.T.



Blue Zones Project



Loma Linda
California

Sardinia
Italy

Icaria
Greece

Okinawa
Japan

Nicoya
Costa Rica



BLUE ZONES®



Move Naturally

Right Outlook

- Purpose Now
- Downshift

Eat Wisely

- 80% Rule
- Plant Slant
- Wine@5

Belong

- Right Tribe
- Community
- Loved Ones First

Blue Zones - Power 9



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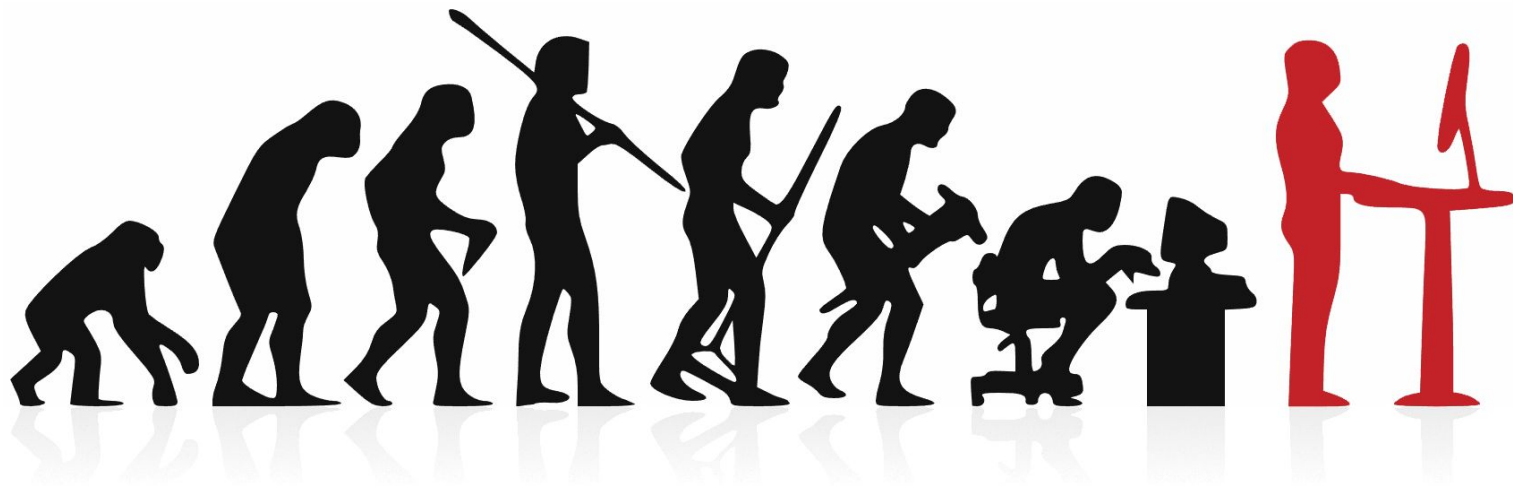
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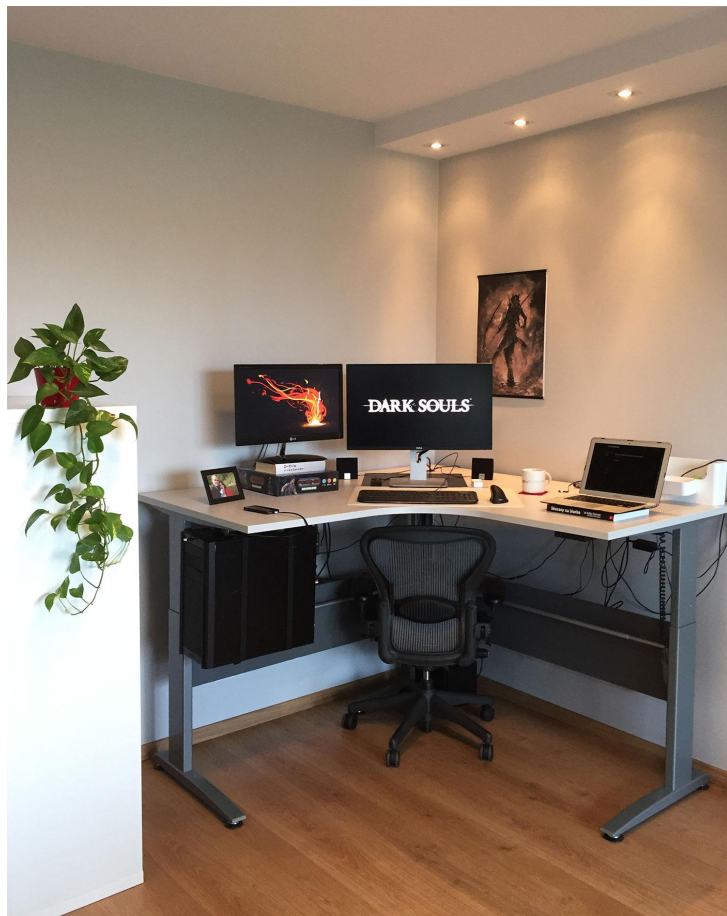
Blue Zones - Power 9

