



Bringing liver research to life

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LIVERight Tip

Get out of that chair!

Do you sit all day in front of a computer, at a desk or even behind the wheel? Have you ever thought about what all that sitting is doing to your liver? Probably not.

A recent study has found that prolonged sitting is linked to increased risk of fatty liver disease. Fatty liver disease results from a build-up of fat in the liver and can lead to cirrhosis (scarring of the liver) and liver cancer.

One of the most common causes of fatty liver disease in Canada is obesity and an inactive lifestyle.



A widely-used measure to define healthy and unhealthy weight is the Body Mass Index (BMI). BMI is a number calculated using your height and weight. For example, a person who is 5 foot 7 inches and weighs 147 lbs would have a BMI of 23. [Calculate your BMI](#).

A BMI of 18-25 is within the healthy range for most people. If you have a BMI between 25.0 to 29.9, this is considered overweight and over 30 is considered obese.

This study has found that even people with a body mass index of less than 23 can develop fatty liver disease if their lifestyle is largely sedentary.

Sedentary is defined as being 'at rest,' where there is so little activity that there is no increase in energy burn above 'resting level.'

Researchers found that reducing the amount of time spent sitting in addition to engaging in physical activity is important. The human body is designed to move and it is not surprising that sedentary behavior, characterized by low muscle activity, has a direct impact on physiology. With so few medical treatments currently available for fatty liver disease, lifestyle change is the number one prescription to mitigate the risk.

So what does that mean if you're a person who sits a lot as part of your job? You need to get up and move more. Researchers suggest that a two-minute walk every hour may reduce the hazard of prolonged sitting.

Learn more about [fatty liver disease](#). For other ways to keep your liver healthy, [click here](#).

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