

# Your chair could be killing you

CHAIRS are silent killers for too many Australians.

Studies have linked prolonged sitting with a 24 per cent increase in the likelihood of succumbing to some forms of cancer, heart disease and other preventable diseases.

The Baker IDI Institute's survey reveals Australians are

more concerned they will die from preventable diseases than accidental injury, but few do anything about it.

Despite evidence that Australian adults sit for up to nine hours a day, only one in five state they prioritise cutting their chair time in order to protect their health.



**Health problem.**

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