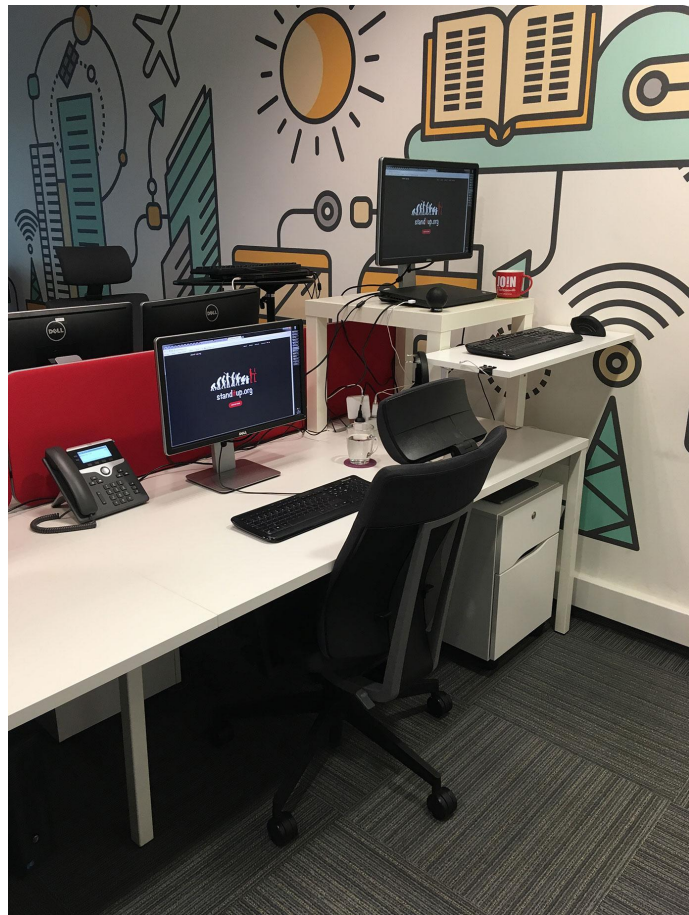
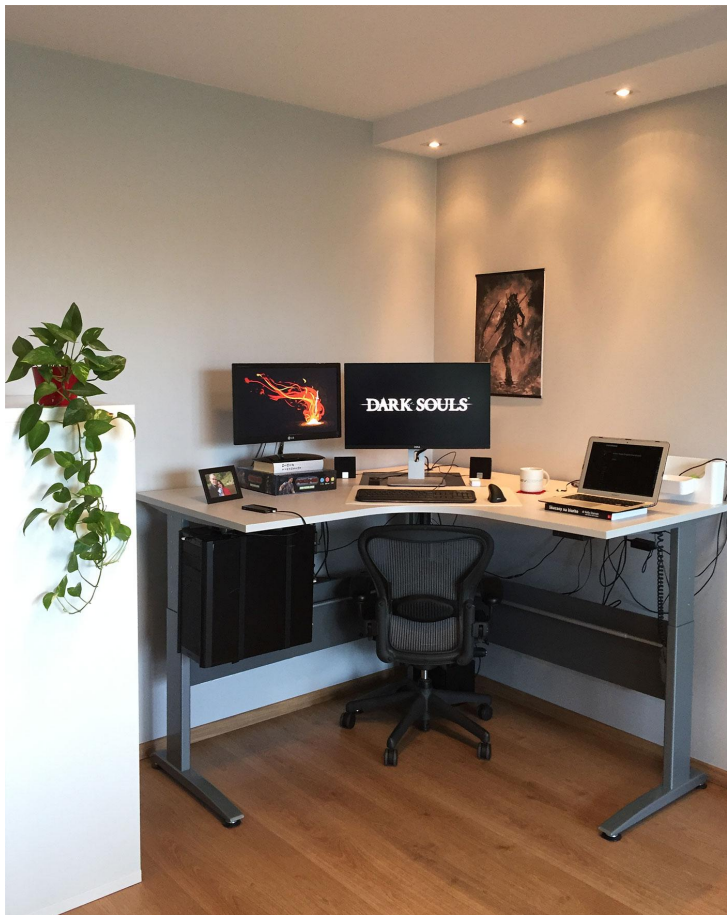


