

# SEDENTARINESS

*Meaning: Sedentariness refers to a lifestyle characterized by prolonged periods of inactivity or sitting, often associated with negative health effects.*

1. Sedentariness can lead to various health issues, including obesity and cardiovascular disease.
2. In our modern society, the sedentariness of office jobs is becoming increasingly concerning.
3. Promoting an active lifestyle is essential for combating the negative effects of sedentariness.
4. Many people underestimate how much sedentariness can impact their mental well-being.
5. To counteract sedentariness, incorporating short walks into your daily routine can be beneficial.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/sedentariness>*