

### **Additional Risks of Sitting Too Much**

by Baron von Funny

According to a study published this week in the Journal of Physical Activity & Health, in addition to getting regular exercise as they age, people need to spend less time sitting. Researchers found that for every hour of sedentary behavior, the odds were 46% greater that people older than 60 would have some disability in ordinary skills such as getting around the house and feeding themselves. And the negative possibilities don't stop there...

### **Additional Risks of Sitting Too Much**

- Bedsore that contract Type II diabetes. (*Mike*)
- Ass dislocation. (*Matt*)
- Strong correlation with dangerously high French onion dip intake. (*Tenessa*)
- If you spend too much time flipping channels on TV, you might accidentally see a NUDE. (*Brandon*)
- Your scores on Dance Dance Revolution really take a hit. (*Jameson*)
- You won't stand for anything. (*Dan*)
- Increased chance for a lot of extra work to get dumped onto your lap. Can't dump extra work onto something that's not there, can you? (*Joe*)
- On the rare occasion that you are standing, your wife won't recognize you, will mistake you for an intruder, and taze your lazy ass. (*Mike*)
- Less likely to achieve a healthy daily amount of curtsying. (*Brandon*)
- You are putting yourself at additional risk of tearing your thumb's ICL (iPhone Cruciate Ligament). (*Mike*)
- Good chance your regular pants could become assless through excessive wear and tear. (*Brandon*)
- Increased risk of memorizing all the characters on *The Young and the Restless*. (*Jameson*)
- Your ass might permanently close and send farts up through your mouth. It's science. (*Mike*)
- Increased odds of wastin' time. (Sittin' on the Dock of the Bay only.) (*Brandon*)

*Matt Kruse, Dan Lee, Joe Mulder, Jameson Simmons, Mike Wagner*

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