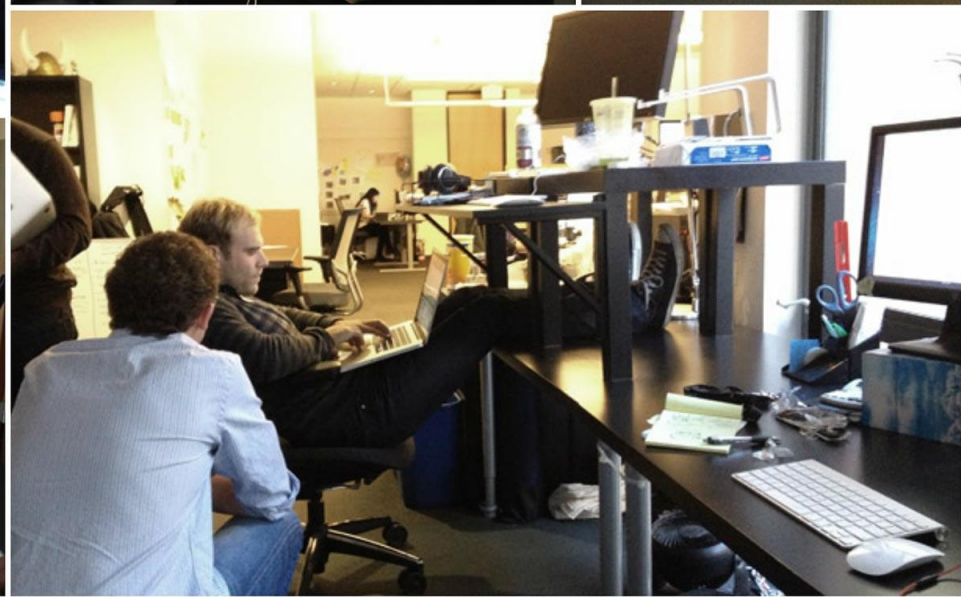
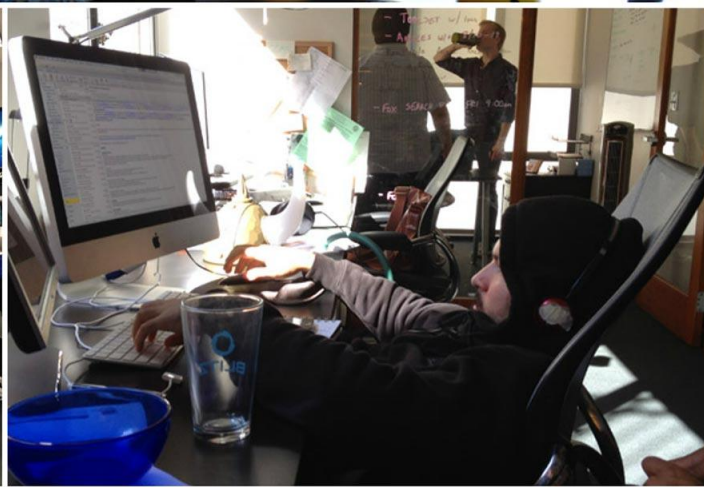
