

Couch Potatoes have shorter life spans and increase cancer risk.

Researchers in both America and Spain have found that adults who watch TV for three or more hours every day have a higher risk of dying earlier than those who watch less. Previous research has shown that sedentary couch potato lifestyles can lead to several health problems such as obesity, diabetes and even certain types of cancer. In the American study those who had the highest risk for cancer spent the most time watching TV, creating a 54 percent greater chance of having colon cancer and a 66 percent increased risk for endometrial cancer.. Lung cancer risk was also 21 percent higher among the most sedentary people. Americans, on an average, spend about four and half hours watching television and about five hours online. In the Spanish study the researchers found that the risk of early death was two times higher in participants who watched three or more hours of television everyday compared to people who watched less. Television viewing is a major sedentary behavior and there is an increasing trend toward all types of sedentary behaviors. The findings from both studies suggest adults should increase their physical activity, avoid long sedentary periods, and reduce television watching to no longer than one to two hours each day to avoid many life threatening diseases.

Editorial: *As a Nation and a society we have become increasingly dependent on technology for our work and recreation activities. The efficiency benefits of technology need to be balanced against the negative health benefits. Human beings are designed to be mobile, not to sit in front of computer screens and televisions. For your health and longevity it is best to invest more in physical activity than a chair in front of a screen..*

Bibliography

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