



HEALTHIER STUDY HABITS

How to minimize the harmful effects of too much sitting

As graduate students, we find ourselves spending hours on end at our desks. While working on assignments, studying, and trying to meet submission deadlines, it is hard to be cognizant of the constant stress we put our bodies under. *The Sitting Marathon*, as many call it, is the culture of extending sitting, whether it is at the desk for work or school, in the car, or at home on the couch. We might experience various forms of back ache, muscle stiffness, cramps, and swollen joints. Sometimes this may even result in obesity, back and neck pain, poor posture and even anxiety and depression. As our academic and professional ambition grows, so does our time sitting. Exercise is good practice for overall improved health, but this does not eliminate the effects of prolonged sitting. Here are ways we can practice healthy sitting habits daily:

1. **Switch sitting positions** every 20-30 minutes.
2. **Stand more.** Try using a standing desk or working at a countertop.
3. **Say no to 90 degrees.** Dropping your knees below your hips opens the hip angle, which relieves pressure off your tailbone, engages your core, brings your spine into healthier alignment, and improves your circulation.
4. **Move freely.** When sitting, give your body the freedom to make small adjustments. Shift your weight, stretch your legs, open your hips and even bounce.
5. **Listen to your body.** The right posture is the one that feels right in the moment.

How to nurture your body respect



LEARN MORE

For more information on **Body Respect Week**, scan the QR code or visit campushealth.tulane.edu/body-respect-week.

Ultimately you can be in charge of how you feel, talk about and define your body. Unfortunately, we live in a society that constantly sends the message—especially to women, people of color, people living with disabilities, and members of the LGBTQIA+ community—that we lack control over our own bodies.

We receive a continuous influx of unrealistic ideals and misinformation. There are so many widely accepted, but harmful notions—such as BMI as an indicator of health, the requirement to be thin to be socially accepted, and being told to pursue an ideal body type through diets, exercise programs, and surgeries. All of this can easily make us lose sight of the true goal of improving our health and wellbeing and can cause us to internalize damaging ideals of what a body should look like.

This month we invite you to take part in conversations about bodies and all the good they do for us and reclaim the respect your body deserves while unlearning what society has told us matters.

Every body is different, influenced by genetic and cultural traits. Because each body is different, there is something that makes every one of us special.

Here are some simple, gentle reminders to shift our thinking in how to treat our bodies with respect.

- Compliment yourself.
- Catch and reframe negative statements about yourself.
- Give your body enough rest.
- Move in ways that feel good.
- Fuel your body with a variety of foods.
- Exercise moderately.
- Resist the pressure to judge yourself and others based on weight, shape, or size.
- Honor your hunger and fullness signals.
- Respect people based on the qualities of their character and accomplishments, rather than their appearance.

DOWNTOWN

Upcoming Events

- **Mindful Eating Workshop Hosted by Counseling Center Staff**
Tidewater, Diboll Gallery 1st Floor:
Monday, Nov. 7, Noon - 12:45 p.m.
For all students
- **Body Respect Week Table**
Tidewater, Diboll Gallery 1st Floor:
Tuesday, Nov. 8 and Thursday, Nov. 10,
noon - 1 p.m.
For all students
- **LGBTQ+ Health and Wellness Expo**
Tidewater, Diboll Gallery 1st Floor:
Thursday, Nov. 10, 11:30 a.m. - 1:30 p.m.
For all students
- **Massage and Wellness Activities for Biomedical Students**
Hutchinson, Room 1525:
Thursday, Nov. 3, 11:30 a.m. - 1:30 p.m.
For School of Medicine students
- **Massage and Wellness Activities for Public Health Students**
Tidewater, Diboll Gallery 1st Floor:
Tuesday, Nov. 15, 11 a.m. - 1 p.m.
For SPHTM students
- **Self and Stress Management Workshop Hosted by the Biomedical Sciences Department**
Hutchinson, Room 7062 or Zoom:
Monday, Nov. 21, 10 a.m. - noon
For School of Medicine students
- **TUgether Tuesdays - Free Snacks from Campus Health and Violence Prevention Institute Outreach**
Tidewater, 1st Floor Lobby:
Every Tuesday, noon - 1 p.m.
For all students
- **Solo Jazz or Zumba (Rotating Schedule Every Week)**
Hutchinson, Room 1525:
Every Tuesday, 5:30 - 6:30 p.m.
For all students

EDI SURVEY

Take the Equity, Diversity and Inclusion Climate Survey through Nov. 17. Visit edi.tulane.edu/survey.