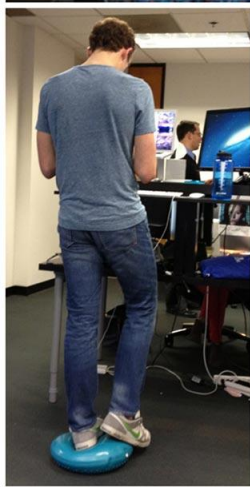
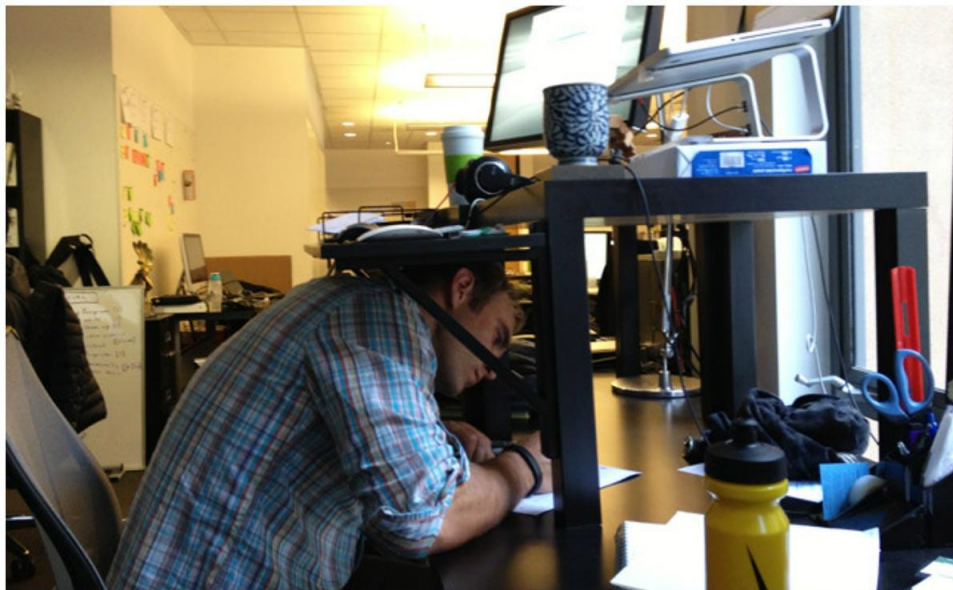
Importance of **Natural Movement**

