SEDENTARY

Meaning: Sedentary refers to a lifestyle characterized by a lack of physical activity or prolonged periods of sitting or inactivity.

1. A sedentary lifestyle can lead to various health issues, including obesity and heart disease.

2. Many office workers find themselves in a sedentary position for most of the day, which can be detrimental to their health.

3. To combat the effects of a sedentary routine, it is important to incorporate regular physical activity into daily life.

4. The study revealed that sedentary behavior was more prevalent among those who frequently used screens for entertainment.

5. Despite the benefits of exercise, some people prefer a sedentary way of life, enjoying activities like reading or watching movies.

Source: sentences.whatistheurl.com

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