

Doctors recommended less to sit and stand more to maintain liver health

Chronic liver diseases become more and more common. It is expected that by 2040, more than 40% of Americans will develop non -alcoholic fatty liver disease. Fortunately, there are preventive measures that you can take right now. One of them is to stand more than sitting.

This is how the rejection of a long sitting can support the health of the liver.

**Contributes to the choice of a healthy lifestyle.** Exercise and targeted movement are associated with a number of habits useful for the body. This is an improvement in nutrition, rejection of alcohol, seeking psychological help, observing sleep hygiene and socialization.

**Increases muscles.** The presence of a sufficient amount of muscle mass is especially important for people with cirrhosis. One study showed that participants with cirrhosis of the liver, who needed more than 15 seconds for passing the test "get up from the chair", had a higher risk of mortality.

**Supports activity.** Scientific works demonstrate that even slight physical activity is especially important for improving the function of the liver and the prevention of the development of non -alcoholic fatty liver disease.



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**Helps to balance the blood sugar level.** It is believed that with fatty liver disease, insulin resistance increases. To reduce it, it is useful to lead a healthy lifestyle, to eat in a balance, regularly perform physical exercises. According to the results of one systematic review and meta -analysis, in people who stood 1.3 hours more a day, there was a small, but statistically significant decrease in the blood glucose and fat in the body.

**Regulates metabolism.** The liver helps to process proteins, fats and carbohydrates. This is the center of metabolism of our body.

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