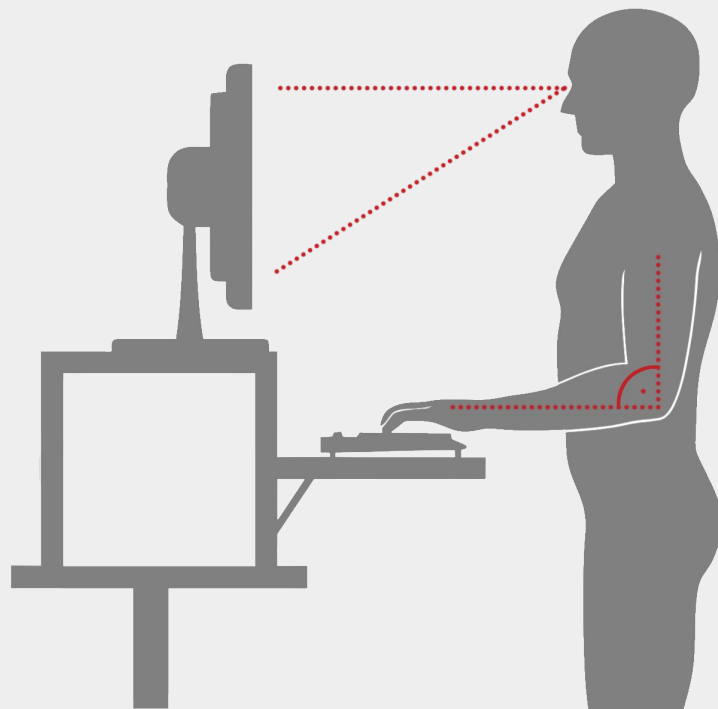


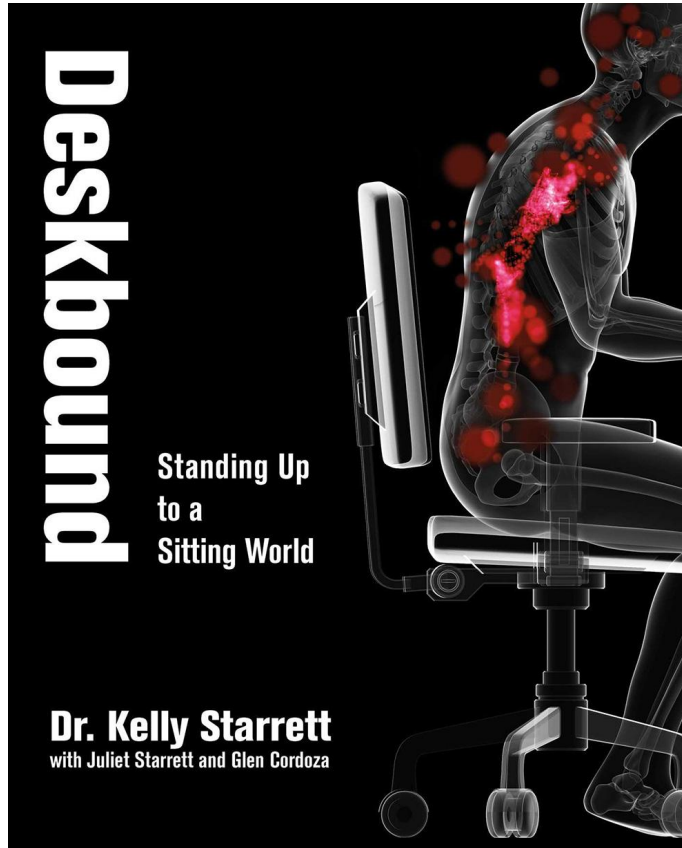
Stand Up





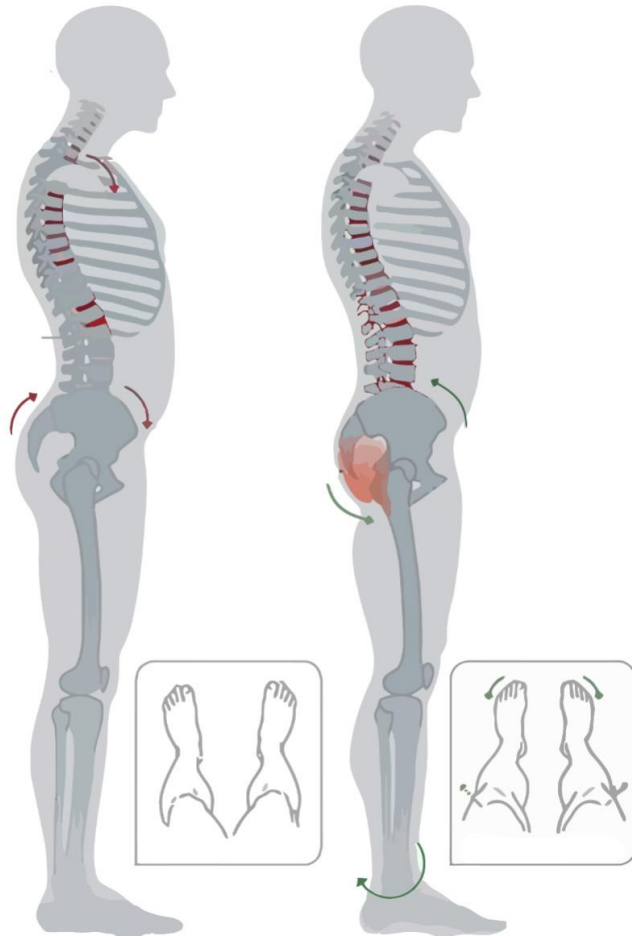






1. Move More
2. Move Properly
3. Maintain Body

Bracing Sequence - Step 1/4



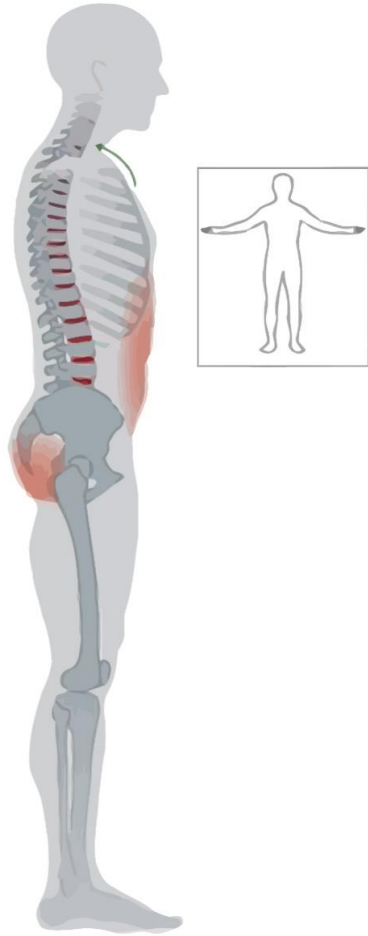
1. Squeeze your gluteal muscles.
2. Screw your feet into the ground.



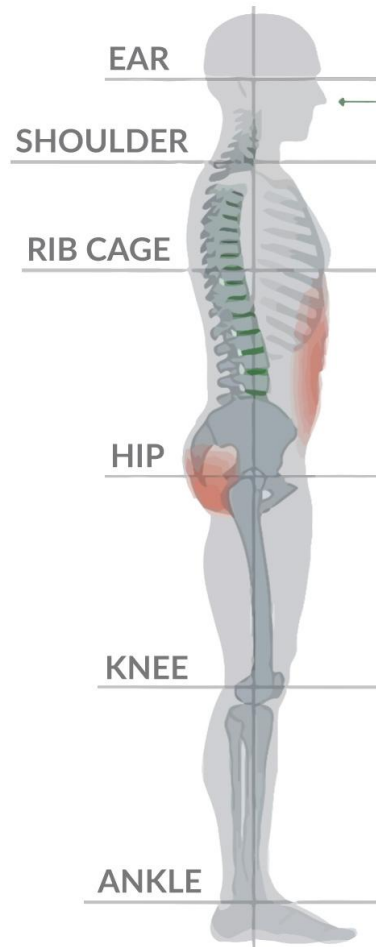
Bracing Sequence - Step 2/4

1. Take a deep breath through your diaphragm.
2. Tighten your abdominal muscles as you exhale.

Bracing Sequence - Step 3/4



1. Screw your shoulders backward until your palms face forward.



Bracing Sequence - Step 4/4

1. Pull your head backward, gazing straight ahead.
2. Relax your hands at your sides, thumbs pointing forward.

3. Let's Do It Together

“Families need to weave physical activity into the fabric of their daily lives.”

