

# GLOOMY EFFECTS OF SEDENTARY LIFESTYLE

The 8-hours long desk job has the grave impacts on human health. The competition of earning extra bucks, makes us ignorant of our well-being. Hence, knowing the side effects of too much sitting is important to live a healthy, prosperous life.

Sitting too much can adversely affect the digestive health by compressing the abdomen of the human body. This ultimately slows the digestion down and creates the constipation problem by making the stool harder, dry and difficult to pass. Overall, lethargic lifestyle is perilous for the gut health.

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Not only this, but also sitting too much can abruptly the blood circulation, ~~which~~ that <sup>produces</sup> ~~creates~~ the waste products, which hinders the cells generation process. Along with this, a sedentary lifestyle has the bleak effects on the mental health, which is a problem for ~~aday to day~~ tasks. stress management and anger management. Hence, a lethargic lifestyle is an issue for the overall wellbeing.

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Planning a certain task is easy, but its execution is difficult. Execution is the step where almost everyone suffers due to various reasons. Regarding this, such reasons executing a task is challenging, mainly, because of improper planning, lack of motivation, and health concerns. Hence, study reveals that almost 90% students suffer the execution of the task, after planning well. Therefore, one should plan ~~well~~<sup>properly</sup> considering all the challenges that ~~happen~~ one may encounter during its execution.