

RISKS OF A SEDENTARY LIFESTYLE

BRAIN

Consequences of oxygen deprivation

Altered brain activity

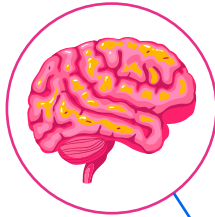
Reduced ability to concentrate, dementia, Alzheimer's disease

Reduced hormone production

Stress and anxiety

Hardening of the arteries

Stroke (CVA)



HEART

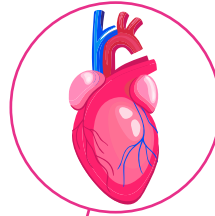
The heart is a muscle and it needs to keep fit

Reduced ability to contract

Getting short of breath easily

Development of cholesterol plaques in the arteries

If the plaques break up they can form a clot that suddenly blocks an artery = heart attack

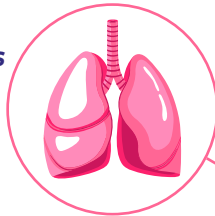


LUNGS

Poor ventilation alters the alveoli

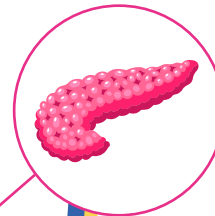
Loss of lung capacity

Respiratory insufficiency, getting short of breath easily



PANCREAS

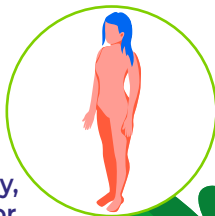
Insulin resistance
Type 2 diabetes



BODY

Body's defence mechanisms less effective

Reduced immunity, making it easier for certain cancers to develop



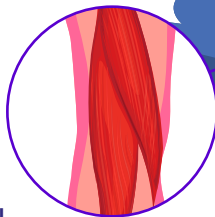
JOINTS

Joint deterioration
Arthritis, musculoskeletal disorders

MUSCLES

Muscle wasting

Reduced physical capacity, weight gain



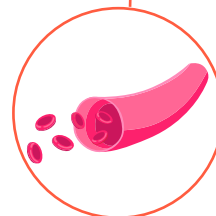
CIRCULATION

Veins

Venous insufficiency, thrombosis

Arteries

Development of cholesterol plaques (arteritis, pain when walking); acute lower limb ischemia, potentially leading to amputation



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