

SITTING TOO MUCH CAN BE RISKY TO YOUR HEALTH EVEN IF YOU EXERCISE :

Sedentary behaviors such as sitting and watching TV, Traveling by car, and sitting long hours at work are all too common in modern life. The average U.S. adult spends more than 50% of his or her time each day sedentary. Those who watch TV more than 7 hours per day still had a greater likelihood of cardiovascular disease - even if they reported exercising more than three hours each week.

This research suggests that, in addition to exercising at recommended amounts, reducing sitting time may be a way to increase longevity. Currently, the U.S. Department of Health and Human Services recommends that adults 65 years and older should avoid inactivity and do at least 150 minutes a week of moderate-intensity aerobic physical activity. If this is not possible due to health conditions, older adults should be as physically active as their abilities allow. For more information, please visit: <http://www.health.gov/paguidelines/>.

DRINKING COFFEE MAY HELP YOU LIVE LONGER :

Study found that older adults who drink coffee - caffeinated or decaffeinated have lower risk of death overall others who do not drink coffee. Those who consume three or more cups of coffee per day have approx. a 10% lower risk of death. Since coffee contains caffeine, a stimulant, coffee drinking is not always considered to be part of a healthy lifestyle. However, coffee also contains more than 1,000 compounds that might potentially affect health. Although it is not clear how coffee protects against risk of death. Study finding provides some reassurance that coffee drinking may have some benefits.

NOTE : Copied from National Institute of Health & AARP News Summer 2012

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**Regards,
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