“Health professionals need to encourage their patients to get out of their chairs.”

**~ Physical Activity and Health
Report of the Surgeon General, 1996**

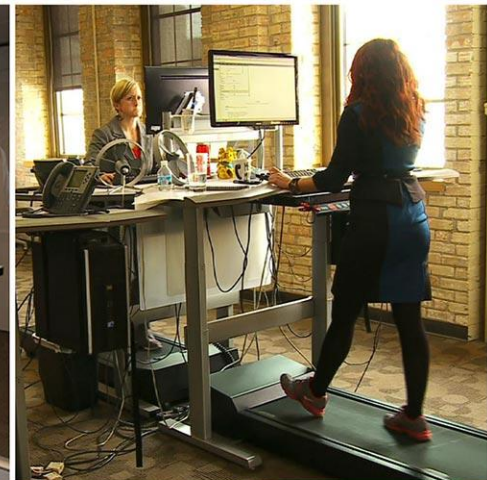
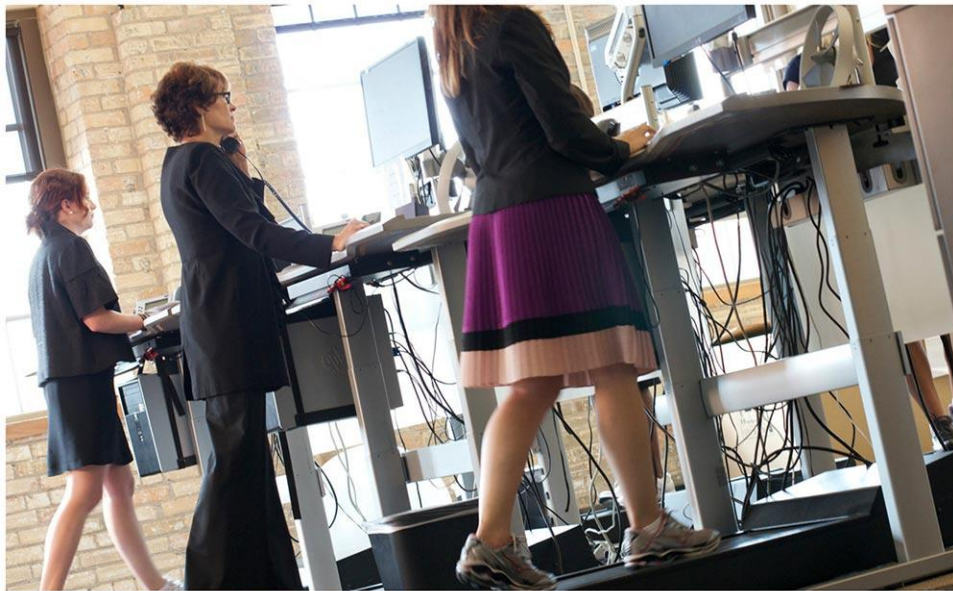


Excuses

why haven't we quit sitting yet?

- no awareness
- no possibility
- no courage

Cultural Shift



SALO



Benefits

- weight loss
- muscle gain
- lower blood sugar
- better cholesterol
- increased productivity
- increased creativity
- ...

Benefits

- weight loss
- muscle gain
- lower blood sugar
- better cholesterol
- increased productivity
- increased creativity
- ...
- **increased happiness**

*“At a personal, workplace and national level, a **chairless revolution** — a national **uprising of human movement** — will improve productivity and generate revenue, better health, clean air and enhanced happiness.”*

~ James A. Levine

standitup.org

IT Aristocracy



standitup.org

standitup.org

manifesto

- educate
- facilitate
- unite

Why am I doing this?



Dziękuję!

Pytania?

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www.standitup.org

Sources, Links & Credits (1/3)

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<http://www.standitup.org/>
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- **Deskbound;** dr Kelly Starrett
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