

# How Much Do

You



# Sit?

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A revealing quiz +  
Tips for getting *more* out of sitting  
*(because, let's face it, sometimes we have to...)*

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# How Much Do *You* Sit?



**It's true.**

Prolonged sitting has become a necessary evil in our technologically-driven culture, and while we all lament it's a problem, we may not realize how much of that sitting time we can reclaim for movement.

While “core strengthening” has become a topic of focus - specific exercises intended to strengthen the muscles of the abdomen in order to better support and stabilize your back - why not ask ourselves first,

**“How does the core become weak in the first place?”**

A major contributing factor is the amount of time we spend in furniture that supports the back for us, and keeps us in more or less the same posture for hours at a time, rather than allowing the abdominal muscles engage in a multitude of load-bearing ways, the way they're intended.

Extended periods of time outsourcing our support to chairs and couches eventually necessitates exercises we have to do to replace those missing organic experiences.

What follows is a simple formula you can use to determine how many waking hours in an average day you spend sitting... which translates into, *'time spent **not** engaging your core, when maybe you could be!'*

**This is not intended to be discouraging - it's simply information.**

After the quiz are a few suggestions that are intended to encourage you to find opportunities to move more, and engage your core dynamically throughout the day - even when you do have to sit.

# How Much Do *You* Sit?

Answer each question in minutes, and, how it relates to an average day.

Commute time - to and from work: \_\_\_\_\_

Commute time for kids to after-school activities: \_\_\_\_\_

Riding a bike: \_\_\_\_\_

Sitting at work: \_\_\_\_\_

Sitting eating breakfast, lunch, dinner: \_\_\_\_\_

Watching tv/movies, 30-60 min per show: \_\_\_\_\_

Using the internet or computer (not at work): \_\_\_\_\_

Other sitting (reading, playing instruments,  
sewing/knitting, toilet, nursing, building models, etc.): \_\_\_\_\_

**Total minutes sitting (TMS) - add all of the above:** \_\_\_\_\_

Write bedtime minutes (BM) here (Including lounging time) \_\_\_\_\_

**Subtract bedtime minutes (BM) from 1,440  
(total minutes in a day):** \_\_\_\_\_

1,440 minus BM = amount of daily available moving time (DMT) you have in a day where you could be (and would be) moving through numerous body positions and loads, if movement was still necessary for survival.

Now, divide your total minutes sitting (TMS) by your number of daily moving minutes (DM) and multiply by 100. This equals the percentage of each day you spend in almost the exact same position, as well as how much of every day you're not using your core muscles dynamically, meaning, in a way that would utilize them in many different directions with many different loads and result in a well balanced muscle mass and yield.

**TMS ÷ DMT x 100 = % of day spent in same position:** \_\_\_\_\_

# So, Now What?

**First of all, know that 'sitting' is not the problem.** It's sitting (or standing, or whatever) in more or less the same position for prolonged periods over a lifetime.

**So, if and when you have to sit, let's get more out of this position!**

## 1) Sit actively!

- Sit near the edge of the chair, 'sit bones' in contact with the seat, so you can 'untuck' your pelvis.
- Relax your rib cage (meaning, allow the bottom half to 'drop' more into the abdomen, but without rounding the back), and then drop your chin to your chest, then raise your head using the back of your neck. (Tip: you can use a rolled up towel or a half foam roller under your 'sit bones' to help get your pelvis into neutral, plus encourage a little gentle abdominal crunching as you rock your pelvis back and forth. ([Have you seen my video?](#))

## 2) Adopt various sitting positions.

- If you tend to sit in cross-legged position, try crossing the opposite leg every so often.
- Ditch the chair altogether for an exercise ball.
- If you fall into the same position on the couch (like I catch myself doing), change it up, or sit on the floor, if you can. Use pillows, bolsters or folded-up blankets if you need to.
- *The goal is not to find that one ideal spot, but to find variations, so don't worry if one position gets uncomfortable.*

## 3) Just sit less.

- In Katy Bowman's book, "[Diastasis Recti: The Whole Body Solution to Abdominal Weakness and Separation](#)", she offers these suggestions for swapping out some of those 'sitting minutes' for non-sitting:

- Consider eating some meals standing at the counter. (*Gasp! Isn't that a huge no-no?? Not if you're eating consciously and chewing mindfully...*)
- Lie on the floor and do stretches while watching tv. (I do this a LOT, sometimes with a small massage ball!)
- Kneel while you fold laundry (or stand and practice your lateral hip exercises).
- If taking public transit, try to stand for at least part of your trip.
- Drive partway to your destinations, park and walk the rest of the way.
- Use a Squatty Potty!

These are just a few suggestions for squeezing more movement out of a lifestyle that is determined to confine your body to chairs.

If you've found yourself at a place in life where the variations to standard sitting positions are uncomfortable or difficult to do, consider that a healthy sign from your body that it's time to reclaim some of your mobility.

Your body is incredibly malleable, but it's also wired to conserve energy, so your brain will have to take the lead in making the moment-to-moment choices to move more.

## Need help?

Check out my classes [here](#).

Or, you can partake of the multitude of resources on Katy Bowman's website, [NutritiousMovement.com](http://NutritiousMovement.com) (*Affiliate link*).

**Get started moving more today.** *Your life depends on it.*



*For further information, contact me!*

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